

Sons of Norway - Mandt Lodge News

February – March 2022

Mandt Lodge 5-314 in Stoughton, Wisconsin

Fra Presidenten

Put on your seatbelts as we move into a busy time for our lodge! It has been a relatively quiet time since the Family Christmas Event but what a wonderful day that was! So many smiling faces, families enjoying Santa and shopping, a fantastic bake sale, and crafts to go! We were thrilled to host it along with our other fall activities. A huge thank you to all who helped, donated or volunteered in some way.

As we move into 2022, we start off this month with two bus tour meals serving 110 at each meal! Wow! And we have classes, scrapbook weekends, baking opportunities, we just had bowling, and if Mother Nature gives us some nice snow, we will have some snow shoeing and skiing out at our farm. Lots to look forward to! The Syttende Mai food stand meeting was last week so we are discussing what our plans will be along with finalizing how we will hold our spring fish boil. We also have contracted with Idun Lodge in Madison to bake cookies for the District 5 convention since we have a commercial kitchen. So we will offer several cookie baking times for members to learn how to make rosettes, sandbakkles and kransekake fingers so we can get those made by mid-June! Fun, fun and more fun! I look forward to seeing you and am so excited about our upcoming events!

Darlene Arneson, President
608-873-7209 Cell: 608-514-4951
arnesonfamily5@gmail.com

Upcoming Meeting Programs


Wednesday, February 9, at 7 PM- Free Movie Night and District 5 Viking Trunk!

Sons of Norway- Mandt Lodge welcomes the public to a free movie night watching “*The Stavig Letters*” movie. For more than fifty years, two brothers, one who homesteaded in Dakota Territory and one who remained a fisherman in Norway, exchanged hundreds of letters. *The Stavig Letters* tells the story of immigration through historic photos and videos from the fjords of Norway to the Dakota Prairie. This project was funded in part by a grant from the South Dakota Humanities Council and won a regional Emmy award. There is no charge for the movie and the public is welcome! Mandt Lodge will also have the District 5 Viking Trunk on display at this meeting. The trunk has an array of items donated by lodges around District 5 and a short description of each item.

Thursday, March 10, at 7 PM- Our Civil War Trip by John & Darlene Arneson

Mandt Lodge members John and Darlene Arneson will share the story of their adventure following the Civil War battle engagements of John’s great grandfather, William Seamonson. Born in Norway and immigrating as a young child, William went on to serve three years in the Wisconsin 23rd Division in the Red River, Vicksburg, and Mobile Campaigns during the Civil War. Follow the journey that John’s investigation has taken as he shares how he researched his great-grandfather’s story of service to his country and what resources anyone has access to in order to research their own family members. Travels took them to Norway, Camp Randall, four southern states where most of his battle engagements occurred, to the state capitol, and ending at his final resting spot at West Koshkonong Church. **Remember! During Advent and Lent we move meetings to Thursdays!!**

**Support our local businesses and advertisers during your holiday shopping!
Please patronize our local businesses! We appreciate their support and let's
show them our support!**

<p><i>"Like" Us On Facebook!</i> Sons Of Norway Stoughton WI</p>	 <p>SONS OF NORWAY</p> <hr/> <p>Mandt Lodge 5-314</p>	<p><i>Thank you for supporting our RELAY FOR LIFE TEAM Year #21!</i></p> <p>Darlene Arneson Team Captain</p>
<p>U.S CELLULAR <i>Agent Hanson Electronics</i> 2384 Jackson Street, Stoughton 608-877-9548</p>	<p>NORWEGIAN AMERICAN GENEALOGICAL CENTER & NAESETH LIBRARY 415 West Main Street, Madison 608-255-2224 nagcnl.org Research & Translation Assistance Genealogy Classes</p>	<p>HOMETOWN COMPUTER PROs <i>Hanson Electronics</i> 2384 Jackson Street, Stoughton 608-877-9548</p>
<p>NORDIC NOOK 176 W. Main Street, Stoughton 608-877-0848 <i>Scandinavian Gifts & Apparel</i></p>	<p>PIZZA PIT 1060 West Main Street, Stoughton 608-873-7737 Free, Fast & Hot Delivery Order On-Line! Stoughtonpizzapit.com</p>	<p>Sons of Norway Financial Benefits Counselor Greg Ragan 815-623-8817 gregragan@aol.com</p>
<p>THE UPS STORE 2364 Jackson Street, Stoughton 608-877-2679 Copies – Shipping Cards – Supplies</p>	<p>VIKING BREW PUB <i>Brewing a Nordic Family Tradition!</i> 211 E. Main Street, Stoughton 608-719-5041 VikingBrew.pub</p>	<p><i>DO YOU KNOW SOMEONE WHO WOULD APPRECIATE A THOUGHTFUL NOTE IN THE MAIL?</i> Contact our Sunshine Lady Susan Slinde 873-7161 Slinsl@aol.com</p>

