

# **Sons of Norway - Mandt Lodge News**

## **April 2025**

### **Mandt Lodge 5-314 in Stoughton, Wisconsin**

#### ***Fra Presidenten***

It's that time again- Syttende Mai! It seems like once we get to April, everything is referred to as "before Syttende Mai" or "after Syttende Mai"! This is our biggest fundraiser of the year and thanks to all that have already been in the kitchen baking for the event. We have a lot of food prep ahead and appreciate your help. Please take a few minutes to fill out the volunteer form. This is the one event that we ask ALL members to support- either with food prep, helping that weekend, or with financial support. Thank you in advance for that!

We have some great opportunities this summer with Masse Moro for youth ages 9-15, an Adult camp in IL this fall, kubb, great meeting programs, and more fun to come! Thanks for being a member and we look forward to a great month ahead!

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

-----

#### **Upcoming Meetings**

##### **Sons of Norway Kvalheim Program- May 14 at 7 PM**

"An Evening about the Art Influence of Ethel Kvalheim" - Ethel's son, Gary Kvalheim, will give a presentation on the interest in art at an early age in the life of my mother and myself; the similarities through the years of creating our art; who encouraged and supported us; the influence of my mother's art on my art; and the various types of art each of us did and why we arrived at the form of art we pursued. Refreshments will be served!

##### **Sons of Norway Midsummer Program – June 11 at 7 PM**

"Midsommar på Åland: Continuity and Change" - Jason M. Schroeder, UW-Madison Scandinavian Studies-Folklore Track, will show film clips of two midsummer locations, one on the main island of the Åland Islands and the other on a remote island in the eastern archipelago of Åland. Between 2016 and 2022, he documented and participated in the groups who run the midsummer celebrations on Åland. Jason will show film clips and discuss the history of Nordic midsummer celebrations and ways that people, locations, and local traditions change these celebrations and mark them as unique to the people and places they occur. Jason M. Schroeder earned a PhD in Scandinavian Studies-Folklore Track at the University of Wisconsin—Madison. Currently he is a Community Curator of Upper Midwestern Folklore at the University of Wisconsin—Madison. Previously, he taught Swedish at Augustana College and directed the Scandinavian Cultural Center at Pacific Lutheran University. Refreshments will be served!

#### **SN Mandt Lodge Logo wear will be available soon at the lodge!**

What kind of logo wear are you interested in? Please contact Todd Fossum about how to order!  
todd.r.fossum@gmail.com

## Happy Birthday Members!

May birthdays		
01	Kelli Wyatt	June 21
01	Amy S Elvekrog	21
05	Bruce Douglas Goplen	23
05	Gunnar Monsen	24
06	Gary R Swain	25
08	Barbara A Jacobson	25
09	Sharon Lynn Nelson	26
11	Roger A Odalen	26
12	Sam Hjortland	
14	Grace Rose Law	
14	Ann N Nelson	
14	Elaine R Peterson	
16	Thomas M Asplund	
16	Clara Ellefsen	
18	Merick Monsen	
22	James Daryl Furseth	
22	Connie L Kreuser	
26	Leif Fasching	
27	Christopher John Mills	
27	Daniel Swain	
28	Jeanne L Julseth	
30	Millie Marie Furseth	
June birthdays		
01	Sydney Arneson	
01	Jean Chase	
04	Louise Christopher	
04	Owen Heggelund	
04	Elizabeth L Wentorf	
06	Ryan P Forrer	
07	Gary E Anderson	
07	Kathleen Ernst	
07	David W Nelson	
07	Margaret Ann Werstrand	
10	Nancy J Anderson	
12	Rebecca Lunde-Ross	
13	Jens O Arneson	
14	Laura Jensen	
14	Lori R Teigen	
15	Darlene L Arneson	
16	Lynn R Carlson	
17	Christopher J Jacobsen	
18	Gryffin Eitland	



Carol A Culbertson  
 Amanda Zupanc  
 Roberta Solberg  
 Lynn Wieser  
 Natasha V Amundson  
 Sara Rabe  
 Richard H Moen  
 Sara Tupper

### Sons of Norway- Mandt Lodge for Bingo 2025

The public is always welcome at Mandt Lodge!

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.

Our 2025 dates are: April 19, May 17, June 21, July 19, August 16, September 20, October 18, and November 15.

