

Sons of Norway District 5 - Friendly Fifth Friday News
July 10, 2026
A District Weekly Newsletter to Keep Us Up to Date!

It's Masse Moro Time! Best wishes for a great camp!



The screenshot shows the website for Masse Moro, Norwegian Heritage Youth Camp. The header features the Masse Moro logo on the left, which includes a circular emblem with a Norwegian flag and the text "NORWEGIAN HERITAGE CAMP", "MASSE MORO", and "HAVING 'TONS OF FUN' SINCE 1918". To the right of the logo is the text "Masse Moro" in a large, bold font, with "Norwegian Heritage Youth Camp" underneath. Further right is the Sons of Norway District 5 logo. Below the header is a navigation menu with buttons for "HOME", "ABOUT", "REGISTER FOR CAMP", "WORK AT CAMP", "DONATE", "TOOLS FOR LODGES", and "Shop". A shopping cart icon with the number "0" is also visible. Below the navigation menu is a large banner image showing children playing water games at camp. The banner includes the text "MASSE MORO" in large white letters. At the bottom of the banner is a white ribbon with the text "MASSE MORO 2026 → JULY 12th to 25th".

We still don't have any bids for the 2028 District Convention- do you want to host?

District 5 Convention Bidding Guidelines for 2028
Updated April 26, 2025

Prefer to have these prior to convention (ideally it was at the spring board meeting but we didn't have any bids then) so bids can be reviewed and then proposed to the delegates at the 2026 convention.

This proposal is to:

___ Host the convention independently

___ Co-host the convention with the District Board. Provide details of how the workload and profits/risk would be divided based on previous discussion with the District Board.

Information from the District Policies and Practices Book on Convention Bids

A. Convention Site: The convention site and facilities are of the utmost importance for the smooth operation of the District Lodge Meeting. The following shall aid in the site selection.

1. Convention Bids: Bids to host a District Lodge Meeting two years hence shall be submitted in writing to the District Five Board of Directors prior to the spring Board of Directors meeting of a convention year.

2. Site Review: The site review should be completed prior to the District Board of Directors meeting which precedes the District Lodge Meeting and a report prepared for delivery at that time to the District Lodge.

3. Site Criteria: The following shall be inspected to provide for the needs of a comfortable and efficient District Lodge Meeting:

a. Dining Facilities: They should be separate from the main meeting room and have banquet capability with an on-site kitchen or established catering service.

b. District Lodge Meeting Room: The District Lodge meeting room should be isolated from noise, have proper lighting, ample seating for delegates and guests, and an adequate sound system, large screens, and ample Wi-fi. There should be ample and safe seating.

c. Committee Rooms: Committees that need to meet in-person should have meeting spaces.

d. Sleeping Rooms: A sufficient number of sleeping rooms for delegates and guests should be available.

e. Parking: Ample parking is necessary.

f. Exhibit Space: Spacious comfortable areas are needed to exhibit the crafts of Sons of Norway members and guests demonstrating our culture and heritage. There should be places for displays for related organizations, associations and vendors space.

g. Air Conditioning: Air conditioning is required for an efficient meeting and relaxing rest for delegates and guests.

h. Public Transportation: Consideration should be given to the availability of public transportation. Air, rail, bus, taxi and limousine services should all be reviewed.

i. Host Lodge Activities: The host lodge Committee is responsible for arranging cultural, educational, recreational, shopping, dining, and entertainment opportunities that are available and accessible.

4. Set Costs: The Host Lodge Committee shall make available to the District Five Board of Directors a list of the set costs which those who attend the District Lodge meeting shall be responsible for paying. This shall be done by the Fall Board Meeting preceding the District Lodge Meeting.

5. Registration Fee: The assessment of a registration fee by the Host Lodge Committee must be approved by the District Five Board of Directors.

- Credentials: The Host Lodge Committee shall verify the identity of delegates. A delegate packet shall be issued only upon presentation of a legal form of identification.
- Host Lodge Committee Funding: During the month of January of the convention year; District Five will distribute to the host lodge monies collected and held in escrow the previous biennium. Action at June 2018 District Lodge Meeting- \$2500 shall be allocated for startup funds for the year 2026 District 5 Meeting and Convention

B. Progress Report: The Host Lodge Committee shall provide the District Five Board of Directors with a "progress report" on their work. This report shall be due at the spring Board Meeting in the year preceding the District Five Lodge meeting.

Other criteria a bidding lodge should consider:

Hotel needs for up to 120 delegates and additional guests (also refer to previous year's convention numbers)

- Traditional schedule: Wednesday- 25 rooms, Thursday- 100 rooms, Friday- 100 rooms, Saturday- 75 rooms
- Variation of days for the convention is allowed. Please work with the District Board on this to determine when the business meetings will be.