We have sign-ups for future events!

Please check the clipboard at our meetings or contact Darlene Arneson if you can help with any of the upcoming events.

- Cookie baking on February 12
- Lefse and donut making
- Serving refreshments at meeting program nights

Calendar of Events

February 2022

- 2 Business meeting at 7 PM
- 4 Serving Bus Tour Meal
- 4-6 Destination Stoughton Weekend- check Chamber website for events
- 6 Norse Afternoon of Fun at Stoughton High School- 1:30 PM
- 9 Lodge rented- Laurie Barrett's book group- afternoon
- 9 Lodge Program meeting at 7 PM- The Stavig Letters movie
- 11 Serving Bus Tour Meal
- 12 Barnebirkie cookie baking at 9 AM
- 19 Barnebirkie cookies must be given to Darlene so we can send them up to Hayward

March 2022

- 3 (Thursday) Lodge Business Meeting at 7 PM
- 4-6 Lodge rented- Janisch wedding
- 7 Donut mixing
- 8 Donut making at 8 AM
- 9 Lodge rented- Laurie Barrett's book group- afternoon
- 10 (Thursday) Lodge Program Meeting- 7 PM- Arneson Civil War Trip Program
- 11-13 Scrapbook and Craft Weekend
- 14 Donut mixing
- 15 Donut making at 8 AM
- 16 Lefse mixing
- 17 Lefse making at 5 PM
- 19 TBD- Bingo- food at 5 PM and bingo at 6 PM
- 25 Lefse mixing
- 26 Lefse making at 8 AM
- 28 Donut mixing
- 29 Donut making at 8 AM

April 2022

- 1 Rosemaling Class registrations due to Nancy Odalen
- 1 Lefse mixing
- 2 Lefse making at 8 AM
- 5 Lodge rented: Stoughton Historical Society Program
- 7 (Thursday) Lodge Business Meeting at 7 PM
- 8 Fish Boil
- 11 Donut mixing
- 12 Donut making at 8 AM
- 13 (Wednesday) Lodge Program Meeting- 7 PM
- 16 TBD-Bingo- food at 5 PM and bingo at 6 PM
- 18 Donut mixing
- 19 Donut making at 8 AM
- 21 Serving Bus Tour Meal
- 22-24 Rosemaling Class Weekend
- 27 Lefse mixing
- 28 Lefse making at 5 PM
- 29 Lefse mixing
- 30 Lefse making at 8 AM

Cookie Baking on February 12

We are contracted to bake three kinds of cookies for the District 5 Convention in June- sandbakkles, rosettes, and kransekake fingers. We have to bake all of them in a commercial kitchen so will be making them at the lodge. But in order to make 25 dozen of each kind, we will need to have a number of lodge members who can help and who know how to make them! So, we thought we would hold a "members only" time to bake on February 12 at 9:00 AM. We will make probably 2 batches of each, and any members can come to learn, help or practice. Just let Darlene know if you are coming so we can plan accordingly. This is for members only and is not a class for the public. We will send the sandbakkles and rosettes up for Barnebirkie and keep the kransekake fingers at the lodge for other uses as they have nuts.

Happy Birthday Members!

