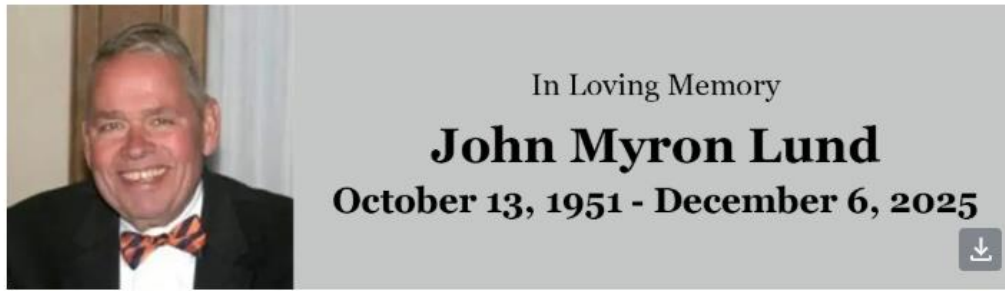


**Sons of Norway District 5 - Friendly Fifth Friday News**  
**December 19, 2025 -**  
*A District Weekly Newsletter to Keep Us Up to Date!*

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The Sons of Norway Foundation lost an important friend recently with the passing of John Lund on December 6, 2025. John cared deeply for the mission of the Sons of Norway Foundation and as such, a scholarship fund was established in 2010 to honor John as well as his father, Allan Lund. The fund encourages students to expand their horizons and study abroad. John saw the importance of understanding and trusting in the relationships amongst the people of the world. Living and studying in a foreign country provides an opportunity to meet and understand people of different cultures that provide benefit throughout a student's life. Today, the Sons of Norway Foundation is proud to host the Lund Fund Scholarship. (More information at [sofn.com/foundation/](https://sofn.com/foundation/) with an application deadline of 1/15/26.)

John treasured his time at 1455 Lake Street at Sons of Norway Headquarters, serving as Sons of Norway Legal Counsel from 1982 – 2000 and Chief Executive Officer from 2000 – 2009. Please see the [StarTribune](#) newspaper for the family's official obituary posting.

The family is recommending memorials to the Lund Fund Scholarship at the Sons of Norway Foundation. Donate to Sons of Norway Foundation or send checks to:

Sons of Norway Foundation  
1455 Lake Street  
Minneapolis, MN 55408

\*Please note "Lund Fund" on the check.

## **John Myron Lund Obituary**

Mpls - was born in Minneapolis, Minnesota on October 13, 1951, and lived nearly his entire life in the Linden Hills neighborhood. John graduated from the University of Minnesota in 1973 and William Mitchell College of Law in 1977. He practiced law for many years. His work was wide-ranging and included fighting for the Constitutional rights of people with mental health conditions and representing fraternal benefits societies. John was rooted in and proud of his Norwegian heritage. He provided legal counsel to the Royal Norwegian Consulate General and to Sons of Norway, an organization he loved and of which he was a proud lifelong member. In 2000, John

became the CEO of Sons of Norway, and he served in this role until his retirement in 2009. On March 29, 2004, His Majesty, King Harald V of Norway bestowed the title of Knights Cross First Class upon John in honor of his service in the interest of Norway. Following John's retirement, the Sons of Norway Foundation established the Lund Fund in honor of John and his father Allan. John valued education, travel, and international cooperation, and was proud to support the Lund Fund, which provides study abroad scholarships to college students. John also founded and chaired the Nordic American Thanksgiving Breakfast, a charitable event that supported local non-profits for over 30 years.

John was a member of Torske Klubben, Masonic Lodge #2, and the Zuhrah Shrine Royal Order of Jesters. He was a fan of all MN sports teams, but especially the Minneapolis North Polars where his beloved grandson Johan wrestles. John travelled to many countries on five continents. He was a life-long learner who approached life with curiosity and humor. He was always open to new experiences, ideas, books, and music. He loved to make people laugh and had a wry and witty sense of humor—he was that guy you saw sitting in Delta First Class wearing a houndstooth blazer and a clown nose. John deeply loved poetry, from Poe to Dylan, and he recited the lyrics to "Lily, Rosemary, and the Jack of Hearts" on the last day of his life. John died on December 6, 2025, with dignity and on his terms.

