

Sons of Norway - Mandt Lodge News

Summer 2024

Mandt Lodge 5-314 in Stoughton, Wisconsin

Fra Presidenten

Wow- what a May and June! I have told several that we have packed a full summer of activities into two months at our lodge! We had an amazing Syttende Mai and I want to thank everyone who helped, baked, donated, volunteered, got others to volunteer, came to eat or buy, sent in financial donations, and promoted our events! Syttende Mai is our biggest fundraiser of the year and it truly is a team effort! Having a great fundraiser like that allows us to offer more “fun things” for our members to enjoy. As we always say- we work hard and play hard at Mandt Lodge!

And we just are coming off a pretty amazing District 5 Convention in Indianapolis in which Mandt was well represented! Please see my article on the convention but a huge thank you to our delegates, volunteers, those serving on committees, three board members coming from Mandt, and a special shout-out to Titan and Aurora Malouf, grandchildren of Scott and Janis Wegner, who did an amazing job as our cookie hosts during the convention! It was a great time!

And now to have some fun!! Area lodges have fun events going on that we are sharing on our Facebook page, we have the summer picnic on July 14, we have Sunday night kubb (and socializing) each Sunday at 4 PM at the farm, and our Thursday videos start on July 25 at 6 PM. We hope you can take in some of those activities!

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

Upcoming Meeting Programs- Wednesdays at 7 PM

July 10- “The Viking Sword that Wasn't” -In 1911, a sword was dug up in the prairie of Minnesota near the town of Ulen. Not long after, it was declared a Viking-Age sword. But in 2007, that all changed. No longer deemed a Viking sword by most people in and around Ulen, this talk explores what happened and what it can tell us about Nordic-American life in the Upper Midwest. Marcus Cederström earned his B.A. from the University of Oregon in Sports Business, History, and Scandinavian Studies and his M.A. and Ph.D. in Scandinavian Studies and Folklore from the University of Wisconsin–Madison. He works in the Department of German, Nordic, and Slavic+ at UW–Madison as the community curator of Nordic-American folklore for the “Sustaining Scandinavian Folk Arts in the Upper Midwest” project. Cederström teaches folklore courses, conducts fieldwork with Nordic Americans throughout the Upper Midwest, and works with folklorists and artists throughout the region to create public programming supporting traditional folk arts.

August 14- “An Evening about the Hjemkomst Vikingship” - Recovering from a fall in 1971, Moorhead Minnesota Junior High School guidance counselor Robert Asp read a book on the Vikings. This sparked the thought that he should build and sail his own Viking ship. After eleven years of planning, building, and training, the ship named Hjemkomst sailed from Duluth, Minnesota, to Oslo, Norway. Tom Asp, son of Robert Asp, will present on the planning, building of the ship, learning how to sail, crew selection, and the Atlantic crossing.

Sons of Norway- Mandt Lodge for Bingo 2024

Bingo is held the third Saturday of the month except for December. The lodge is located at 317 South Page Street in Stoughton. There will be food available after 5 PM and bingo begins at 6 PM. Any bingo questions can be directed to Bingo chairperson Becky Lunde at 608-205-2234. Anyone under 18 years old must have an adult family member present to play. Bingo is open to everyone- not just lodge members! **How you can help with bingo:** Sign up to help with the bingo game. We continue to try to get volunteers who don't want to play who can help with the game (selling cards, verifying, calling) as anyone who plays can't do those tasks. Help with food! Selling food that night or baking baked goods that we sell. Telling your friends and family to attend! Coming yourself to play!

2024 Sons of Norway- Mandt Lodge Calendar

Watch for other event updates on Facebook (**Sons Of Norway Stoughton WI**) or at www.stoughtonwi.com/events/calendar.