	February birthdays!
1	Erin Barrett- Ellefsen
1	Daniel L Hayden
3	Melvin S Alme
4	Donna L Olson
4	Cheryl Kay Schumacher
4	Scott R Wegner
5	Carole K Schubring
7	Linda S Erickson
7	Helen Karberg
7	Donna L Maurer
9	Judith (Judy) A Ellickson
11	Scott W Barrett
13	Grace C Farnum
14	Thomas H Chose
15	Edward J Quamme
16	Mary Louise Furseth
16	Robert M Wersland
17	Rich K Hosfeld
17	DuWayne E Teigen
19	Ruth Geyer Fortney
20	Christine M Tupper
23	Marjorie Ellefsen
24	Gwenn A Nyhagen
26	Allan James Ciha
	March birthdays!
1	Fern K Hosfeld
1	Marilyn B Teigen
1	Sarah Zupanc
2	Donna Olson Danowski
4	Phillip Harold Oren
8	Kristin K Slava
8	Katherine R Sobol
8	Hans Tuttle
11	Eleanor Owen Brinsko
13	Susan L Slinde
15	Christine Klauer
17	Tricia M Suess-Charleston
18	Sigrid M Arneson
19	John Kenneth Haugen
20	Vincent L Blegen
22	Carol Erstad
25	Eli Noel
26	David L Listug
29	Jennifer Fossum
29	Olaf Gregory Haugen
30	Shirley J Erdahl
31	Lars J Arneson
31	Carolyn Cook Slaney

District 5 Offerings and Resources!

Rosemaling class- Watch for an online rosemaling class

https://sonsofnorway5.com/programs/cultural_arts.php

8-week Creative Leadership class-

https://sonsofnorway5.com/programs/leadership_workshop.php

Items for sale- Books, clothing, decks of cards!

<https://sonsofnorway5.com/gifts/>

District Scholarships- due March 15

https://sonsofnorway5.com/financial/district_scholarships.php

Masse Moro- Youth Heritage Camp for students 9-15 years of age! The camp is for youth ages 9-15 and lasts two weeks. Our lodge gives matching fund support to youth attending if the sponsoring member has been members for six months. The matching funds are due May 17 so register before then! There are other scholarships available too! Learn more at

https://sonsofnorway5.com/programs/masse_moro_heritage_camp.php and <https://www.massemoro.org/>

District 5 Convention in June! We'll be electing our delegates in February.

<https://sonsofnorway5.com/conventions/>

Nordic Legacy Foundation- A great place to donate to support District 5 youth, education and leadership!

https://sonsofnorway5.com/financial/district_5_sofn_nordic_legacy_foundation.php

SN Foundation Scholarships and Grants!

<https://www.sofn.com/foundation/scholarships/>

<https://www.sofn.com/foundation/grants/>

Sports and Cultural Medals- Turn in sheets!

As you achieve the requirements for a level, please turn that into Todd Fossum or Jens Arneson (sports) or Darlene Arneson (cultural skills) so that we can order pins to present at meetings. We had a fun bowling event on January 30th and look forward to organizing an axe throwing outing and snow shoeing and cross-country skiing events soon!

Bingo Update

We have not had bingo for a long time. The decision was made to decide monthly when we will resume bingo. We will not have bingo in February and will decide on March bingo at our February 2 business meeting. Watch for emails and Facebook posts for updates on that.

Fish Boil and Syttende Mai Plans

We will be deciding at our February meeting what our plans will be for Syttende Mai and how we will do the April 8 fish boil. As we decided in early 2021, we will follow, but not exceed, the Dane County Public Health Orders and do our best to offer our activities in a safe way for our members and guests.

Green Post Drop Off Box

There is a green Norwegian style Post Box by the side entrance (on the north side by driveway) if you need to drop off something and find the doors are locked, you can put it in there. It is **NOT** a U.S. Postal box- just for our members to leave things in or for groups to put their flyers. We now have two red Norsk-style post boxes that are our official US Post boxes.

Parking Reminders

There is parking on the street, a public parking lot behind the Stoughton Senior Center or in the Livsreise parking lot **if their building is closed**. We have had people attending our events who are using the Livsreise parking lot when Livsreise is open, and it has caused issues with their guests, volunteers and staff. **Please help us remind people that parking is allowed there only if their building is closed.** Signs have been made to put up during times when we have events, or the building is rented when Livsreise is open. Livsreise's regular hours are Tuesday-Saturday from 9:30-4:30 but they also hold some special events at night and other dates.



Sunshine!