Please contact Rebecca Lunde-Ross at 608-284-0932 if you have questions. Anyone under 18 years old must have an adult family member present to play. Bingo is open to everyone- not just lodge members!

Congratulations Mandt Lodge Members and Syttende Mai King and Queen- Troy and Lynn Wieser



**Masse Moro** is a Norwegian heritage camp for youth ages 9-15 years old sponsored by the [Sons of Norway Fifth District](#). Since 1979, we've been helping youth celebrate their Norwegian heritage through a cultural experience. Campers will learn Norwegian, build friendships, and gain important life skills like problem-solving, leadership, and teamwork through our Viking Olympics programming. In addition, they will also try their hand at becoming master craftspeople through woodworking, painting, leather work, baking, chip carving, experience exciting tales and Nordic myths, and celebrating Norway's rich history and traditions. Sons of Norway-Mandt Lodge will support campers that are children, grandchildren, great-grandchildren, or if the Mandt Lodge member doesn't have children, their nieces or nephews qualify. But they must be members of Mandt in good standing (dues paid) for at least six months before camp starts. If you have campers, please get them registered and then complete the Lodge Supporting Grant Endorsement form (get from Lodge or Darlene) and return it to Darlene Arneson for processing. District Youth Director and Mandt Lodge member, Robert Schuck, is a great resource: (608) 513-6830 or [d5youthdirector@gmail.com](mailto:d5youthdirector@gmail.com)

# MASSE MORO

Sons of Norway Fifth District Norwegian Heritage Camp



## WHAT IS MASSE MORO?

Masse Moro is a Norwegian heritage camp for youth sponsored by the Sons of Norway Fifth District. Since 1979, it has been helping youth celebrate their Norwegian heritage and getting families connected to the Sons of Norway through its cultural immersion program. At camp, youth will learn the language, eat the food, listen to the music, tell the tales and myths, and celebrate the traditions of Norway.

## ELIGIBILITY

Our camp is open to both boys and girls between the ages of 9 and 15 years old. (Campers must be 9 as of the first day of camp. No exceptions.) A two-week sleepaway camp, campers stay in cabins (furnished with bunk beds) along with 2-3 staff members and an additional 9-12 other campers. This small, cozy atmosphere creates a bonded tight-knit cabin that creates a home away from home where campers feel safe and comfortable.

## RATE FOR MASSE MORO

**Tuition**  
**\$1,200.00\***

Includes admission for one camper for the two-week session  
 Applications must be received on or before May 17th in order for your camper to qualify for matching funds through District Five. After May 17th, we will continue to accept applications until July 1st.

In order to qualify for District One scholarship support, please turn in your Camper Application to your lodge as early as possible. The scholarship deadlines may be different in other districts, so please communicate with them early for your best chances at financial aid.

Please visit [www.massemoro.org](http://www.massemoro.org) and select the "Admissions Information" tab for all application materials including the Camper Application, Matching Funds Form, and Health Forms.

\*Subject to change.



## WHAT'S ON OUR PLATES

Campers will have 3 square meals a day including snacks and breaks throughout the day. At the beginning of every meal, campers are taught the vocabulary for that meal as well as key meal-time phrases in Norwegian. Campers eat a mix of traditional Norwegian cuisine and American favorites. Special dietary accommodations can be met, including allergies and vegetarian/vegan diets.



## WHAT'S THE NEXT STEP?

Register for camp today! We'll walk you through the process with our easy checklist.

1. Visit [www.massemoro.org](http://www.massemoro.org) and select the "Admission Information" tab
2. Fill out the application
3. Fill out the Health Form for your camper(s)
4. Pay your \$100.00 application fee (used toward tuition)
5. Receive your Camper Welcome Packet/Email
6. Start packing (we have a packing list on our website under the "Admissions" tab)
7. Attend camp July 13-26, 2025

Masse Moro Sons of Norway Fifth District Norwegian Heritage Camp  
 July 13-26, 2025 • Beaver Creek Nature Reserve, Fall Creek, WI  
[www.massemoro.org](http://www.massemoro.org) • Facebook: [www.facebook.com/groups/massemoro](https://www.facebook.com/groups/massemoro)

**Baking continues!** We have many baking sign ups. Here is what I have on the clipboard as of this morning. Please email me if you want me to add you to the list. If you want to learn how to make these baked goods, this is a perfect time to learn!