July 3- Business Meeting at 7 PM
July 7- Sunday Night Kubb at 4 PM
July 9- Making meatballs at 4 PM
July 10- SN Mandt Lodge Incorporated Annual Meeting at 6:30 PM
July 10- Lodge Cultural Program at 7 PM
July 14- Sons of Norway picnic at 2 PM
July 14- Sunday Night Kubb at 4 PM
July 20- Sami bracelet class registrations due
July 20- Bingo at 6 PM- Food available at 5 PM
July 21- Sunday Night Kubb at 4 PM
July 23- SN Bus Tour Meal- Rasmus Group from Norway
July 25- Video series- Wonders of the National Parks at 6:00 PM
July 28- Sunday Night Kubb at 4 PM
July 30- Relay For Life Team Meeting- 6:30 PM
August 1- Video series- Wonders of the National Parks at 6:00 PM
August 3- Sami Bracelet Class
August 7- Business Meeting at 7 PM
August 8- Video series- Wonders of the National Parks at 6:00 PM
August 10- Sami Bracelet Class
August 14- SN rented- Nelsons in afternoon (downstairs)
August 14- Lodge Cultural Program at 7 PM
August 15- Video series- Wonders of the National Parks at 6:00 PM
August 17- Bingo at 6 PM- Food available at 5 PM
August 17 – Coffee Break Festival and Relay For Life Event- Racetrack Park
August 22- Video series- Wonders of the National Parks at 6:00 PM
August 29- Video series- Wonders of the National Parks at 6:00 PM
September 4- Business Meeting at 7 PM
September 5- Video series- Wonders of the National Parks at 6:00 PM
September 11- Lodge Cultural Program at 7 PM
September 12- Video series- Wonders of the National Parks at 6:00 PM
September 18- SN Bus Tour Meal (Personalized Tours)
September 19- SN Bus Tour Meal- Erdahl Navy Reunion Group-noon
September 19- Video series- Wonders of the National Parks at 6:00 PM
September 21- Bingo at 6 PM- Food available at 5 PM
September 26- Video series- Wonders of the National Parks at 6:00 PM

Contact Darlene
Arneson at
arnesonfamily5@gmail.
com to sign up to help
with these events!

Happy Birthday Members!

July Birthdays		August Birthdays	
1	Nancy Hartman	2	Sara Szubert
1	A Nancy R Kristiansen	3	Donald W Amundson
4	Scott Meeker	3	Dale Hanson
5	Angie Hjortland	5	Tamara Zupanc
7	Thomas Olson	6	Linda Lou Bradley
9	Jack H Ellickson	8	Aurora DeGraff
9	Sarah M Gatz	8	Henry McGlin
10	Jack Christian Law	8	Jim M Thompson
10	JARYN TUTTLE	9	Thomas J Asp
12	Charles R Field	9	Leah Heggelund
12	Richard A Hagen	10	Jill Lendu Johnson
12	Neil Heggelund	10	Helena McGevna
14	Margaret Arneson	12	Perry L Wentorf
17	Jean Elvekrog	13	David L Nelson
19	Gina Heggelund	14	William R Hendrickson
19	Jill A McGlin	16	Philayne Rae Chose
20	Dan Henning	19	Jan Rasmussen
21	Ashlyn Wilson	20	Janice M Hendrickson
23	Darlene Holte	20	Sydney Faith Law
23	Katie Lynn Maurer	21	Kristoffer C Christensen
23	Heath Wilson	23	Jean Ann Lamers
24	Kevin Behringer	26	Axel Chase Dominguez
24	Clara Mae Furseth	26	Sharon L Nelson
27	Rhonda J Foley	26	Barbara Ann Zander
		28	Karen Laumb
		29	Jane P Conner
		29	Norm E Monsen
		29	Marcia Ann Seybold
		30	Dean LaBelle

Life is a journey; protect yours and those you love.

You have worked hard to build a reliable lifestyle for your loved ones. With life insurance you can ensure it is maintained should something happen to you. Even without you, their journey is important! The funds from a life insurance policy can potentially provide enough money to help your family members pursue their dreams.

Sons of Norway has many products to help you reach your financial goals. Learn more about the type of products available and what will work best for your situation.

https://www.sofn.com/financial_products/

Sons of Norway Summer Picnic and Kubb

The Sons of Norway Picnic (formerly the SN Zone 3 Picnic) will be held on Sunday, July 14, 2024 at 2:00 PM. The picnic will be held at John and Darlene Arneson's, 2056 Skaalen Road, Stoughton, WI 53589. Join neighboring Sons of Norway- Mandt Lodge and our neighboring lodge members for a good time of fellowship and a preview of what is to come this fall. All are welcome to join us for an afternoon of visiting, fellowship, games, and then we'll play kubb at 4 PM for the usual Sunday Night Kubb at the Arneson pitch.

