

Sons of Norway District 5 - Friendly Fifth Friday News April 3, 2026

A District Weekly Newsletter to Keep Us Up to Date!

NAGC & NL Salt Lake City Trip

Join NAGC on a trip to Salt Lake City's FamilySearch Library

The FamilySearch Library houses the largest collection of genealogical materials in the world. Their collection consists of books, periodicals, maps, pedigree charts, CD-ROMs, microfilms, and microfiche pertaining to genealogical and historical research that will help bring your ancestors and their stories to life.

Norwegian ancestry is not required. The library has resources to cover every country you wish to research. NAGC has reserved a block of rooms at the Radisson Hotel Salt Lake City just two blocks away from the FamilySearch Library.

Information

WHEN - Trip will be June 14 - June 19, 2026.

WHERE - FamilySearch Library in Salt Lake City, UT.

- \$1475 for members
- \$1875 for non-members

Join NAGC on a research trip to the FamilySearch Library in Salt Lake City June 14 – 19, 2026! The FamilySearch Library houses the largest collection of genealogical materials in the world. Their collection consists of books, periodicals, maps, pedigree charts, CD-ROMs, microfilms, and microfiche pertaining to genealogical and historical research that will help bring your ancestors and their stories to life. Norwegian ancestry is not required. The library has resources to cover every country you wish to research.

NAGC has reserved a block of rooms at the Radisson Hotel Salt Lake City Downtown 215 W South Temple, Salt Lake City, UT, located about 2 blocks from the FamilySearch Library. The cost of the trip is \$1475 for members/\$1875 for non-members (PLEASE NOTE travel and meals are NOT included). If you have are traveling with someone and will be sharing a room, please contact us for pricing details. The FamilySearch Library will be closed on Friday, June 19 for the Juneteenth holiday.

A \$500 deposit is due by April 15, 2026, with the remaining balance due by April 15, 2026.

For more information or to pay, please call NAGC at 608-255-2224 ext 126 or email us at genealogy@nagcnl.org

<https://www.nagcnl.org/event/research-trip-to-familysearch-library-in-salt-lake-city-2026/>

From some of our Wisconsin Rosemaling Association Members

Presentation

by

Mona Stenseth

Norwegian Artist/Painter

**“A search for the soul of Norwegian folk art in
the American Midwest”**

Sunday May 3, 2026 at 1:00PM

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

Mona Stenseth is a Norwegian artist currently living in Porsgrunn Norway.

She was honored to have been awarded a national research grant from Grafill (Norway's leading organization for visual culture). This grant is supporting her travel as she conducts an academic field study on Norwegian American folk art and cultural heritage in Minnesota, Iowa and Wisconsin.

This project builds upon her long-standing work within cultural heritage, ornamentation and visual identity. Her trip will include visits to key cultural institutions, community heritage centers and private collections.

Throughout Stenseth's career, she has collaborated with institutions such as the National Museum of Norway, The Norwegian Museum of Cultural History, Telemark Museum and the Vesterheim Norwegian American Museum.

Stenseth will investigate how Norwegian folk-art traditions have evolved within immigrant communities over 200 years in the American Midwest and how aesthetic practices have been preserved, adapted, reinterpreted, and passed down across generations far from their place of origin.

The Public is invited to this presentation.

SHORT-TERM HEAD COOK & ASSISTANT COOK POSITIONS AVAILABLE!

Masse Moro, the District 5 summer youth camp, is looking for a head cook and an assistant cook to work July 10-25 in Fall Creek, Wisconsin. The ideal candidate will have some experience cooking for a group, but all applicants will be considered. No menu planning or food ordering is required. The cooks will work closely with the camp's established part-time baker to prepare a variety of Scandinavian classics as well as kid-friendly favorites. This is a terrific opportunity to make some extra money quickly for teachers who have summers off or for energetic retirees! Visit MasseMoro.org to apply or contact the youth director with any questions.

Gather those newsletters for a display!

Hello all!

This is LaVonne Wier, the Sons of Norway District 5 Publicity Director. Most of you have received emails and such from me in the past regarding photo submissions for the Viking.

Today I am talking about newsletters. This is a "heads-up" for the 2026 convention at Stoughton in August. A few years ago, lodges brought a selection of newsletters to display at the convention. There were lots of good publications in that mix!

As most people don't have the time to read entire newsletters on breaks at the convention, I have another idea. I would like you to bring a display of your newsletters to view - but only the title page of each issue you display. A tri-fold board works great for displaying your lodge's publication. I haven't decided yet whether or not there will be a competition and prizes. It's difficult to choose which one is best or most creative! I hope your lodge **appreciates** the time, effort and work you put into each issue.

Are you up for that? It is good to see other formats and ways of doing a newsletter. Your great idea might be just what someone else needs to spruce up *their* newsletter. We like to share good ideas in Sons of Norway, you know.

It is not necessary to respond to this email. Just bring your board with the newsletter title pages and your lodge name to the convention. Unless you hear otherwise, they will be displayed in the convention meeting room at the school.

