

Sons of Norway District 5 - Friendly Fifth Friday News **July 24, 2026**

A District Weekly Newsletter to Keep Us Up to Date!

Sons of Norway District 5 Convention Cultural Arts- please pre-register if you can!

Sons of Norway District 5 Convention 2026

August 2-6, 2026 Stoughton, WI

Cultural Arts Display



Calling all members of Sons of Norway District 5!

Prepare your cultural arts projects for display at the District 5 Convention

August 2-6, 2026, in Stoughton, WI. Any cultural arts projects completed since June of 2024 are eligible for display. An important part of the convention is the presentation of folk art projects completed by members. Your work will be appreciated by members from throughout the district. What a wonderful opportunity to display your skill and show others your contribution to carrying on traditional skills.

Our display space is somewhat limited, so it is important to register your pieces as soon as you can. The judging will be people's choice; there is no fee; pre-registration is needed; work must have been finished after the 2024 convention; SofN members only may enter; work must be completed by the person registered as the artist; each item must have appropriate identification attached; items will be kept at Mandt Lodge and locked overnight; volunteers will monitor the display during the day.

Cultural Skills Categories include: rosemaling, Norwegian weaving, Nordic or Sami-influenced hand knitting, Norwegian needlework (Hardanger embroidery, Klostersøm, Diamantsøm, Nålbinding), crocheting, tatting, wood carving (figure, relief, chip), bent wood construction, photography, painting, knife-making, stained glass making, kolrosing.

Cultural arts items may be checked in at Sons of Norway, 317 S. Page St., Stoughton, WI on Monday, August 3, 6:30-8:00 pm.

Items may be sent with someone if the artist is not attending the convention.

Send questions to Lucy Ghastin at leghastin@gmail.com.

Lucy Ghastin
District 5 Cultural Director

Sons of Norway District 5 Convention
August 2-6, 2026 Stoughton, WI

Cultural Arts Display
Item Registration Form



Artist Name _____ email _____

Address _____

Phone _____ Lodge name & # _____

Category & Description

Item 1

Item 2

Item 3

Send this form to Lucy Ghastin, 7130 Century Ave., Middleton, WI 53562.

Attach an ID tag to each item submitted.

Item 1 Artist name

Item 2 Artist name

Item 3 Artist name

Please fill these out and send/bring with your entries!

Thank you for sharing your cultural arts work with other Sons of Norway District 5 members at the convention. The following are the identification form and the claim ticket form. Please fill them out except for the number. That will be assigned at check-in on Monday, August 3, 6:30 pm – 8 pm, Sons of Norway, 317 Page St., Stoughton, WI. The identification tag will be displayed with each item with the artist's name folded under for anonymity in voting. Half of the claim ticket will be kept at the Cultural Arts room and you keep the other half to present when picking up your items on Thursday, August 6 from 12:00 - 1:30 pm, Sons of Norway, 317 Page St., Stoughton, WI.

Lucy Ghastin- D5 Cultural Director

Sons of Norway D5 Convention 2026

Cultural Arts Display ID Tag # _____

Number will be assigned at the show.

Description of item

Artist _____

Sons of Norway D5 Convention 2026

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Artist _____

Sons of Norway D5 Convention 2026

Cultural Arts Display ID Tag # _____

Number will be assigned at the show.

Description of item

Artist _____

Claim Ticket This half retained by docents at show.

Category _____

Number assigned _____

Artist _____

Claim Ticket Show this half to pick up item.

Category _____

Number assigned _____

Artist _____

Claim Ticket This half retained by docents at show.

Category _____

Number assigned _____

Artist _____

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Category _____

Number assigned _____

Artist _____

Changes at SN Home Office

Dear Sons of Norway Leader,

After six years of dedicated service, Dan Seyfried has accepted a new opportunity with another insurance carrier. We are grateful for Dan's leadership and the many contributions he has made to our organization. The partnership with BetterLife is a direct result of Dan's dedication and tireless efforts. Recognizing the importance of preserving Sons of Norway's mission, values, and legacy, Dan worked diligently alongside our International Board of Directors to secure a future that will allow our organization to continue serving members and supporting lodges for generations to come.

As we move forward, Tu Hornstra has agreed to serve as Interim Leader, effective August 8. We are especially grateful to Tu for stepping into this role during such an important time in our organization's history. With more than 20 years of experience in the fraternal insurance industry and a deep understanding of Sons of Norway's operations, members, and mission, she is uniquely qualified to lead during this transition. Her commitment to our organization, coupled with her steady and collaborative leadership style, will help ensure continuity and a smooth path forward.