- Meatball making- April 23 at 4 PM
- Lefse April 29 at 4:30 PM
- Lefse May 3 at 8 AM
- Krumkake, Quick breads and sandbakkles- May 6 at 8 AM
- Krumkake, Quick breads and sandbakkles- May 7 at 8 AM
- Cardmom breads, cookies- May 8 at 8 AM
- Rosettes May 10- 8 am - 3 PM- All day, Morning only, or Afternoon only
- Kransekake decorating- May 14 at 9 am

Email Darlene at arnesonfamily5@gmail.com if you want to sign up to help! If you don't know how to make these items, it's a great way to learn!

### **Learn Norwegian in 5 Minutes a Month!**

Our monthly language lesson has been out for a while now, and many of you have let us know that it is working well. Thank you for taking the time to communicate with us. Visitors to "Norwegian in 5 Minutes a Month" have asked for information on the Norwegian alphabet and genealogical terms, so we have added pages on both topics. We look forward to your feedback. In the meantime, good luck!

[https://www.sofn.com/norwegian\\_culture/norwegian\\_language\\_lessons/](https://www.sofn.com/norwegian_culture/norwegian_language_lessons/)

### **Sons of Norway District 5 Adult Norwegian Cultural Weekend**

**October 3-5, 2025**

#### **"Celebrating Norwegian Immigration – The Sloopers 200<sup>th</sup> Anniversary"**

[https://sonsofnorway5.com/programs/leadership\\_workshop.php](https://sonsofnorway5.com/programs/leadership_workshop.php)

A three-day weekend of Norwegian Culture fun featuring Sloopers and Fox Valley Settlement pioneer history, traditional Norwegian culture and craft programs and classes, Norwegian games and movie night, "Sluppen" fun walk, Norwegian barn dance with Norwegian folk music and food, traditional Norwegian worship service, and a chance to meet descendants of the first Norwegian-American immigrants at their Sloopers Society annual meeting.

**This is a Sons of Norway District 5 Adult Norwegian Cultural Weekend event** in Norway, Illinois, sponsored by Polar Star and Cleng Peerson Sons of Norway lodges, the Norsk Museum, and the Sloopers Society of America.

### **Sunday Afternoon Kubb at the Arneson Pitch 2025**

Sons of Norway- Mandt Lodge will have informal kubb practice and instruction each Sunday night at 4 PM at the Arneson farm on Sunday nights in June and July. The farm is located at 2056 Skaalen Road just east of Stoughton. All are welcome to come- no need to sign up as you can just come out with friends and family. If you have never played, this is a great way to learn. And if you know how, a great chance to practice and socialize! Park by the shed and the pitch is there and we have sets to use. We will have one practice before the tournament on Sunday, May 4 at 4 PM. The other dates are June 1, June 8, June 15, June 22, June 29, July 6, July 13, July 20, and July 27. For more information, contact Sports Directors Jens Arneson (jensoarneson@gmail.com) or Todd Fossum at todd.r.fossum@gmail.com. New to kubb? Here are some places to learn more about it! How to play: [https://youtu.be/XfWt0-\\_MNsY](https://youtu.be/XfWt0-_MNsY); Rules: <http://www.kubbunited.com/rules-of-kubb>; Stoughton Kubb Club: <https://www.facebook.com/stoughtonkubbclub/>.

# Stoughton Kubb Invitational



Visit us on Facebook at <https://www.facebook.com/stoughtonkubbclub> or send an email to [StoughtonKubb@gmail.com](mailto:StoughtonKubb@gmail.com)

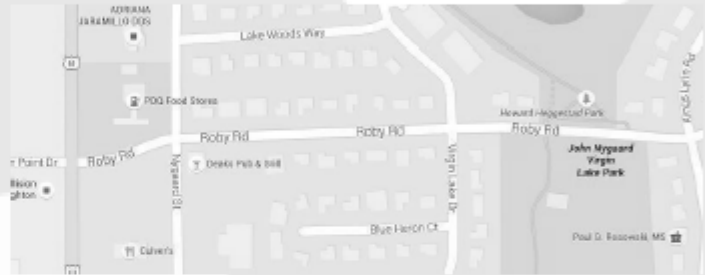


## Kubb Like A Viking!!

## Everyone is Welcome!

**Saturday, May 10, 2025**  
**@ 9 a.m.**  
**“Rain-or-Shine”**

**Virgin Lake Park, 1901 Roby Road**  
**Stoughton, WI 53589**



The Stoughton Kubb Club is hosting the *Stoughton Kubb Invitational* at Virgin Lake Park on May 10th. Open to all ages and groups. A fun family event for people with all skill levels.