He was preceded in death by his son David Lund, his wife Evelyn Lund, his parents Allan and Jean Lund, and his dogs, Gunnar and Bergen. He is survived by his daughter Kristina Lund, son-in-law Andrew Masters, grandchildren Johan Alcantara Lund, Samantha Brandt, and Chris Brandt, best friend/chosen brother Tony Moore, sisters Carol Allyn, Janet Lund, and Diane Knutson, stepsons Ethan Brandt and Erick Brandt, as well as many nieces, nephews, friends, caregivers from Aurora on France, and his dog, Odin, whom Tony adopted. A memorial will be held at the Sons of Norway Headquarters, 1455 W. Lake St., Minneapolis, MN on Saturday, April 18, 2026 at 1 p.m. Memorial donations preferred to the Lund Fund Scholarship c/o Sons of Norway Foundation.

## **Tips and reminders from LaVonne Wier**

If you've been wishing for a good old fashioned winter with snow for Christmas...we have it in Wisconsin! Even some below zero temperatures! We've been spoiled by moderate December months for a couple years. Even had snow for deer hunting!

Your lodges are having Juletreffest celebrations and other doings this month. I would love to see pictures from your jolly get-togethers to send to the Viking. Please make sure to send a Photo Submission Form for each photo. It makes it so much easier to identify who, what and where. Fill out the form and send it with the photo in the same email. By December 20th, please. If your party is later, send the photos next month.

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Not everyone likes to be told to go "online to sign up". Most of us don't have a paper application for membership in our purse or back pocket to give out.

Does your lodge have a business card that you can hand out to individuals? Maybe you meet someone in the grocery store who shows an interest. Giving them a card with the pertinent information is a great idea.

I put together a business card for my lodge, Fagernes 5-616, after being encouraged at the District 5 board meeting by Connie Aiello. There is more than one way to do it! You can hire it

done at a printing store and pay for the job. OR - If you have someone who is good with designing a card and using the computer, there is a much cheaper way!

I use [www.Avery.com](http://www.Avery.com) for making labels. I have my saved projects on their site. There is no cost or annual fee to use [Avery.com](http://www.Avery.com). I went to see if I could make business cards. YES, I CAN! I designed a card for our lodge using Template 8873 on the Avery site. It can be a 2-sided card. The company will print them for you (at a cost)...or you can print them yourself!!!

I ordered the blank business cards for Template 8873, 2" x 3 1/2" from the Avery company. It was about \$29.00 for 200 business cards. You print 10 to a page. They "pop" out nicely when printed, so you don't have to cut them apart. Once you have your design, you can alter it when needed and print the new ones.

You can decide what pertinent information should be included. I took the Sons of Norway logo from the [www.sofn.com](http://www.sofn.com) website. It took me awhile to figure it out, but I also included a QR code that will take the user right to the Sons of Norway Join A Lodge area on [www.sofn.com](http://www.sofn.com). It was much easier than I thought it would be. I was so excited! Those people who like using QR codes will take their cell phone, put the camera over the QR, and be taken right to Sons of Norway, where they can read about how to join!!!

Here is our card below. You can make yours any way you want to. Now everyone in our lodge can have these handy to give out. You never know what will work. Utilizing multiple ways to draw interest in your lodge and the Sons of Norway is a wise way to get the PUBLICITY you need!

Have a very Merry Christmas (God jul) and a wonderful New Year (Godt Nytt Ar)!

LaVonne Wier  
D5 Publicity Director



We usually meet on the 4th Saturday of each month. Annual dues are \$84 for individual; \$144 for a family. Children up to 16 are free.

**We have programs, parades, activities for the whole family.**

**Come join us** to participate in our fun group!  
Read more about us at our Facebook page,  
**SonsofNorwayBlair**, and  
<https://www.sonsofnorway5.com>

## As a note from Darlene to add to LaVonne's article

Mandt Lodge has all attendees at events sign up for door prizes. I collect the slips, toss the member's and people I already have in the database, and I have an MS Excel database that I add the guests too. I send them emails (BCC – blindcopying so they don't see all the email addresses) and then quarterly, we print postcards to those who didn't share their email and mail them out. I have done this for many years and literally have over 1600 names. 1100 get occasional emails and 500 get postcard reminders. My thought is if they came to one activity, they might come to another!

The slip we run- I have it set up in a labels and run 8 per sheet and then trim them.

Thank you for joining us at Mandt Lodge! We hope to see you again. Please fill out your name and **ALL** contact information so we can notify you of upcoming events!

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_

A few of our postcards that I mail out quarterly- I set them up 4 per sheet and run on colored cardstock and trim.