Tu has served as Vice President of Operations, Chief Underwriter, and Head of Claims, while also overseeing Compliance and International Board administration. She has been a trusted member of the leadership team and has played a key role in many of the initiatives that have strengthened our organization and prepared us for the future.

As our partnership with BetterLife moves forward, we want to reassure you that the mission, values, and traditions of Sons of Norway will remain at the heart of everything we do. With Chris Campbell at the helm of BetterLife, we are confident that we have a partner who understands and embraces the importance of our heritage, our fraternal culture, and our commitment to serving members. BetterLife shares our belief that the legacy built by generations of Sons of Norway members deserves to be preserved, strengthened, and carried forward.

Over the coming weeks, Tu will work closely with Chris, Dan, and both organizations' leadership teams to ensure a seamless transition. Together, they will focus on maintaining continuity, supporting our members and lodges, and ensuring that the values that have guided Sons of Norway for more than 130 years continue to define our future.

While leadership roles may change, our commitment to our members, lodges, communities, and Norwegian heritage remains unchanged. We are confident

that, with Chris's leadership and Tu's guidance, Sons of Norway will continue to fulfill its mission and thrive well into the future.

Please join us in thanking Dan for his dedicated service and in congratulating Tu on her interim appointment.

Thank you for your continued support and commitment to Sons of Norway.

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



The screenshot shows the website for Masse Moro, a Norwegian Heritage Youth Camp. The header features a green background with a circular logo on the left that says "NORWEGIAN HERITAGE CAMP MASSE MORO HAVING 'TONS OF FUN' SINCE 1978". To the right of the logo is the text "Masse Moro" in large white letters, followed by "Norwegian Heritage Youth Camp" in smaller white letters. Further right is a circular logo for "SONS of NORWAY District 5". Below the header is a navigation bar with links: HOME, ABOUT, REGISTER FOR CAMP, WORK AT CAMP, DONATE, TOOLS FOR LODGES, and Shop. A shopping cart icon with a "0" is also present. Below the navigation bar is a large banner image showing a group of children and adults playing outdoors. The text "MASSE MORO" is overlaid on the right side of the banner. At the bottom of the banner is a white ribbon with the text "MASSE MORO 2026 → JULY 12th to 25th".

Sons of Norway- District 5 Nordic Legacy Foundation's Langseth Masse Moro Fundraising Auction Ends on Saturday!

Why an auction?

Ume Sami artist, Rivojen Jørn Magnus Langseth, gave presentations at the 2024 Sons of Norway District 5 Convention in Indianapolis. At that time, he gave a bowl to the District that was to be sold to raise money for Masse Moro through the SN D5 Nordic Legacy Foundation. We have set up this online auction is to raise funds from the sale of the hand-carved bowl with handle by acclaimed Ume Sami artist, Rivojen Jørn Magnus Langseth, to raise funds for for Masse Moro. The artist works to preserve the Ume Sami culture including the language, art, food, and traditions which are offered to visitors in cultural immersion presentations during the summer and ongoing efforts to acknowledge the language and teach it in Norway. Langseth's art has been shown throughout Scandinavia and Europe and some other parts of the world. His pieces range from small bowls to large outdoor installations to pieces for churches.

What about the other items?

To give bidders opportunities to bid on or purchase other Norwegian handicrafts, we have reached out to some local Stoughton artists and added additional items to the auction. The sales from these items will go back to the artist and are not a part of the Masse Moro fundraiser. Only the sale of the Langseth bowl will go towards Masse Moro.

Questions?

For more information, contact SN District 5 Foundation Director, Scott Wegner, at Srweg61@gmail.com or 608-209-7753.

What is the SN D5 Nordic Legacy Foundation?

The purpose of the Sons of Norway Fifth District Nordic Legacy Foundation, Inc. is to support youth, heritage, culture, and education through presentations, programs, and foundation grants. The Foundation is a 501(c) (3) and donations given are tax deductible (minus any costs/services received) for the donation. We welcome donations given to help support District 5 activities such as Masse Moro, District Scholarships, and other activities and programs that may come forth. The Sons of Norway Fifth District Nordic Legacy Foundation, Inc. is a 501(c) (3) and donations given are tax deductible (minus any costs/services received) for the donation.

When does the auction run?

It opens on Sunday, July 12, 7:00 AM CST and closes on Saturday, July 25, at 6:00 PM CST.

How do we pay and pick up items?