If you know of a member who is in need of a little sunshine or is celebrating a special event, please let our Sunshine Director Susan Slinde know! You can reach Susan at slinsl@aol.com

Don't forget we have a library!

We have a wonderful library at our lodge with books, tapes, DVD's, language lessons and lots of interesting items for you to check out and enjoy! If you have items that you have checked out a while ago, don't forget to return them so someone else can check them out.

The Beginning Rosemaling Class is filled!

The April Beginning rosemaling class has filled and there is a waiting list for it. There are spots in the advance Hallingdal class so please share this registration form with those who might be interested!

Sons of Norway-Mandt Lodge 5-314
2022 Spring - Adult Rosemaling Registration Form

This Class will be for individuals with some experience.

**3 Day Class – April 22 (Friday), April 23 (Saturday) and April 24 (Sunday), 2022
9:00 AM – 4PM**

Sons of Norway Mandt Lodge - 317 Page Street, Stoughton, Wisconsin 53589

Total Class Fees: \$140.00 Sons of Norway Members and Seniors (age 55 & over) and \$165.00 Non-Sons of Norway Members. Registration form and payment due: April 1, 2022 (\$50.00 of this class fee is non-refundable). ***We always welcome individuals to become Sons of Norway Member to take advantage of these discounted prices for the Norwegian Cultural Activities that are offered at the Lodge.*** Make checks payable to: Sons of Norway – Mandt Lodge. Send to: Nancy Odalen, 1109 Sundt Lane, Stoughton, WI 53589 (naodalen@charter.net) 608-513-1837-cell)

Student Name _____

Address _____ City _____ Zip _____

Day Phone _____ Evening Phone _____

Email Address _____

Emergency Contact _____ Phone _____ Relationship _____

Please note:

- Prerequisite to this class is the Sons of Norway Beginning Class or another beginning Rosemaling class.
- Classes fill up fast, so register early! If a class is full, you will be notified and placed on a waiting list.
- Unless previous arrangements have been made, your slot will be given to another student if you do not attend the first day of class.
- Classes are dependent upon enrollment. If a class is cancelled due to insufficient enrollment, payment will be refunded.

Andrea Herkert (VGM) will be teaching this class. This class will focus on the beautiful Hallingdal style, with its casual symmetry. Hallingdal is characterized by highly stylized, pattern-heavy elements, particularly the flowers. You will be using filbert brushes and also learning about the traditional use of round brushes to create the flowing lines and distinctive dark line work which are hallmarks of the Rosemaling from this area. This will be an interesting, fun and informative class that will provide you with a firm foundation in the art of Rosemaling. For Sons of Norway Members this will provide you with the skills you will need to complete the activities required by Sons of Norway for the Rosemaling Cultural Skills Medal. A supply list will be sent out on or before April 2nd for this class.

If you have any questions, contact Nancy Odalen (608-513-1837-cell or naodalen@charter.net)
Registration form and Payment is due April 1, 2022. \$50.00 of the class fee is non-refundable, if you cancel after April 2, 2022, or do not show up on the first day of class without prior arrangements.

SONS OF NORWAY– MANDT LODGE SCHOLARSHIP APPLICATION-2022

This scholarship is open to any current members, their children, grandchildren, and great grandchildren who have been **SN Mandt Lodge members for a minimum of six months (dues paid and in good standing)**. Members who are not parents may nominate nieces or nephews for the scholarship. An individual may only receive this scholarship one time. Scholarships are open to students pursuing associate degrees, technical school, college, university or graduate school. The application should be mailed to **Sons of Norway, 317 South Page Street, Stoughton, WI 53589 and postmarked by June 1, 2022.** Applications will be judged by the Lodge's Scholarship Committee and then approved by the Lodge officers. Results will be announced in the Lodge newsletter and mailed to applicants. The applications are judged 40% scholastic, 30% activities, 20% need and 10% quality of the application. The scholarship money will be distributed to the winners at the January Lodge meeting after completion of the fall semester has been verified to Lodge officers. The scholarship will be a minimum of \$500 but can raised as determined by the Scholarship Committee. A minimum balance of \$250 must be kept in the Scholarship Fund.