Sufficient break-out rooms - Committee meetings – up to 7 committees that might need meeting space- they can share rooms; Workshops- dependent on planning committee; Classes that might be offered.

Thursday noon luncheon- 60 people (committee and spouses, board and spouses, convention committee and spouses)

Friday noon luncheon- can be up to 150 people

Saturday noon lunch - can be up to 150 people

Room for business sessions:

- Classroom seating for delegates- up to 120 delegates
- Seating in back of room for 30-40 guests and visitors
- Tables around room for Silent Auction
- Head table for board, Parliamentarian, and International Director
- Microphones for delegates, front table, podium

Hallway space and rooms for:

- Displays and exhibits
- Convention registration
- Vendors

Bids should include the following information plus any supporting information:

- This proposal is to:
 - ___ Host the convention independently
 - ___ Co-host the convention with the District Board. Provide details of how the workload and profits/risk would be divided based on previous discussion with the District Board.
- Price of rooms: \$ _____
- Hotel name, location and features:
- Contact person (from bidding lodge/committee)

Bids need to be sent to Darlene Arneson, District Secretary, 2056 Skaalen Rd., Stoughton, WI 53589. For more information, contact Darlene at arnesonfamily5@gmail.com or 608-873-7209

Still time to register for Day on the Prairie and Convention Classes

The Day on the Prairie bus trip and Hardanger, Odalen Rosemaling and Odalen Carving classes – We will still register people through July 15. But then, that's the final date. These are the only classes you use the convention registration forms for!

The classes being held at Spry Whimsy, Stoughton Innovation Center, and Grand Inspired- they have had their links private so that Sons of Norway had first chance to sign up. Now they will open them up to the general public to help fill the classes. So you can still register for those classes until they close the sign up link! Again, do NOT use the convention registration forms for these classes- you register using their link.

Still room for Day on the Prairie!!

Day on the Prairie- Monday

Two options for a Day on the Prairie which is a day full of experiences on the Koshkonong Prairie.

1. **Bus Option**- Up to 54 people taking a coach bus for a guided tour with off the bus stops at West Koshkonong Lutheran Church, East Koshkonong Lutheran Church, Rockdale Beer Cellar, Cambridge Historic School Museum, and St. Paul's Liberty Church and drive-by many more historic places. The \$75 registration fee includes the bus, water on the bus, lunch at East Koshkonong, dinner at St Paul's Liberty Church, and a presentation by Dana Kelly on *The Norwegian-American Legacy in Wisconsin*: Descendants of Norwegian immigrants make up a relatively small percentage of Wisconsin's population. However, their impact can not be overstated. Join us to discover the history of Norwegian Americans in Wisconsin.
2. **Drive on your own**- We will provide a map and narrative of the stops we are going to but you will be on your own for them. If you are at a stop when the bus is there, you are welcome to join us. If you want lunch or supper, you must sign up for the meals by July 1. This option allows you to take a class in the morning or getting to Stoughton a bit later on Monday.

Meals for Day on the Prairie

- Lunch – 11:30 AM at East Koshkonong Lutheran Church- \$10/person- This will consist of a sandwich, fruit cup, chips, pickles, and dessert. We will provide coffee and water.
- Supper- 4:30 PM at St. Paul's Liberty Prairie Church- \$20/person- Chicken Tetrazini, salad, bread and dessert with coffee, lemonade and water.
- Meal prices are part of the Bus Trip package. If others want to eat who are driving on their own, meals must be ordered by July 1.

Sons of Norway 2026 Convention Classes

Innovation Center Stoughton Classes: (register via this link- <https://www.innovationcenterstoughton.org/workshops> - not on the convention registration form)

421 E. Main Street, Stoughton, WI 53589

<https://www.innovationcenterstoughton.org/>

August 4, 2026, Sons of Norway D5 Laser Engraved Rolling Pin Class, 9 AM to Noon. Fee: \$35



In this workshop, you will create a custom laser-engraved rolling pin which you can use to emboss homemade cookies. Feel free to bring digital or hand drawn ideas of your own.

Depending on the size of the class, participants may be asked to return to ICS to pick up their rolling pin. Class size of 10 max.