Payment by cash or checks at the time of pick up or in advance of shipping. Pick up is at the Sons of Norway District 5 Convention which is August 2-6, 2026 in Stoughton, Wisconsin or they can arrange for someone to pick it up for them. If the winning bidder needs the items shipped, they are responsible for reimbursing the District for the cost of packaging and shipping. Checks made to: Sons of Norway Fifth District Nordic Legacy Foundation, Inc.

Where do we find the auction?

Website link: <https://www.32auctions.com/SND5NLFLangseth>



The artists have given us a description of their items and their starting bids.

Item	#	Artist	Value	Starting Bid	Description
Hand-carved bowl with handle	1	Ume Sami artist Rivojen Jørn Magnus Langseth	Priceless	\$750	Hand-carved bowl with handle by acclaimed Ume Sami artist Rivojen Jørn Magnus Langseth. Bone inlay with traditional symbolic decoration; carved design on the bottom.
12" Candel Plate	2	Nancy Odalen	Priceless	\$300	Original design is created using the Rogaland/Ryfylke Style painted in oil paint with an acrylic black/green background.
18" tall by 12" wide plaque	3	Nancy Odalen	Priceless	\$395	Designed in the Adger style painted in oil paint with an acrylic red iron oxide background.
23" tall by 5" wide board	4	Nancy Odalen	Priceless	\$350	Designed in Romsdal style, painted in oil paint with an acrylic black/green background.
Forest Troll	5	Roger Odalen	Priceless	\$50	5.5" tall carved from basswood. Natural wood.
Santa	6	Roger Odalen	Priceless	\$75	6.5" tall carved from basswood. Painted in acrylic colors.
Folk Person 1	7	Roger Odalen	Priceless	\$50	6" tall carved from basswood. Painted in acrylic colors.
Folk Person 2	8	Roger Odalen	Priceless	\$40	6" tall carved from basswood. Painted in acrylic colors.
Spoon	9	Roger Odalen	Priceless	\$20	11.5" long carved from basswood.
Scoop Spoon	10	Roger Odalen	Priceless	\$20	12" long carved from basswood.
Sami Bracelet Black	11	Sandy Fleming and	Priceless	\$85	18 cm long (7")- 3 braids. Made from pewter and leather (reindeer or lamb skin).

		Nancy Odalen			
Sami Bracelet Red	12	Sandy Fleming and Nancy Odalen	Priceless	\$100	18 cm long (7")- 4 braids. Made from pewter and leather (reindeer or lamb skin).
Sami Bracelet Gray	13	Sandy Fleming and Nancy Odalen	Priceless	\$100	18.5 cm long (7.25") – 4 braids. Made from pewter and leather (reindeer or lamb skin).
Tri-color brown table runner	14	Carol Culbertson	Priceless	\$185	Tri-color brown twill, table runner, 19 ½" long by 13" wide.
Tri-color blue, grey and white table runner	15	Carol Culbertson	Priceless	\$185	Tri-color blue, grey, white) single-point Krogbragd table runner, 18 ¼" long x 11 1/2" wide.
Multi-colored Krogbragd table runner	16	Carol Culbertson	Priceless	\$240	Multi-colored (red, purple, lavender, grey) single-point Krogbragd table runner, 18 ¼" long x 12" wide.
Shawl	17	Fevolden Farms-Tom and Ginny Olson	Priceless	\$229	Shawl, handspun and handwoven at the Fevolden Farm Studio by Ginny using a blend of 85% natural fiber from our alpacas and 15% blue faced Leicester (sheep wool). This tightly woven shawl, measuring 72" x 12" with several inches of twisted fringe on both ends, will keep one warm and cozy.
Rug	18	Fevolden Farms-Tom and Ginny Olson	Priceless	\$225	Rug, mill spun rug yarn, handwoven at the Fevolden Farm Studio by Tom. The natural color mill spun yarn made from our alpacas is tightly spun on a cotton core and woven using a heavy cotton cord as warp. Measuring 48" x 27", with a short cotton fringe, this rug will stand up well in use. Alternatively, it may be used as a wall hanging.
Cowl	19	Fevolden Farms-Tom and Ginny Olson	Priceless	\$55	Cowl, handspun and crocheted at the Fevolden Farm Studio by Ginny using a blend of 70% natural fiber from our alpacas and 30% blue faced Leicester (sheep wool). Decorative buttons close the loop and make it possible to have a straight loop or an infinity loop.
Hat	20	Fevolden Farms-Tom and	Priceless	\$65	Hat, double knit and waffle knit at the Fevolden Farm Studio by Tom using mill blended 70% alpaca and 30% merino (sheep wool) using natural fawn fiber and