• Scan code to sign up and for details.

- Play starts promptly at 9:00 a.m.
- Entry fee is \$40 per team (2-6 players)
- Pay online, in person (cash or check made out to Sons of Norway)

- Kid teams 12 and younger play free!
- Non-Profit event with proceeds going to local charities.
- Trophies and cash prizes
- Grab your friends, grab your family, it promises to be a great time!

### Upcoming Area Tournaments

- WI State Kubb Champ. 5/3/25
- Kettle Moraine (Sand) 6/21/25
- Beloit 8/9/25
- Cottage Grove (TBD)
- Batavia 8/30/25
- Kettle Moraine (Grass) 9/13/25

### Sponsored by:

- King Oscar Seafoods
- Stoughton Parks & Recreation
- Sons of Norway – Mandt Lodge
- Stoughton Kubb Club



**STOUGHTON KUBB CLUB**  
Stoughton, WI 53589  
(608) 695-1336 | [StoughtonKubb@gmail.com](mailto:StoughtonKubb@gmail.com)



**SONS OF NORWAY**

**Mandt Lodge 5-314**

Join Us on Facebook: <https://www.facebook.com/events/1570027859977959/>

## Calendar – April and May 2025

April 1- SHS rents lodge- Century Farm Program  
April 3- Stoughton Community Expo 4:30-6:30  
April 3- World History video night- 5:45 PM  
April 3- (Thursday)- Lodge Business Meeting at 7 PM  
April 5-6- Advanced Beginning Rosemaling Class (set up on Friday)  
April 6- Lodge rented- SHS Norwegian Dancer Parents 3-5 PM  
April 8- Set up for 3<sup>rd</sup> grade event- 4-6 PM  
April 9- 3<sup>rd</sup> Grade Cultural Event  
April 10- World History video night- 5:45 PM  
April 10 (Thursday) - Lodge Cultural Program at 7 PM  
April 12- Lefse making at 8 AM  
April 17- World History video night- 6 PM (last one)  
April 19- Bingo at 6 PM- Food available at 5 PM  
April 23- Meatball making at 4 PM  
April 25-27- Advanced Rosemaling Class  
April 27- Lodge lower level rented- Robin Erdahl  
April 29- Lefse making at 4:30 PM



May 3- Lefse making at 8 AM  
May 4- Kubb Practice at Arneson's at 4 PM  
May 6- Krumkake/Sandbakkles and Quickbreads- 8 AM-2 PM (Lunch provided; welcome those who can stay only part of the time)  
May 7- Krumkake/Sandbakkles and Quickbreads- 8 AM-2 PM (Lunch provided; welcome those who can stay only part of the time)  
May 7- Lodge Business Meeting at 7 PM  
May 8 – Cardmom quick breads and cookies- 8 AM-2 PM (Lunch provided; welcome those who can stay only part of the time)  
May 10- Rosettes- 8:30 – 3 PM- (Lunch provided; welcome those who can stay only part of the time)  
May 10- Stoughton Kubb Invitational at Virgin Lake Park  
May 14- Decorating Kransekake from 9 am-12noon  
May 14- Lodge Cultural Program at 7 PM  
May 13-16- Food Prep for Syttende Mai  
May 16-18- Syttende Events at Sons of Norway  
May 17- Bingo at 6 PM- Food available at 5 PM

## Are you a stamper? Check out the various sets we offer!

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

### Gifts » Stamps



### Norwegian Christmas Sets 1 & 2 Order Form

Translation Set 1:  
God Jul! = Merry Christmas  
God Jul til deg og dine = Merry Christmas to you and yours  
Godt nytt år = Happy New Year

Translation Set 2:  
Gladelig JUL = Merry Christmas

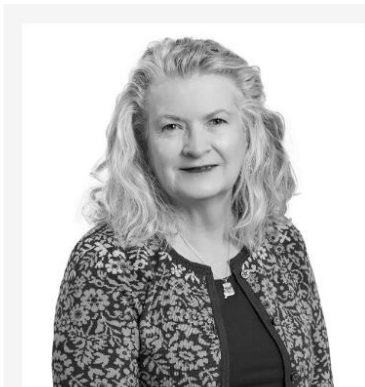
Cost per set \$16.00

SN District 5 Nordic Legacy Foundation offers six unique stamp sets! Check them out if you like to make cards or know others who do!