The following information should be included in your scholarship application. The total application should not exceed 3 single-sided pages. Font size- not smaller than 12 fonts. You can request an electronic copy of the application from Lodge President Darlene Arneson at arnesonfamily5@gmail.com. For other questions, contact Darlene at 608-873-7209 or by email.

PERSONAL INFORMATION:

APPLICANT'S NAME _____ PHONE _____

HOME ADDRESS _____

EMAIL _____ PARENTS' NAMES _____

SONS OF NORWAY MEMBER – FAMILY CONTACT _____

RELATIONSHIP TO THE APPLICANT _____

HOMETOWN NEWSPAPER ADDRESS _____

SIGNATURES: S/N MEMBER _____ APPLICANT _____

LEADERSHIP ACTIVITIES

LIST HIGH SCHOOL/COLLEGE CO-CURRICULAR ACTIVITIES, CLUBS, HONORS, SPORTS AND OTHER ACTIVITIES:

LIST COMMUNITY ACTIVITIES, HONORS AND OTHER INVOLVEMENT:

LIST SCANDINAVIAN ACTIVITIES, INTERESTS AND INVOLVEMENT:

WORK EXPERIENCE:

LIST WORK EXPERIENCES AND RESPONSIBILITIES YOU HAVE HAD:

EDUCATIONAL INFORMATION:

NAME OF SCHOOL YOU PLAN TO ATTEND: _____

DATE YOU PLAN TO ENROLL/OR ENROLLED: _____

DEGREE YOU ARE PURSUING: _____

NAME OF HIGH SCHOOL: _____ H.S. GRADE POINT AVERAGE _____

YOUR RANK IN HIGH SCHOOL: _____ OUT OF _____ STUDENTS

DATE OF HIGH SCHOOL GRADUATION: _____

YOUR COLLEGE GPA: _____ AND CREDITS EARNED _____

REFERENCE:

PLEASE LIST ONE NON-FAMILY REFERENCE:

NAME _____ TITLE _____

ADDRESS _____ PHONE _____

ON AN ATTACHED PIECE OF PAPER:

- BRIEFLY STATE YOUR FUTURE CAREER PLANS (100 WORDS OR LESS)
- IF YOU HAVE A SIGNIFICANT NEED YOU FEEL THE COMMITTEES SHOULD BE AWARE OF, PLEASE FEEL FREE TO EXPLAIN THAT NEED. (100 WORDS OR LESS)

YOU MAY COMPLETE THIS APPLICATION ON A WORD PROCESSOR OR COMPUTER. THE ENTIRE APPLICATION SHOULD NOT EXCEED THREE ONE-SIDED PAGES. THANK YOU.

Destination Stoughton- A Norwegian Weekend of Fun

February 4-6th, 2022

The Stoughton Norwegian Summit Group, an informal group of Norwegian themed businesses, groups and organizations, builds a weekend of Norse opportunities around a signature event. The group was organized in 2011 under the leadership of Sons of Norway- Mandt Lodge to bring “all those things Norwegian” together to help promote each other’s events, activities, businesses and organizations. The group helps promote two Destination Weekends each year and of course, all are busy Syttende Mai Weekend! The groups have put together a great weekend of opportunities for February 4-6th. Our “featured” event: **The Stoughton Norwegian Dancers- Norse Afternoon of Fun 2022**- On Sunday, February 6th, the internationally known Stoughton High School Norwegian Dancers will present their annual “Norse Afternoon of Fun” at 1:30 p.m. in the Stoughton High School gymnasium, 600 Lincoln Avenue, Stoughton, WI. While celebrating their 69th year, the Dancers will present their answer to “cabin fever.” This lively group of dancers will present a program which includes humorous dances, gymnastics, skits and audience participation dances. A bake sale featuring Norwegian lefse and desserts is also part of the afternoon activities as well as the announcement of the Community Appreciation Award and 2022 Syttende Mai Royalty. The admission for adults is \$8.00 at the door. Admission for children under 14 is \$1.00. There will be a Raffle for 23 amazing prizes. Raffle tickets are available online only at <http://go.rallyup.com/norse2022>

Livsreise, the Norwegian Heritage Center will be open that Friday and Saturday for our normal hours of 9:30 a.m. to 4:30 p.m. but will be closed on Sunday. Featured now in our small gallery is an exhibit of paintings by the Norwegian emigrant painter, Herbjørn Nilson Gaustå. On Saturday February 5 at 1:00 pm Livsreise is hosting a virtual presentation featuring author Margi Preus, who will give a review of her book, West of the Moon. You can register for this event by going to the Livsreise website www.livsreise.org and clicking on the news and event tab and find the event for February 5. There are two Gakti (native clothing of the indigenous for people of northern Norway, Sweden and Finland) on display along with the accessories for these traditional pieces of clothing.