Programs: Adobe Illustrator Machines: Laser Cutter (Epilog Laser Helix 24 C02) Watch this video for a sneak preview: [Laser Engraved Rolling Pin](#)

August 4, 2026, Sons of Norway D5 Nordic Cookie Stamp Workshop,

1 to 4 PM. Fee: \$10



Did you know that stamped cookies originated in the 14th century? They were popular with German, Dutch and Scandinavian bakers that would use carved wood or clay stamps to press

into the dough. Our workshop will teach you how to personalize your own stamp for cookies using Adobe Illustrator to design and the Epilog Laser to engrave. **Feel free to bring digital or hand drawn ideas of your own.**

Watch the video to see how the Nordic Kitchen uses stamps on their cookies. You will create a wooden stamp with a handle in our workshop. [Rycroft Stamps](#)

<https://www.youtube.com/watch?v=VjUUvXRq0Dk>



**August 5, 2026, Sons of Norway D5
Nordic Cookie Stamp Workshop,
9 AM-Noon. Fee: \$10**

Did you know that stamped cookies originated in the 14th century? They were popular with

German, Dutch and Scandinavian bakers that would use carved wood or clay stamps to press into the dough. Our workshop will teach you how to personalize your own stamp for cookies using Adobe Illustrator to design and the Epilog Laser to engrave. **Feel free to bring digital or hand drawn ideas of your own.**

Watch the video to see how the Nordic Kitchen uses stamps on their cookies. You will create a wooden stamp with a handle in our workshop.

<https://www.youtube.com/watch?v=VjUUvXRq0Dk>

[Rycroft Stamps](#)

August 5, 2026, Sons of Norway D5 Laser Engraved Rolling Pin Class, 1 to 4 PM

Fee: \$35



In this workshop, you will create a custom laser-engraved rolling pin which you can use to emboss homemade cookies. Feel free to bring digital or hand drawn ideas of your own.

Depending on the size of the class, participants may be asked to return to ICS to pick up their rolling pin. Class size of 10 max.

Programs: Adobe Illustrator Machines: Laser Cutter (Epilog Laser Helix 24 C02) Watch this video for a sneak preview: [Laser Engraved Rolling Pin](#)

August 6, 2025, Sons of Norway D5 Laser Cut Rubber Stamp Class,

9 AM to 11 AM Fee: \$5



Customize a rubber stamp, secured to a block of wood. Whether you are a scrapbooker, want to personalize stationery or place your mark on the back of your art, these customized stamps are fun and easy to make. **Feel free to bring digital or hand drawn ideas of your own.**

Programs: Adobe Illustrator **Machines:** Laser Cutter (Epilog Laser Helix 24 CO2)

Grand Inspired- <https://grandinspired.com/>

Grand Inspired Gallery & Makerspace

501 E Main St., Stoughton, WI

(register via this links - not on the convention registration form)

Spoon Carving- <https://grandinspired.com/shop/woodworking-class/spoon-carving-class/>

Tuesday, August 4th: Noon – 4pm

\$75.00

Learn the art of hand-carving a wooden spoon in this beginner-friendly workshop. All tools and materials provided — create a functional, food-safe utensil and leave with a handmade piece you'll be proud to use or gift.

Discover the relaxing and rewarding art of hand-carving your own wooden spoon in this beginner-friendly workshop. In this class, participants will learn traditional spoon-carving techniques using simple hand tools to transform a small block of wood into a functional and beautiful kitchen utensil.

You'll be guided step-by-step through the entire process — from choosing the grain direction and sketching your design, to rough shaping, hollowing the bowl, refining the handle, and finishing the surface for food-safe use. Along the way, you'll learn safe knife and gouge handling and tips that make carving smoother and more enjoyable.

No prior carving experience is needed. This class focuses on creativity, patience, and the satisfaction of making something entirely by hand. Each participant will leave with a completed spoon (or close to it), the knowledge to continue carving at home, and an appreciation for the craftsmanship behind handmade wooden utensils.

Suitable for ages 16+

\$75 includes all materials, tools, and instruction to make a practice spreader and one spoon.

Hnefatafl- <https://grandinspired.com/shop/woodworking-class/hnefatafl-board-players/>

Tuesday, August 4th. 10am – 4pm with a break for lunch

\$120 includes all materials & instruction

Hnefatafl, also known as **The Viking Game**, **The King's Table** or simply **Tafl**, is one of those two-player games where the opposing sides are not equal in number. There is a host of information on the Internet about **Hnefatafl**, including many rule variations that are worth experimenting with.