# Thank you to our advertisers!

 <p>Quality Alpaca Clothing and Gifts          Call 608-839-4610 or 608-698-1204          or e-mail <a href="mailto:Tom@fevoldenfarm.com">Tom@fevoldenfarm.com</a>          to schedule an appointment for in          person shopping          On-line shopping at  <a href="https://Fevoldenfarm.square.site">HTTPS://Fevoldenfarm.square.site</a>          Tom and Ginny Olson 2454 Gaston          Road, Cottage Grove, WI 53527</p>	 <p><b>Gunderson</b>          Funeral and Cremation Care          LIFE CELEBRATION CENTERS  <i>Family Owned and Operated Since 1922</i>  <a href="http://www.gundersonfh.com">www.gundersonfh.com</a></p> <p><b>Gunderson Funeral Home -          Stoughton</b>          1358 US Highway 51          Stoughton, WI 53589          Phone: <b>(608) 873-4590</b>          Fax: (608) 221-5426</p> <p>Celebrating 100 years –          Family owned- “Your          Norwegian Funeral Directors”</p>	 <p>Stoughton, WI Pizza Pit          (608) 873-7737          1060 W. Main St.          Stoughton, WI 53589</p> <p>Located in the Stoughton          Plaza Shopping Center.          Behind the Sunrise Family          Restaurant  <b>Phone: (608) 873-7737</b>  <b>Open: 11:00 AM</b></p>
 <p><b>Have you hit a brick wall?</b>          Norwegian American Genealogical Center          will keep your search moving forward.</p> <ul style="list-style-type: none"> <li>► Contact us today for             <ul style="list-style-type: none"> <li>• Genealogy classes</li> <li>• Research services</li> <li>• DNA interpretation</li> <li>• Translation services</li> </ul> </li> </ul>  <p>415 West Main Street, Madison, WI 53703 • 608.255.2324 • <a href="mailto:genealogy@nagcn.org">genealogy@nagcn.org</a>  <a href="http://www.nagcn.org">www.nagcn.org</a></p>	 <p>Thank you for supporting our  <b>RELAY FOR LIFE TEAM</b>          Year #24!</p> <p>August 16, 2025          Racetrack Park          Darlene Arneson          Team Captain</p>	<p>Connect with Sons of Norway  <b>Facebook</b>          Sons of Norway Stoughton WI          Sons of Norway District 5          Official Sons of Norway Facebook</p> <p><b>Websites</b>  <a href="https://sonsofnorway5.com/">https://sonsofnorway5.com/</a>  <a href="https://www.sofn.com/">https://www.sofn.com/</a></p> <p><b>Sons of Norway Financial          Benefits Counselor</b>          Greg Ragan          815-623-8817 (Office)  <a href="mailto:Gragan51@gmail.com">Gragan51@gmail.com</a></p>

## Our Current Sons of Norway International Chair, Luella Grangaard



### Luella Grangaard (2025-2027)

**Lodge: 6-150 Solskinn**  
**Current International Chair**  
**Resides in Morongo Valley, CA**

In 2025, launched initiatives to increase awareness of the need for members to “invest” in Sons of Norway, increased communication and education on what a fraternal is and has focused on development of Sons of Norway’s future leadership.

Grangaard enjoys traveling and has visited every continent and almost 40 countries. She has traveled to far-flung locales such as Antarctica and L’Anse aux Meadows: the site of the Viking settlement in North America.



## Create The Legacy You Desire

**If leaving a legacy for your family is important to you, there are steps you can take to ensure that the legacy you desire becomes reality and your assets pass in an efficient way.**

**Single Premium Whole Life – an integral part of your overall wealth transfer strategy**

You have worked hard to accumulate your wealth and you deserve to make the most of your legacy. Whether your dream is to help your child pay down college loans or leave a down payment on a new home, you decide how the funds are transferred. With single premium whole life insurance, you purchase the certificate with one payment and the death benefit will be paid to your loved one when you die.

A great reason to consider life insurance is because of its income tax-free death benefit status. The money will pass without taxes or probate in most cases. You control who will

receive the money and how much. Your simple one-time payment will purchase insurance with a guaranteed death benefit.