Several **Stoughton Norwegian Summit Group members will have joint displays** in the Stoughton High School hallway during Norse Afternoon of Fun. **Norwegian American Genealogical Center & Naeseth Library** in Madison has been teaching in-person and virtual classes, providing programs for Sons of Norway and other group meetings, and are open to have people come in for research. **Sons of Norway-Mandt Lodge**- Visit with us about our events, membership, classes and youth activities. Learn more at <http://sonsofnorway5.com/> is our District website and like us on Facebook: Sons of Norway Stoughton WI. We also will have information about the District 5 Convention in June which will be held in Middleton in conjunction with Sangerfest. **Celebrate Stoughton 175th Anniversary Events**- Learn more about the collaborative efforts to celebrate Stoughton’s 175th Anniversary in 2022! Online interviews, walking tours, events and much more are being planned! Pick up information about the events, sponsorships, and how you can help us celebrate! **Stoughton Chamber and Visitor Services**- Pick up your Stoughton Visitors Map! Livsreise, the Norwegian Heritage Center- **Livsreise** includes interpretations of the immigrant journey from Norway, and features the cultural heritage brought to Stoughton along with sharing stories of individual immigrants. **Edvard Grieg Chorus and Sangerfest 2022**- Every two years the Norwegian Singers Association of America (NSAA) hold a Sangerfest (Singers Festival) for the purpose of performing and cultivating the love and understanding of Scandinavian music. **Sangerfest 2022** will be held June 16-18, with a Grand Concert that is open to the public at Marriott Madison West Hotel in Middleton WI on Saturday evening, June 18th starting at 7:00 PM. Tickets to the Grand concert will be available soon!

Lefse and Donut Making Starts in March!

Donuts - 5 batches ea. session (for about 40 pkgs per session)

- March 8th (Tues) - 8 a.m.
- March 15th (Tues) - 8 a.m.
- March 29th (Tues) - 8 a.m.
- April 12th (Tues) - 8 a.m.
- April 19th (Tues) - 8 a.m.
- May 10th (Tues) - 8 a.m.

Lefse - Batches ea. session determined based on number of volunteers.

- March 17th (Thurs) - 5 p.m.
- March 26th (Saturday) - 8 a.m.
- April 2nd (Saturday) - 8 a.m.
- April 28th (Thurs) - 5 p.m.
- April 30th (Saturday) - 8 a.m.
- May 5th (Thurs) - 5 p.m.

Please let Darlene know if you can assist by emailing arnesonfamily5@gmail.com or call 608-873-7209! Thank you!

District 5 Sons of Norway Convention and Lodge Meeting

Delegates- Mandt Lodge qualifies for 4 delegates for the District 5 Lodge meeting in June. We will need to elect those members and 4 alternates at our February 9th meeting as the report is due March 5. I have had a few people volunteer but can use a few more names for this. We will decide on February 2 what level of financial support we'll provide for the delegates. The delegates discuss and act on the business of the district- bylaws, resolutions, committee work, elect the board and alternates, and other duties. It is not all work- there's some fun too with workshops, classes, tours and food events as their time allows. **The convention is open to ALL members- not just delegates** so we'll be sharing all the opportunities and when it's so close, you may want to take it in! If you have an interest, please contact Darlene by Monday, February 7, so I can compile the list for the meeting.

Well-Wishers- will be out at the February-April meetings. For \$2, you can list your name in the convention program booklet. This is a fun way to send greetings from our lodge to those attending the convention and it also helps offset convention expenses! We will have a separate clipboard for that with an envelope for you to put your money in!

Ads for Convention booklet- Mandt Lodge will put an ad in the convention booklet but if you or your business, organization or other group wants to, you can find the forms at https://sonsofnorway5.com/conventions/program_advertisements.php . They also have vendor opportunities available!