Please bring a dish to pass. Tableware, coffee, juice, and other beverages will be provided. All Sons of Norway members and others interested are welcome to attend.

It's also Margaret Arneson's 101st birthday that day!!

Kubb continues every Sunday in July at 4 PM at the Arneson farm.

District 5 Sons of Norway Convention and Lodge Meeting Review

RACING TO THE FUTURE



- Mandt Lodge Delegates- Robert Schuck, John Arneson, Laurie Barrett, Natasha Amundson, Rich Hagen, and Janis Wegner.
- District Board Delegates- Scott Wegner and Darlene Arneson
- Committee members- Janis Wegner- Nominating Committee; Laurie Barrett- Finance Committee; John Arneson- Reports and Publicity Committee
- Cookies! Scott and Janis Wegner's family baked countless sandbakkles, krumkake, and almond cakes. Grandchildren Titan and Aurora Malouf prepared all the cookies for the coffee breaks! People were so appreciative and commented on their graciousness as hosts! Thank you!
- Awards- Mandt received the 2023 Family Lodge of the Year. We also were Gold rated for 2022 and 2023 Lodge Achievement Awards.
- John Arneson gave his Civil War Presentation. We also heard from new CEO Dan Seyfried, Foundation Director Amy Tuchenhagen, and International Board Members Duane Kittleson and Robin Fossum. Darlene Arneson gave the Secretary's Workshop and Delegate Orientation.
- Titan and Aurora Malouf gave a presentation on their experience at Masse Moro.
- Coming to Stoughton in 2026- The delegates accepted Mandt Lodge's bid to host the 2026 District 5 Lodge Meeting and Convention in Stoughton!! We are excited about it and will begin planning later this summer!
- Elected to the Board
 - Scott Wegner- At Large Director
 - Robert Schuck- Youth Director
 - Darlene Arneson- District Secretary
 - Janis Wegner- Alternate to the District Secretary



Go to Facebook- Sons of Norway District 5 and use hashtag #snd5indy to see more pictures!



Thank you to our advertisers!



Have you hit a brick wall?

**Norwegian American Genealogical Center
will keep your search moving forward.**

- ▶ *Contact us today for*
- *Genealogy classes*
 - *Research services*
 - *DNA interpretation*
 - *Translation services*



NORWEGIAN AMERICAN
Genealogical Center & Naeseth Library

**415 West Main Street, Madison, WI 53703 • 608.255.2224 • genealogy@nagcnl.org
www.nagcnl.org**



Quality Alpaca Clothing and Gifts
 Call 608-839-4610 or 608-698-1204 or e-mail
 Tom@fevoldenfarm.com
 to schedule an appointment for in person shopping

On-line shopping at
[HTTPS://Fevoldenfarm.square.site](https://fevoldenfarm.square.site)

Tom and Ginny Olson 2454 Gaston Road, Cottage Grove, WI 53527



Gunderson Funeral Home -
 Stoughton
 1358 US Highway 51
 Stoughton, WI 53589
 Phone: (608) 873-4590
 Fax: (608) 221-5426

Celebrating 100 years –
 Family owned- “Your Norwegian Funeral Directors”



Stoughton, WI Pizza Pit
 (608) 873-7737
 1060 W. Main St.
 Stoughton, WI 53589

Located in the Stoughton Plaza Shopping Center. Behind the Sunrise Family Restaurant

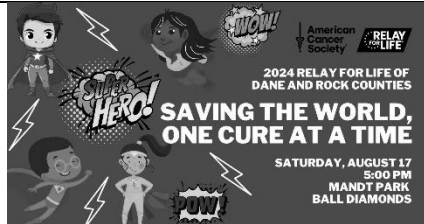
Phone: (608) 873-7737
Open: 11:00 AM



No Shorts Electric LLC is a locally owned and operated electrical contractor based in Stoughton, WI. We specialize in agricultural, residential and commercial installation and service work. The business has been open since May of 2006.

