

Sons of Norway District 5 - Friendly Fifth Friday News

July 31, 2026

A District Weekly Newsletter to Keep Us Up to Date!

2026 District 5 Delegate District Lodge Meeting and Convention Reminders for Thursday!

July 30, 2026

As we prepare for our time in Stoughton:

- If you are flying in and need to be picked up, please contact Darlene with details as we do have some Mandt members who volunteered to make airport runs!
- Please take time to read, study, and then bring along your copy of the 2026 Report's Book. If your lodge has any delegate changes from the time of this mailing, please make sure the delegate coming to Indy has this book!
- This year has been challenging with many delegate changes, hard to fill committee lists, and the nominating committee still has a number of spots to fill for board positions and alternate positions.
- Changes in Reports Book and agenda! There are always changes! I will send out an updated agenda early next week and will have paper copies available of any important documents. We also will be projecting the information on screens.
- If you have changes in delegates, please let me know ASAP (arnesonfamily5@gmail.com) Any materials sent to the original delegate should have been passed along to the alternate- i.e. the Reports Book!
- Keep in mind that we will be electing District Board Members and alternates at this district lodge meeting. Please consider this opportunity, review your benefit member status, and talk to your spouse BEFORE coming to the convention!
- The attire is business casual/business for most events. As leaders of your lodge and as we are in the public's eye, our attire should reflect our roles in the District. The banquet is formal-business/formal, bunads, black tie, Norsk sweaters. We know it's a short time between the 4 PM close of the business session and the 5 PM social time at the VFW (eat at 6 PM)- so you do have a little wiggle room!
- If you have a camera, take pictures! We hope you will share your pictures on the District 5 Facebook page. Casual photos are always great so please don't be camera shy! Please use the hashtag- **#SND5Stoughton2026**
- If you have stamps, bring them along! You can give them to our contacts who will deliver items to the Sisters of St. Mary's College.
- Please check with your lodge to see if you are to bring along the lodge banner, newsletter display board, silent auction items, or other things!
- The room is air conditioned and sometimes they have the room cooler when there are lots of people. You may want to bring along a sweater.

To help answer questions your delegates (or lodge leadership) may have!

Convention Call- Thursday night at 7 PM – all are welcome!

Darlene Arneson is inviting you to a scheduled Zoom meeting.

Topic: SN D5 Convention Delegate Orientation and Q & A

Time: Jul 30, 2026 07:00 PM Central Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/87504517058>

Meeting chat link

<https://us02web.zoom.us/launch/jc/87504517058>

Meeting ID: 875 0451 7058

One tap mobile

+16465588656,,87504517058# US (New York)

+16469313860,,87504517058# US

Join by SIP

• 87504517058@zoomcrc.com

Join instructions

<https://us02web.zoom.us/meetings/87504517058/invitations?signature=707q2X2aZpv3rzKbW0qPKnS8Y-AufO9GEtcWle0RYoM>



What to pack

1. Reports book
2. Lodge banner if you have one
3. Silent auction items if you or your lodge are sending them
4. \$60 check from your lodge if they are participating in the 60-year SN Foundation anniversary challenge! Make the checks out to "Sons of Norway Foundation".
5. Spending money for the silent auction, Flip of the Coin, and Foundation Fun Night! For the Fun Night, maybe of the activities are a \$5 donation so having some \$5's that night will be helpful.
6. Something to take notes with
7. A sweater or something warm in case the AC is cold for you

8. Stamps for Sisters of St. Mary's College and we will ask Scandiana members if they can bring them back.
9. If members of your lodge are sending items for the Cultural Arts Display, make sure all the paperwork is done!
10. A smile, patience, and being ready to meet others, share ideas, and have fun!

If you are listed as a

- **MARSHALS** - Position is at entrance to business hall for duration of session at direction of presiding chair. Duties include monitoring those entering and leaving the hall during the business session and delivering messages to delegates. Will act as escort for any dignitaries as prescribed by the presiding chair. Directing delegates and non-delegates to appropriate seating areas for them. The Marshals sit near the back of the room (or by entrance doors) during the session.
- **GREETERS** - Come to the meeting hall 15 minutes before the session begins and position is at entrance to business hall for duration of session at direction of presiding chair. Duties include welcoming guests (non-delegates) entering the hall for the business session and delivering messages to delegates. Directing delegates and non-delegates to appropriate seating areas for them. The greeters may sit with their lodge delegation during the session.
- **TELLERS** - Unless called on by the presiding chair, they sit with their other delegates in the business room. Duty extends through all sessions and days of the business meeting. When called, duty is to distribute, as necessary, and collect delegate ballots, when used. Collectively, tellers will then retire to a remote location to sort and count ballots. Tellers will separate any ballot determined not qualified or illegal, such as blank ballots or those with indeterminable selection or double marking, and so on. Tellers will carefully protect all ballots until their disposition is determined. Upon completion of the counting and preparing a written report (signed by Teller 1), tellers will return to their normal locations in the business hall. Teller 1, on behalf of the teller group, will proceed to the designated committee reporting position to read the ballot report. Teller 1 will present the report and all ballots to the district secretary after reading the report.

When should you be there?