Thanks to those of you who share your newsletter with me (as publicity director). I have to confess I don't always read them all thoroughly, but I do appreciate seeing what the lodges are up to and have done. You do great work for your lodge!

Fraternally,

LaVonne Wier
District 5 Publicity Director

Sons of Norway District 5 Leadership Call Sunday, April 12, 6:00 PM CST

Any District 5 Lodge officers, leaders or members are welcome to join us on a Leadership Call on Sunday, April 12, at 6:00 PM CST. The SN District 5 Board will share updates in their respective areas, discuss current topics the board covered at the spring board meeting, and discuss questions that participants have. We will have a convention update, discuss the nominating committee process and District board elections, and other convention/District Lodge Meeting related items. A more detailed agenda will be shared in the April 10 FFFN.

Call-in information:

Darlene Arneson is inviting you to a scheduled Zoom meeting.

Topic: SN District 5 Leadership Meeting Call

Time: Apr 12, 2026 06:00 PM Central Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/88976156464>

Meeting ID: 889 7615 6464

One tap mobile

+13092053325,,88976156464# US

+13126266799,,88976156464# US (Chicago)

Join instructions

https://us02web.zoom.us/join/88976156464/invitations?signature=pkpx1OJf_9LBcLMeJDEZ-dfkjukt0eB6K9BVODd83o



We are working with International to follow up on the lodges who haven't submitted their D17 and AFA Volunteer Hours yet (required reports). We also have some lodges needing to report delegates for the convention. And we highly encourage you to complete the Lodge Achievement/Family Lodge of the Year form!

Nordland (Janesville, WI) has items they want to find a new home for!

Helen Mortensen of Nordland Lodge, contacted me as they sold their building a number of years ago and put items in storage. Now they are disbanding and want to clear out their storage unit ASAP. **If you have an interest in any of these items, please contact Helen at helenmortensen43@icloud.com. Helen's phone number is 608-201-9054**



Easter in Norway- <https://www.sofn.com/blog/easter-in-norway/>



When thinking about one of the longer holiday celebrations during the calendar year, Christmas is top of mind for many. Most other holidays come and go as they occupy a quick 24 hours. This is not quite the case though in Norway. Yes, citizens of Norway certainly do take time to celebrate Christmas, but they also take advantage of the Easter holiday, something not quite as common in North America. In fact, Norway is said to have the world's [longest Easter holiday](#). Maundy Thursday (Skjærtorsdag) begins the public holidays, followed by Good Friday (Langfredag), then Easter Eve (Påskeaften), Easter Sunday (Påskedag), and finally Easter Monday (andre påskedag). Many Norwegians even take the entire week off to make the most of the holiday. So what does the typical Easter holiday look like in Norway?

For starters, many Norwegians take the long Easter weekend to go to their cabins. It's a time to enjoy the fresh mountain air, as well as relax and rejuvenate. The holiday also serves as a last hurrah for the [ski season](#). But of course, skiing isn't complete without a [Kvikk Lunsj](#), which is the Norwegian equivalent to a Kit Kat. Easter is when the majority of these delicious, chocolate-covered wafers are devoured. Not only is this treat a hit, but candy in general also has an uptick in consumption around Easter. In fact, according to Robert Rønning, the Communications Manager at Nidar candy company, "[Candy sales](#) increase by 30% over the period before Easter." Easter is also a time for Norwegians to gather with friends and family. Some attend special church services and many indulge in a delicious meal. There's not necessarily a standard meal at Easter time, but roasted lamb and potatoes are common cuisine to see over the holiday. Interestingly enough, Easter is also synonymous with crime novel time. In fact, Norwegians even have a word for it – påskekrim (easter crime). The long weekend affords the chance to hunker down and consume the latest crime novels. It is a uniquely Norwegian tradition that originated in 1923 when publisher Gyldendal arranged a special advertisement in Norwegian newspaper, *Aftenposten*, to sell a crime novel by Nordahl Grieg and Nils Lie.

As is evident by the activity that occurs over the Easter week in Norway, the holiday has a special place in the hearts of the citizens. What better way to reset the mind and soul for spring after a long winter? Perhaps other countries should take a page from Norway's book.

2026 Calendar

April 12- 6 PM CST- District Leadership Call via ZOOM

April 20- Viking Photo submissions due to LaVonne Wier

May 1, 2025 – May 1, 2026- Cultural Challenge

May 15- 990 IRS forms due; D-18 Audit Reports due for lodges that own property

May 17- Deadline for Masse Moro Local Lodge Supporting Funds (Matching Grants)

May 20- Viking Photo submissions due to LaVonne Wier

May 31- Submit Throwing Challenge Activities to Clara Solak
June 20- Viking Photo submissions due to LaVonne Wier
June 30- 2nd cycle deadline for D5 Nordic Legacy Foundation Cultural and Matching Grant applications
July 12-25- Masse Moro
July 20- Viking Photo submissions due to LaVonne Wier
August 2-6- District 5 Convention in Stoughton
November 1- Lodge Liability Insurance due
December 31- Lodge Officer Updates (D63) due

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 Tuchenhagen**
foundation@sofn.com, atuchenhagen@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.