Phone: 608.205.9999
Fax: 608.205.9998

Email: brett@noshortselectric.net
 1768 Kaase Road, Stoughton, WI 53589



Thank you for supporting our
RELAY FOR LIFE TEAM
 Year #23!

August 17, 2024
 Racetrack Park
 Darlene Arneson
 Team Captain

Connect with Sons of Norway
Facebook

Sons of Norway Stoughton WI
 Sons of Norway District 5
 Official Sons of Norway Facebook

Websites

<https://sonsofnorway5.com/>
<https://www.sofn.com/>

Sons of Norway Financial
Benefits Counselor

Greg Ragan
 815-623-8817 (Office)
Gragan51@gmail.com

Dues Update

As of July 1, the new dues rates take effect. Primary Total: \$84.00 and Family membership (all must live in the household) are \$144.00. We had a number of presentations at the District convention by CEO Dan Seyfried and International Board Members Duane Kittleson and Robin Fossum on the background of the finances of the organization and the process the board went through on setting the new dues rate. Dues hadn't been raised for many years and this is an adjustment that hopefully will help cover fraternal costs that needed to be addressed. The home office has gone under severe restructuring, reduction in staff, and focus on how to increase member benefits. At our lodge, we continue to promote the many member benefits that our members should be aware of from the District and International. We also like to add local benefits by not charging admission for our programs and activities, refreshments/food at many of the volunteer work events, having a lower rate for bus trips and classes, and many other things. If you have suggestions on other member benefits, concerns about the new rates, or other ideas, please contact any officer about them. Thank you for your membership and involvement in our lodge! Darlene Arneson, President. Email- arnesonfamily5@gmail.com.

Sons of Norway Membership Benefits you should try! Learn more when you log in to the website. Not sure how to do that? Watch this video! <https://youtu.be/4q-7Mxuwv5Q?si=BNqdhKdlv2V687DT>

Member Discounts-https://www.sofn.com/member_benefits/member_discounts/

- **PerkSpot** By visiting Sons of Norway's exclusive PerkSpot portal you can start saving today on products and services, like travel, clothing, food, entertainment and electronics. But that's not all! Every month new discounts are added to enhance the benefit and, once you create your account, the discounts you see will be tailored to the area in which you live!
- **Films of Norway-** Films of Norway is an internet streaming service with a wide variety of Norwegian movies and TV series offered through a budget-friendly monthly or annual subscription. Watching these programs is a fun way to learn about Norwegian culture and improve your Norwegian language skills. **Sons of Norway members worldwide are entitled to 1 free week and 25% off** the regular monthly or annual subscription rate.
- **Avis and Budget Car Rental-** Members receive a 30% discount at participating locations worldwide.
- **Best Western Hotel-** Members receive a discount of up to 10% at any of Best Western's 3,400 hotels in the United States, Canada, and select properties in Scandinavia.
- **Radisson Hotels-** Members qualify for 5% off the regular rate at Radisson Blu, Radisson®, Country Inns & Suites By CarlsonSM, Park Inn by Radisson, and Park Plaza® hotels.
- **Norwegian Map Service-** Sons of Norway Map Service offers members and nonmembers access to a variety of maps. Genealogists, travelers, and map lovers have discovered this handy mail-order method of obtaining maps. All maps are produced by Statens kartverk, the official mapping authority for the Norwegian Government.

Programming Benefits to check out- You also need to log in!

https://www.sofn.com/member_resources/cultural_programming/

- **Recipe Box-** Tickle your taste buds with one of our featured recipes or just find a new favorite!
- **Just for Kids-** Getting our youth engaged in Norwegian heritage and interested in all of its cultural aspects is a mission that always inspires us.
- **Norwegian in 5 Minutes a Month, with Sound!** Our monthly language lesson has been out for a while now, and many of you have let us know that it is working well.
- **Norwegian for Reading Comprehension-** Learning Norwegian is never easy, however, especially for adult learners who may not have access to university extension programs.
- **Cultural Skills Program-** Downloadable pdfs provide a framework for learning about traditional and contemporary Norwegian cultural skills, including rosemaling, folk dancing, cooking and literature.
- **Genealogy-** Get in touch with your Norwegian heritage
- **Christmas Traditions-** Learn more about Norway's captivating Christmas customs.
- **Sports Medal Program- Sports Medal program for maintaining an active life.**
- **Viking Magazine-** Browse current and archived issues.
- **Idea Bank-** Strong programming is a key to success for lodges.
- **Information Bank-** What exactly is a bunad and how did it come to be Norway's national costume? What is Syttende Mai and how is it celebrated today? What are some of the most popular Norwegian names, and what do they mean?