		Ginny Olson			some dyed in shades of red for the waffle pattern. If desired, the waffle pattern may be worn inside for a solid fawn colored hat.
Reversible Hat	21	Fevolden Farms- Tom and Ginny Olson	Priceless	\$50	Reversible hat, double knit at the Fevolden Farm Studio by Tom using mill spun alpaca (100%) from our alpaca's fiber. Solid ivory on one side and ivory with blue strips for the other.
Neck Gaiter	22	Fevolden Farms- Tom and Ginny Olson	Priceless	\$45	Neck gaiter, double knit at the Fevolden Farm Studio by Tom using a blend of mill spun alpaca fiber (70%) and merino fiber (30%).
Collar	23	Fevolden Farms- Tom and Ginny Olson	Priceless	\$25	Collar, inspired by a pattern discovered in Ireland, and double knit at the Fevolden Farm Studio by Tom using mill spun alpaca fiber and hand dyed in a green-gold blend.
Hand Carved Serving Spoons	24	Derek Brabender	Priceless	\$55	10" long cooking/serving spoons are carved by hand with an axe and knives from very durable sugar maple by local artisan green woodworker Derek Brabender. This design of spoon is made to both be appealing to look at and more importantly, appealing to hold and use. The 10" length makes it good for pots under 2 qt. and most frying pans, including pans with nonstick coating. A pair of these spoons also work well for salads. These spoons have a hardened tung oil coating.
Hardanger A	25	Donna Olson	Priceless	\$75	12 1/2" x 12" ivory piece
Hardanger B	26	Donna Olson	Priceless	\$75	16 1/2" x 10" white piece
Hardanger C	27	Donna Olson	Priceless	\$75	12 1/2" x 12 1/2" beige piece
Hardanger D	28	Donna Olson	Priceless	\$75	13" x 13" beige piece

Our artists:

Featured Artist- Rivojen Jørn Magnus Langseth



The artist works to preserve the Ume Sami culture including the language, art, food, and traditions which are offered to visitors in cultural immersion presentations during the summer and ongoing efforts to acknowledge the language and teach it in Norway. Langseth's art has been shown throughout Scandinavia and Europe and some other parts of the world. His pieces range from small bowls to large outdoor installations to pieces for churches.

The Ume Sámi Resource Center is located on Hemnesberget and Langbakken, with beautiful views over the fjord. Here you can meet the Ume Sámi artist Jørn Magnus Rivojen, who is passionate about preserving the local Sámi culture. By appointment you can come here and experience and learn more about Sami culture, language, history and social life. In the large lavvo in the park you can enjoy the peace, listen to stories and learn about Sami traces both in local expressions and in local geography. You can taste campfire coffee and enjoy homemade local and Sami specialties.

The Ume Sámi language has an ancient, rich and proud history and was once spoken in a geographical belt stretching from the Norwegian Sea in the west to the Bothnian Sea in the east, where the language was the mother tongue of the Sámi people from Umeå to today's Rana and Hemnes/Okstindan Nature and Culture Park. Today, the language is almost extinct and only a handful of people speak the language fluently.

Jørn is a renowned non-Sami multi-artist who creates everything from installations, modern expressions of Sami forms, traditional objects and Southern Sami ornamentation. According to Jørn, *Duodji* – creating something with your hands – the only thing in a Sami context that is older than reindeer herding. His art has been given as a gift from the Sami Parliament to the Royal House, and you can also find it for sale at the center. *Spaces of the Polar Worlds* in the Alps in France. You can find more information about Jørn's art and about the Ume Sámi Resource Center on the Facebook page "Rivojen Art and Craft".

Derek Brabender



Derek is an artisan green woodworker based in Stoughton Wisconsin who specializes in creating beautiful and functional everyday items with hand tools and on a foot-powered spring pole lathe. All of Derek's work is produced with great attention to workmanship and respect to the environment.

Carol Culbertson



I had been weaving in the Navajo tradition for about 30 years when I received a woven double point Krokbragd wall hanging from a family member in Norway in 2018. The desire to be able to create a similar weaving prompted me to take classes at Vesterheim to learn how it was done. What I learned in those classes and seeing the weavings in the museum stimulated me to create weavings using the Norwegian traditional techniques in combination with the tapestry techniques I had already learned from my years of Navajo weaving. So many possibilities, so little time! My great grandfather, Chris Skagen, immigration from Vik in Sogn og Fjordane, Norway in 1882. When I asked him once what he missed most about Norway, he replied, “the mountains and fjords.” “Chris’s View” was an attempt to capture the daily view he had of the mountains and Sognefjord out the window of his home in Vik. I have been influenced most by the classes I have taken through the Madison Area Technical School Adult education program and classes taken at Vesterheim along with Vesterheim’s wonderful collection of weavings in the Norwegian tradition. The challenge given to me by Jan Mostrom helped me think more creatively to come up with something new – the vest of 2024.