Spry Whimsy Classes (register via these links- not on the convention registration form)

- Wet Felted Flowers- <https://www.sprywhimsy.com/product/sons-of-norway-wet-felted-flower-class-august-4th-see-times-in-pulldown-menu/KFN74NEMECNMSFAAZY36AE3S?cs=true&cst=custom>
- Wet Felted Soaps- <https://www.sprywhimsy.com/product/sons-of-norway-wet-felted-soap-august-5th-9am-11am/N3EDDUEWRSY33XEMUGB33QOH?cs=true&cst=custom>



Spry Whimsy Fiber Arts welcomes you to Stoughton!
 We are a local yarn shop with a large variety of selections. We also have supplies for felting and spinning. Come check out our unique gifts that will give you a giggle. We are thrilled to offer a 10% discount on purchases (excluding sale items and spinning wheels) to the Sons of Norway District 5 Convention visitors.



Wet Felted Flowers with Kim Overton
 Tuesday August 4th, 9am-11am or 1pm-3pm

Learn to make a wet felted flower. Students will leave with two flowers each. Materials included.

\$30 per person [Register Here](#)



Wet Felted Soaps with Kim Overton
 Wednesday August 5th, 9am-11am

Learn to decorate a hand-made bar of soap with wet felting. Students will go to Soap and Flame (store across the street) together at the beginning of class and purchase soap for the class (not included in class fee). Time is included for felting three bars of soap.

\$30 per person [Register Here](#)



Yarn Spinning Demonstration with Ingrid McMasters
 August 5th, 1pm-3pm
 no charge

Tatting Demonstration with Kerra Springgay
 August 6th, 10am-11:30am
 no charge

168 W Main Street
 Stoughton, WI
 608-239-0809
www.sprywhimsy.com

WE ARE OPEN 7 DAYS A WEEK!
 Monday, Tuesday, Thursday, Friday 10 - 6
 Wednesday 10 - 7
 Saturday 10 - 5, Sunday 12 - 4

Classes that you use the Convention Registration Forms for!

Rosemaling – Christmas Ornament

Date: Offered two times! Monday morning, August 3 and Wednesday morning, August 5

Time: 9AM-1PM - this is a 4-hour class

Location: Sons of Norway Lodge- Mandt – downstairs

Level of Instruction: This class will be geared towards beginning rosemaling students, but all levels of experience are well to join in the fun.

This class will be taught in acrylic paint.

Who may attend: ALL Rosemalers are welcome to join this class.

Class size limited for Beginning Rosemalers 10-12

Nancy Odalen, Vesterheim Gold Medalist (VGM) will be teaching this class. This will be an interesting, fun, and informative class that will provide you with an opportunity to try your hand at rosemaling an ornament.

Class Fee \$25.00 per person

The class fee will include the use of acrylic paint, brushes and other supplies as well as the design for the ornament. You will receive one (1) ornament that has already been backgrounded and is ready for you to add your special touch. If the student wishes to work on another ornament, then there will be an additional fee for these. The fee for each additional ornament will be \$5.00

Contact information: Nancy Odalen, 608-513-1837, Naodalen@charter.net

Wood Carving Class – Traditional Scandinavian Flat Plane

Date: Monday August 3, 2026

Time: 9AM-1PM - this is a 4 hour class

Location: Sons of Norway Lodge- Mandt – upstairs.

Level of Instruction: This is a beginning wood carving class.

Who may attend: ALL carvers are welcome to join this class.

Class size limited to 6-8 beginning carvers. Any number of experienced carvers are welcome.

Roger Odalen will be teaching this class and has over 20 years of experience in figure carving.

Beginning Carver: Class Fee \$25.00 per person

The class fee will include the use of a carving knife, gloves, sharpening stones. Two pieces of wood for project are also included in the class fee.

If the student wishes more blank wood piece to work on, then there will be an additional fee for these.

Experienced Carvers:

There is no class fee for experienced carvers that bring their own supplies, knives, gloves, etc. Come and join in in the conversation as we spend time talking about all things wood carving.

Wooden Blanks will be available for sale at the class.

This will be an interesting, fun, and informative class that will provide you with a foundation in the art of figure carving.

Contact information: Roger Odalen, 608-513-1838 Rogerodalen@yahoo.com

Hardanger Class-

Tuesday, August 4th, 2026 at the American Legion 9:00 a.m. to Noon

CLASS: Learn Hardanger Embroidery Basics

Taught by Donna Olson

INCLUDED:

Monogram Bookmark A,B,C Kit

Includes: Pattern, Instructions, Material, Thread, Needles

Cost of Class-Decide by SONS Committee

Instructor Fees & Kit: \$50

Contact for more information: LindaBradleyTravel@att.net

Note: Throughout the day (9:00 AM- 4:30 PM)- Some of our Hardanger presenters will have finished Hardanger items and supplies for sale!

2026 Calendar

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.