### **Sons of Norway- Mandt Lodge Updates – February 2025**

317 South Page Street, Stoughton, WI

**For more information:** Watch for updates on Facebook: Sons of Norway Stoughton or [www.stoughtonwi.com](http://www.stoughtonwi.com). Or contact President Darlene Arneson at [arnesonfamily5@gmail.com](mailto:arnesonfamily5@gmail.com) or 608-873-7209.

**Bingo-** 3<sup>rd</sup> Saturday of the month at 6 PM. Food and doors open at 5 PM. **Rosemaling Classes-** Beginning-March 29-30; Advanced Beginning-April 5-6; Advanced- April 25-27 and **Figure Carving Class-** March 10, 11 and 14- Contact Nancy Odalen 608-513-1837 for info. **Scrapbook and Craft Weekend-** March 7-9- a weekend to work on projects! **Cultural Program Meetings at 7 PM-** March 13 (Thursday)- Michael Hecht on Alzeheimers , April 10 (Thursday) Dave Mickelson Wisconsin's Glacial Landscapes; **Lefse Class** – March 15 (9-11 or 1-3). **Syttende Mai 2025 is the weekend of May 16-18.** Bake sale Friday 2pm-7pm; Saturday 10am-5pm, and Sunday 11am-2pm. Ala carte luncheon buffet serving on Saturday, 10am-4pm and Sunday, 11am-2:00pm. Bingo on that Saturday at 6 PM.

**Sons of Norway- Mandt Lodge Updates – September 2025**  
**317 South Page Street, Stoughton, WI**

**For more information:** Watch for updates on Facebook: Sons of Norway Stoughton or [www.stoughtonwi.com](http://www.stoughtonwi.com). Or contact President Darlene Arneson at [arnesonfamily5@gmail.com](mailto:arnesonfamily5@gmail.com) or 608-873-7209.

**Bingo-** 3<sup>rd</sup> Saturday of the month at 6 PM. Food and doors open at 5 PM- Sept 20, Oct 18, Nov 15. **Cultural Program Meetings at 7 PM-** Oct 8-**Foundation Night Fun**; Nov 12- **Alpaca Program**; Dec 11 (Thursday)- **Edvard Grieg Chorus**; **Fall Bake and Vendor Sale-** Nov 22 from 8-2; **Hosting American Red Cross Blood Drive** at the Stoughton Fire Station- December 26. **Fish Boil-** September 26 at 5 PM (no reservations needed). **Rosemaling Class-** Advance Beginner- Nov 8-9; **Scrapbook and Craft Weekend-** Oct 31-Nov 2. **Family Christmas Event-** December 13- from 8:30-11:30. **Lefse Class-** December 6- 9:00-11:00 and 12:30-2:30. **Bus trip to Luther Christmas Concert Rehearsal-** Dec. 3; **3 bus trips to Chicago's Christkindlmarket and Holiday Lights" Bus Trip-**Nov. 25, Dec. 1, and Dec. 8.

## **2025 Calendar**

**December 20-** Viking Photos due to LaVonne Wier

**December 31-** SN District 5 NLF Project Grants Cycle 1 application deadline **December 31** ; Grants awarded by mid-January

**December 31-** District 5 Throwing Challenge ends

**December 31- D63- Officer Election filings due**

**January 15- International Scholarships Due**

**March 16- District Scholarships Due**

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

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### **Who to contact at the home office when you need help**

- You can email [cbs@sofn.com](mailto:cbs@sofn.com) for any member updates that need to be made.
- **Foundation, Scholarships & Grants-** Amy Tuchenhagen  
[foundation@sofn.com](mailto:foundation@sofn.com), [atuchenhagen@sofn.com](mailto:atuchenhagen@sofn.com), (612) 821-4655
- **Fraternal & Membership-** Connie O'Brien and Kirsten Lehman  
[fraternal@sofn.com](mailto:fraternal@sofn.com), (612) 821-4643
- **Culture, Viking & Language:** Jana Velo  
[jvelo@sofn.com](mailto:jvelo@sofn.com)
- **Insurance Sales:**  
[SonsofNorwaySales@sofn.com](mailto: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](mailto:cbs@sofn.com)
- For issues with passwords or website use [ithelp@sofn.com](mailto: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](http://www.sofn.com)) and District ([www.sonsofnorway5.com](http://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](mailto:arnesonfamily5@gmail.com) or 608-873-7209)

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**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](mailto: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@sonsofnorway.com](mailto:inputd5@sonsofnorway.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.