**Sons of Norway-Mandt Lodge 5-314
BEGINNING Sami Bracelet**

A One Day Class is offered on August 3, 2024 (Saturday)

It will only take one day to complete the bracelet – you will go home with a completed bracelet

Time: 9:00 AM – 4PM

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

Class Fees: \$65.00 Sons of Norway Members and Seniors (age 55 & over) and \$80.00 for Non-members
Registration form and payment due: **July 20, 2024** (Class fee covers instruction, documents, and **use of the tools**.) This fee **does not** include the materials **Kit**. (*The Kit includes all the materials needed to complete the project including; pewter thread, leather, needle, sinew, button.*) The cost of the initial Kit is \$45.00. Additional Kits may be purchased at an in-class special rate.

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 for the class fee.

Send to: Nancy Odalen, 1109 Sundt Lane, Stoughton, WI 53589 (naodalen@charter.net)

Student Name _____

Address _____

City _____ Zip Code _____

Day Phone _____ Evening Phone _____

Email Address _____

Emergency Contact _____ Phone _____ Relationship _____

Please note:

- Classes are dependent upon enrollment. If a class is cancelled due to insufficient enrollment, payment will be refunded.
- This is an all-day class. We will have a lunch break of one hour, you may wish to go out or you can bring your lunch.
- The class fee **does not** include the leather, pewter, thread, needle, etc. needed to assemble the bracelet. The cost of the materials that make up the **Kit** is \$45.00. The class fee **does cover the use** of the tools you will need to complete the bracelet. Payment for the material Kit should be made payable to: **Creations Inspired by Coastal Norway (CICN)**
- **Parking is not allowed** in the Livsreise lot across from Mandt Lodge. You may park on the City streets or City parking lots.

Sandy Fleming and Nancy Odalen will be teaching this class. This class is at the beginner's level. **By the end of the class, you will have completed a Sami inspired bracelet** to take home to enjoy for years to come. Additional material Kits will be available for purchase. These material Kits will include the same supplies found in the material Kit used for class.

If you have any questions, contact coastalnorway@gmail.com or Sandy Fleming sandrakelly62@gmail.com , or Nancy Odalen naodalen@charter.net.

Registration form and Payment is due July 20, 2024

**Sons of Norway-Mandt Lodge 5-314
Advanced Sami Bracelet**

A One Day Class is offered on August 10, 2024 (Saturday)

It will only take one day to complete the bracelet – you will go home with a completed bracelet

Time: 9:00 AM – 4PM

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

Class Fees: \$65.00 Sons of Norway Members and Seniors (age 55 & over) and \$80.00 for Non-members
Registration form and payment due: **July 20, 2024** (Class fee covers instruction, documents, and **use of the tools**.) This fee **does not** include the materials **Kit**. (*The Kit includes all the materials needed to complete the project including; pewter thread, leather, needle, sinew, button.*) The cost of the initial Kit is \$45.00. Additional Kits may be purchased at an in-class special rate.

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 for the class fee.