**By reallocating other funds you have set aside, you can immediately increase your estate that will transfer upon your death.**

- Ensure that your assets pass according to your wishes
- Minimize the reduction in value and delay in settling your estate
- Life insurance is one of the most effective ways to transfer wealth at death, with an income tax-free death benefit paid to the beneficiaries

Sons of Norway offers a life insurance policy that is both permanent and guaranteed. We know it is important to you that the coverage is easy to apply for and affordable.

You simply answer a few questions, and you may not even need to have a medical examination. With this policy the premium you select will determine the amount of your coverage and only need to be paid one time.

**Single Premium Whole Life allows you to leave behind a greater legacy**

This type of life insurance is a good option for those who:

- Want to maximize their estate
- Want between \$100,000 and \$200,000 in coverage to leave a legacy
- Desire an easy way to transfer a legacy while still having access to the funds
- Want guaranteed paid-up coverage for an entire lifetime
- Prefer to make a one-time payment vs. ongoing premium payments

Riders may not be available in all states, some require additional premium

**Learn more at <https://www.sofn.com/wp-content/uploads/2024/12/BRO-CL-018-1.pdf>**



## Syttende Mai Volunteer Form- 2025

Return form to Darlene by **May 10**. Email at [arnesonfamily5@gmail.com](mailto:arnesonfamily5@gmail.com) or send to 2056 Skaalen Rd, Stoughton, WI 53589. Thank you! If you aren't able to help, financial donations are welcomed! Use one form per person or write name on the line!

Name \_\_\_\_\_ Phone \_\_\_\_\_ Email \_\_\_\_\_

**Thursday Food Prep**

Make cucumber salad- 9:00 AM

Package baked goods – 5:00 PM

Butter and sugar lefse- 9:00 AM

Make Søl Suppe- 9:00 AM

Cut up cabbage- 10:30 AM

Making rømmegrøt bars- 12 PM

Help wherever needed!

**Friday Food Prep**

Butter and sugar lefse- 9:00 AM

Help make rømmegrøt– 9:00 AM

Cook riskrem rice- 11 AM

Package baked goods – 10:00 AM

Help wherever needed!

**Outside Food Stand**

**Friday 1:30-4:30 (opening at 2 PM)**

cashiers and food stand sales

runner/ packaging baked goods

Dishing up rømmegrøt for sales

Dishes

**Friday 4:30-7:30 (closing at 7 PM)**

cashiers and food stand sales

runner/ packaging baked goods

Dishing up rømmegrøt for sales

Helping close up the stand and dishes

**Saturday 9:30-1:30 (opening at 10 AM)**

cashiers and food stand sales

runner/ packaging baked goods

Dishing up rømmegrøt for sales

**Saturday 1:30-5:30 (closing at 5 PM)**

cashiers and food stand sales

runner/ packaging baked goods

Dishing up rømmegrøt for sales

Helping close up the stand and dishes

**Sunday 10:30-2:30 (opening at 11:00)**

cashiers and food stand sales

runner/ packaging baked goods

Dishing up rømmegrøt for sales

Clean up after closing at 2 PM

**Saturday Kitchen Help**

**Early – be there by 7:30**

Make fish chowder (on annex stove)

Make red cabbage

Preparing potatoes

Make rømmegrøt

**Be there by 8:30 (8:30-2:30 shift)**

Dishing up herring, cucumber salad

Mixing riskrem and dishing up portions

Preparing cookie trays for serving line

Watching rømmegrøt heating and help wherever

**Other kitchen duties**

Cooking (overseeing all food prep 7 AM-12:30)

Cooking (overseeing all food prep 12:30-4:00)

Dishes (7:30-12:30)

Dishes (12:30-5:30)

**Sunday Kitchen Help**

**Early – be there by 8:30**

Make fish chowder

Making red cabbage

Preparing potatoes

Making rømmgrot (if needed)

**Be there by 9:30 (9:30-2:30 shift)**

Dishing up herring, cucumber salad

Mixing riskrem and dishing up portions

Preparing cookie trays for serving line

Watching rømmegrøt heating

**Other kitchen duties**

Cooking (overseeing all food prep 7:30 AM-end)

Dishes (7:30-end)