Banner- Mary Furseth has been working on a new lodge banner for the convention! We are excited to see it and greatly appreciate her efforts!

Silent Auction- The District hosts a Silent Auction fundraiser at the convention. If you would like to donate an item or put an item into the Mandt Lodge basket, please let Darlene know!

Consider being a delegate to the 2022 District 5 Convention!

All across District 5, elections will be held in January and February as lodges elect their delegates and alternates for the District 5 convention. Some of your members may be sharing their experiences as delegates at your meetings so members are more aware of what happens at conventions, what their role is, and the experience they have had. To help new members and those without convention experience, here are some things to consider and share with your membership:

Who can be a delegate or alternate?

- You do NOT have to be a benefit member to serve as a delegate to the District Convention.
- Current District 5 Board members cannot serve as delegates for their local lodges.

Time Requirements

- The District 5 Convention is June 15-19, 2022, in Middleton, WI.
- Your delegates may be asked by the District President to serve on a committee. This would require them to attend committee meetings on the Thursday morning and afternoon (or until committee work is done and the committee is dismissed).
- The opening ceremonies will be on Friday morning. **The first official business and seating of the delegates is also Friday morning, and all delegates need to be in all sessions Friday and Saturday.**
- As times and schedules are finalized, watch the District 5 website (www.sonsofnorway5.com) and future mailings for schedules and timelines.

What does a delegate do?

- Represents and speaks on behalf of your lodge on District business, resolutions, proposed changes
- Accepts your lodge's recognition and awards
- Attends all delegate sessions, zone meeting (Saturday noon) and votes on behalf of your lodge
- May serve on a committee if asked to by the District President
- A delegate is the only member (along with current District 5 Board Members) that can run for the District Board (if a benefit member or if they purchase a benefit product at the convention).
- A delegate can run for a delegate spot for the International Convention (August 31st to Sept 1st, 2022) in Minneapolis, MN, if they are a benefit member or if they purchase a benefit product at the convention. The convention will be held, with first time delegates arriving on the 30th of August for the First Timers Training. Delegates will depart the 2nd of September.
- Learn about Sons of Norway by attending workshops, visiting displays and visiting with other members
- Bring back many ideas, activities and enthusiasm that will benefit your lodge
- Report to your lodge about what they learned, business conducted and report on elections held at the convention
- Have a wonderful time and go home ready to carry out the mission of Sons of Norway!

What is a Benefit Member? Someone who owns a Sons of Norway insurance certificate.

How do you pay for delegates? Each lodge handles this differently. Many will help the delegates with convention costs, registration, travel and hotel costs in varying amounts, paying it in full, or a portion. Some lodges will have a special fundraiser or event to raise money for delegate expenses.

Thank you for electing delegates and alternates and your consideration to serve as one! If you have further questions, contact your lodge president, zone officer or a District Board member!

Sons of Norway- Mandt Lodge
317 S. Page Street
Stoughton, WI 53589

2021 Scholarship Recipients-Reagan, Abby, and Gabrielle



Reagan Slinde – I am a freshman at the University of Minnesota. Susan Slinde (grandmother) is my connection to Sons of Norway. I am majoring in Nutrition with a minor in Sports Management. I enjoy going to Gopher sporting events and hanging out with friends. I hope to become a Sports Nutritionist for a Division One or professional sports team. I am the daughter of Steve and Monica Slinde and granddaughter of lodge member Susan Slinde.

Abby Seybold- As I am entering my second semester at University of Dubuque, I would like to thank the Sons of Norway for awarding me this scholarship. My future plans are to become a nurse anesthetist. I currently work as a CNA with Elite Nurses. My grandma, Marcia Seybold, is a member of Mandt lodge. Thank you again for your generosity! I am the daughter of Peter and Crystal Seybold and granddaughter of lodge member Marcia Seybold.

Gabrielle Trieloff- Currently, I am majoring in journalism and minoring in German at the University of WI-Eau Claire. At Eau Claire, I also run on the University's track and field team. In high school, I was a Norwegian Dancer for two years and my parents are currently members of Sons of Norway. In the future I hope to go to law school and study abroad. I am the daughter of lodge members Chris and Atsuko Trieloff.