Sandy Fleming



Sandy belongs to the Sons of Norway-Mandt Lodge, and started making Sami Bracelets and other jewelry inspired by the Sami People after she took a class at Vesterheim Museum in Decorah, Iowa over 10 years ago. She grew up in the Chicago area, learning many Norwegian crafts from her Grandma. She retired from teaching in Michigan and Wisconsin 14 years ago, and moved to Stoughton, Wisconsin. She enjoys teaching Sami Bracelet classes and participating in all of the Norwegian Heritage activities.

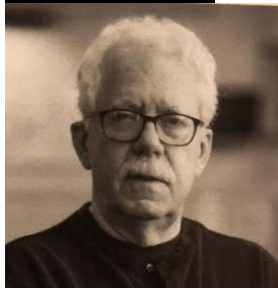
Nancy Odalen



Rosemaling is part of Nancy’s heritage. Nancy is the granddaughter of an adventurous sailor who sailed around the world one and a half times before jumping ship in Australia. Also, her grandmother traveled to the United States, by herself, at the age of 23. Nancy’s rosemaling echos the colors of the

west coast of Norway, and the movement of her rosemaling mirrors her families' traditions and adventures. Nancy's journey in the study of rosemaling began with her first Vesterheim rosemaling class in 2001. She has taken classes from instructors that have given generously of their time and talents. She is humbled to have received a Gold Medal in 2022 after earning ribbons on five pieces, including one Best in Show at the *Vesterheim Norwegian-American Folk Art Exhibition*. Nancy has received grants from the Wisconsin Arts Board as a Master Artist to two apprentices, one in 2020-21 and the other in 2022-23. She is also a recipient of one of the 2022-23 Folk Artist Residency grant from Vesterheim. Her journey continues as she learns from the old and create designs that come from her soul. It is Nancy's true joy to share her passion, enthusiasm, and knowledge of rosemaling with others.

Roger Odalen



Roger Odalen has over 20 years of experience in creating caricatures using the Scandinavian Flat-Plane and other carving techniques. With each cut of his knife these pieces begin to take on their enduring characteristics which make them unique one-of-a-kind creations. Roger is an artist and instructor.

Donna M. Olson



Donna received an education teaching degree from Hamline University, St. Paul, MN and taught at Iowa State University for 5 years before moving to Stoughton, WI., a Norwegian community. Since then, EGA chapters and local embroidery stores in southern WI have used her teaching and design skills in needlepoint and embroidery workshops. Donna M. Olson is a designer/embroiderer/instructor of the classic Norwegian embroidery which reached its well-known style in the late 1800s. Donna learned Hardangersom from the Norwegian women in Stoughton and followed up with classes through EGA. From 1972 she has led ongoing classes in needlepoint embroidery and Hardangersom through the Madison Area Technical College. Since 1991 her workshops have been exclusively Hardangersom. Her business, Satin Stitches, of charted traditional and contemporary Hardangersom designs, was begun in 1999 after a great deal of encouragement from her students.

Tom and Ginny Olson



Tom's background was in Education and Administration; Ginny was a Registered Nurse specializing in Intensive Care and Informatics. They have been raising alpacas on the family farm for over 20 years and currently have a herd of 30 alpacas. They are partners with Tom's sister and brother-in-law, Becky Olson-White and Lyall White in Fevolden Farm LLC. Fevolden Farm is a family business, raising Huacaya alpacas since 2002. It is located in west central Wisconsin, on the farm settled by Tom and Becky's great-grandfather Ole Fevolden in 1869. Fevolden Farm strives to maintain the highest standard of care for our alpacas. Their health and well-being are our first priority.

We aim to improve the herd with each breeding decision, combining superior fiber characteristics and solid conformation. We will provide exceptional customer service, with support and education for new owners a top priority. We support the continuing development of the American alpaca fiber industry, offering for sale a variety of alpaca fiber products made in the USA. Tom is past president of the Great Lakes Alpaca Association and both Tom & Ginny have been active with the Great Midwest Alpaca Festival which has held alpaca competitions in Madison and also in West Bend, WI.

2026 Calendar

July 12-25- Masse Moro

July 12-July 25- Langseth Auction to benefit 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 Tuchenhausen**
foundation@sofn.com, atuchenhausen@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.