Send to: Nancy Odalen, 1109 Sundt Lane, Stoughton, WI 53589 (naodalen@charter.net)

Student Name _____

Address _____

City _____ Zip Code _____

Day Phone _____ Evening Phone _____

Email Address _____

Emergency Contact _____ Phone _____ Relationship _____

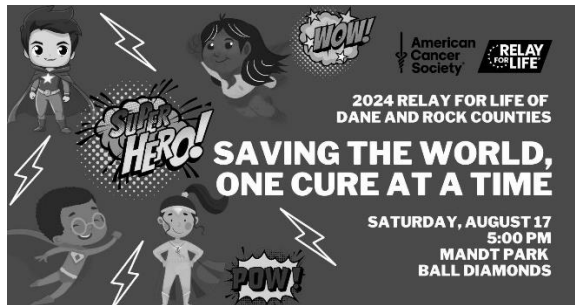
Please note:

- Classes are dependent upon enrollment. If a class is cancelled due to insufficient enrollment, payment will be refunded.
- This is an all-day class. We will have a lunch break of one hour, you may wish to go out or you can bring your lunch.
- The class fee **does not** include the leather, pewter, thread, needle, etc. needed to assemble the bracelet. The cost of the materials that make up the **Kit** is \$45.00. The class fee **does cover the use** of the tools you will need to complete the bracelet. Payment for the material Kit should be made payable to: **Creations Inspired by Coastal Norway (CICN)**
- **Parking is not allowed** in the Livsreise lot across from Mandt Lodge. You may park on the City streets or City parking lots.

Sandy Fleming and Nancy Odalen will be teaching this class. This class is at an advance level- you will need to have taken the beginning class with us or with another instructor. **By the end of the class, you will have completed a Sami inspired bracelet** to take home to enjoy for years to come. Additional material Kits will be available for purchase. These material Kits will include the same supplies found in the material Kit used for class.

If you have any questions, contact coastalnorway@gmail.com or Sandy Fleming sandrakelly62@gmail.com , or Nancy Odalen naodalen@charter.net.

Registration form and Payment is due July 20, 2024



Relay For Life of Dane and Rock Counties 2024

Relay date- Saturday, August 17 from 5 PM- 9:30 PM at Racetrack Park in Stoughton! This is a new location and the address is 1247 Racetrack Road, Stoughton.

Theme- “Super Heros” is the theme for our event. We’d love to have you come to the event! Start thinking about your super heroes- cartoon or real life heroes!

Watch for updates-

- Facebook: <https://www.facebook.com/RFLDaneAndRockCounties>
- Website: www.relayforlife.org/daneandrockcountieswi

Cancer Survivors- If you are or have friends or family who are a cancer survivors, please register for the event and join us for the Opening ceremonies, Survivor Lap and have those who have supported your journey join you in the Caregivers Lap. You are the reason we Relay! New this year- cancer survivors will be asked your t-shirt size and then will receive your shirt a few weeks after you register!

Luminaria Sales- For \$10 a bag, you can dedicate it in “Memory of” or “In Honor of” a loved one. Please fill out the form and give payment to a team member. These can be turned in at our meeting, bought online, or at the event. In order to credit our team, we must turn them in by bank night. We also will have a booth at Coffee Break that day that you can buy bags at.

How to donate- We have donation and luminaria forms if you want to send in the hard copy and check. Or you can go online to donate at https://secure.acsevents.org/site/STR?fr_id=104239&pg=team&team_id=2655888.

Learn how ACS funds research:

<https://www.cancer.org/research/how-american-cancer-society-research-funding-works.html>

ACS Patient Programs and Services

The American Cancer Society offers programs and services to help you during and after cancer treatment. Below are some of the resources we provide. We can also help you find other free or low-cost resources available.

<https://www.cancer.org/support-programs-and-services.html>

In the United States, 1 in 2 men and 1 in 3 women will be diagnosed with cancer in their lifetime. If you’ve been recently diagnosed, or know someone who has, we’re here with answers, guidance, and support. You’ll also learn about the causes of cancer and what you can do to lower your risk of getting cancer or find it early, when it’s easier to treat.

<https://www.cancer.org/cancer.html>

Sons of Norway- Mandt Lodge

317 S. Page Street

Stoughton, WI 53589

Relay For Life of Dane and Rock Counties Deposit Form

Team Name: **Sons of Norway**

If you want to credit a specific team member, please list them _____

General Donation \$_____

Checks or money orders made to "American Cancer Society" and send to: The American Cancer Society, ATTN: RFL of Dane and Rock Counties, PO Box 2438, Kennesaw, GA 30156

Your Name _____ Phone _____

Address (street, city, state, zip) _____

Email _____