<p><b>Upstairs serving meals</b></p> <p><b>Saturday 9:00-12:30 (open at 10 AM)</b></p> <p>___ Cashiers          ___ Serving line          ___ Pop and water sales          ___ Making coffee          ___ Runner          ___ Greeter- outside          ___ Guiding guests to tables          ___ Clearing tables/bussing</p> <p><b>Saturday 12:30-4:30 (close at 4 PM)</b></p> <p>___ Cashiers          ___ Serving line          ___ Pop and water sales          ___ Making coffee          ___ Runner          ___ Greeter- outside          ___ Guiding guests to tables          ___ Clearing tables/bussing          ___ Help transition to bingo</p> <p><b>Sunday 10:00-2:30 (open 11 AM- 2 PM)</b></p> <p>___ Cashiers          ___ Serving line          ___ Pop and water sales          ___ Making coffee          ___ Runner          ___ Greeter- outside          ___ Guiding guests to tables          ___ Clearing tables/bussing</p>	<p><b>Saturday Bingo 4:00-end</b></p> <p>___ Help with bingo game          ___ Serving line          ___ Food cashier          ___ Runner          ___ Guiding players to tables          ___ Clean up          ___ Dishes          ___ Set up for Sunday afterwards</p> <p>___ I can make baked goods at home (<b>see guidelines</b>). Bring them upstairs on Thursday afternoon (9 AM-6 PM) or Friday (8 AM- 3 PM). Please list what kind and how many. Norsk and American baked goods welcome but <u>see guidelines!</u></p> <p>___ I can't help this year but will send a donation (check to SN) to Jane Conner 405 Moe Circle, Stoughton, WI 53589</p>
<p><b>Thursday- Help with set up- putting out signs, setting up food stand, logistics....</b></p>	<p><b>Sunday- Help with clean up after parade-taking in signs, putting away food stand....</b></p>

I can help take flyers around town to help with publicity! Done the week before Syttende Mai.

Page 2

Name \_\_\_\_\_ Phone \_\_\_\_\_ Email \_\_\_\_\_



## Relay For Life of Dane and Rock Counties 2025

**Kick-Off-** Tuesday, April 22, 6:30 PM, Stoughton Health Bryant Education Room, 900 Ridge Street (lower level) in Stoughton. Speaker- Dr. Aaron Schwaab.

**Relay date-** Saturday, August 16 from 5 PM- 9:30 PM at Racetrack Park in Stoughton!

**Theme-** to be determined

### **Watch for updates-**

- Facebook: <https://www.facebook.com/RFLDaneAndRockCounties>
- Website: [www.relayforlife.org/daneandrockcountieswi](http://www.relayforlife.org/daneandrockcountieswi)

**Cancer Survivors-** If you are or have friends or family who are a cancer survivor, 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\\_](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 5-314**  
**317 S. Page Street**  
**Stoughton, WI 53589**

**Sons of Norway- 2025 Syttende Mai**  
**Festive Feast (food stand section)**

Sons of Norway Outside Bake Sale Stand (C) at 317 South Page Street (south side of lodge). Open Friday 2pm-7pm; Saturday 10am-5pm, and Sunday 11am-2pm. Norwegian and American baked goods, packages of lefse and donuts, and rømmegrøt.

**Sit-down Meals**

Sons of Norway- Mandt Lodge, Syttende Mai Luncheon ( C ), Serving on **Saturday, 10am-4pm and Sunday, 11am-2:00pm**. Ala carte luncheon buffet including Norwegian and American items. We'll have varme pølse (wieners in lefse), potatoes, barbeque, meatballs, herring, baked goods, lefse, rømmegrøt, søt suppe (fruit soup), riskrem (rice pudding), cucumber salad, warm red cabbage, and beverages! Complete list of menu items available until we run out! Reservations are not needed for the inside meals. All items are priced individually. We are handicapped accessible with a lift located on the south side of the building. Carry-out containers will be available for the parade on Sunday, if you want to take food home, or eat downtown in the Entertainment Tent (just over the bridge in the back of the lodge)!

**SN Mandt Lodge Bingo (C)**- Saturday at 6:00 PM. 317 South Page Street- Join us for an evening of bingo and fun with cash and fabulous free door prizes. Doors open and food will be offered after 5 PM and during the bingo break. We are handicapped accessible with a lift located on the south side of the building.

All ages welcome but youth must be accompanied by an adult family member over the age of 18.