- If on a committee, committee meetings have met virtually prior to the convention and if they need to meet in person, they can meet at Mandt Lodge on Tuesday afternoon or evening. They will schedule their own time to meet- if needed.
- Board members- we meet at 9 AM on Tuesday at Sons of Norway- Mandt Lodge.
- If you are in a class, there has been information sent to you from Darlene in regard to Hardanger, Odalen rosemaling and Odalen carving. The other venues will send their registration and follow up details.
- We have some great optional speakers, presenters, and entertainment for delegates and non-delegates to enjoy!

Delegates must be there:

The business sessions start at 9:30 AM on Wednesday and 9:00 AM on Thursday. The doors will be open at 8 AM both days. The business meetings are all at the Stoughton Area School District's Administration Building and you'll see the big Sons of Norway banner by the ramp/door you will enter. You can bring your silent auction items, banners, and newsletter displays to that venue.

Registrations times and places:

- Sunday- 12:00-2:00 PM at Sons of Norway, 317 South Page St, Stoughton (upstairs)
- Monday- 7:15-9:15 AM at Sons of Norway, 317 South Page St, Stoughton (upstairs)
- Monday- 6:30-8:00 PM at Sons of Norway, 317 South Page St, Stoughton (upstairs)
- Tuesday- 8:00 AM- 7:00 PM at Sons of Norway, 317 South Page St, Stoughton (upstairs)
- Wednesday- 8:00 – 10:00 AM at SASD Administration Building, 320 North Street
- Thursday- 8:00 – 9:00 AM at SASD Administration Building, 320 North Street

Foundation Fundraisers at the District 5 Lodge Meeting & Convention!

First, what are the two Sons of Norway Foundations we have and how do they differ?

The **Sons of Norway Foundation** (International) is dedicated to funding activities that preserve and promote Norwegian heritage, positively affect members and make Sons of Norway communities a more vibrant place to live. Be it through a student's scholarship for study, a cultural exchange experience, or assisting lodges to provide quality programs and community events – the Sons of Norway Foundation is true to its mission. Established in 1966, our focus and offerings have grown to include several categories of scholarships and four categories of grants.

Sons of Norway Fifth District Nordic Legacy Foundation, Inc.

The purpose of this District 5 Foundation 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, Barnebirkie, Adult Camp, Project Grants, 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.

Thank you for supporting the various fundraisers that will occur during the District 5 Lodge Meeting and Convention. Lodges might consider giving their delegates a "fundraising stipend" to use at these events and please note the request to send a check for the "60 for 60 Convention Challenge"!

- **District's Silent Auction**- always a favorite and the items will be at the Stoughton Area School District (SASD) meeting room where the business session will be held. Due to space limitations in the registration area, we'll ask that delegates bring the items to that area between 8-9:30 AM on Wednesday. The silent auction starts early Wednesday and will end at Thursday at 10:30 (end of coffee break) so you can pick up items during lunch. Thank you so much for bringing items to the convention and for bidding on them! What can your lodge, delegates or businesses donate? We ask that you send items that are easy to transport, new items, nothing that requires refrigeration, vintage items that are clean and in good condition. Favorites are cultural items (rosemaling, pewter, carvings, textiles), gift cards, theme baskets, vintage SN items, beverage baskets, and items from your area. Be creative and have some fun with these!
- **District's Heads n Tails** fundraiser during the Foundation Fun Night on Tuesday at Sons of Norway-Mandt Lodge. This is a fun, inter-active optional fundraiser that benefits the SN District 5 Masse Moro. Entry fees are \$5 per person that wants to participate.
- **Foundation Fun Night** on Tuesday at Sons of Norway- Mandt Lodge- we are raising money for the SN Foundation as well as the SN D5 Nordic Legacy Foundation. We will have bingo (suggested donation to play), some fun games and activities, and the Heads n Tails that night!

The 60 FOR 60 Convention Challenge- This year, we mark the 60th Anniversary of the Sons of Norway Foundation. The Foundation awarded 60 grants in 2026, supporting cultural programs, community initiatives, and outreach that benefits students, families, lodges, and individuals in need. At the same time, scholarship activity continues to grow, with increasing numbers of applicants and awards supporting both domestic and international study. Scholarship recipients have been notified, each one representing an investment in the future of our communities and our shared heritage. More members now see how every dollar becomes opportunity, whether through education, cultural preservation, or direct community support. Engagement is rising, applications are growing, and the impact is reaching further than ever before. To honor the Foundation's 60th Anniversary, we invite every District Five lodge to take part in a shared and visible show of support at the District Five Lodge Meeting & Convention.

Each lodge is encouraged to bring and donate \$60 to the Foundation in honor of 60 years of impact. Each lodge may wish to send their checks with their delegate(s) to the convention, and we will make the group presentations after SN Foundation's Amy Tuchenhausen's presentation during the Wednesday business meeting. With gratitude to every member, every lodge, and every leader who has contributed, thank you. Your support is changing lives and ensuring that the legacy of the Sons of Norway Foundation continues for generations to come. Checks can be made to: **Sons of Norway Foundation**. The Sons of Norway Foundation is a 501(c)(3) so donations are tax deductible.

Questions can be directed to District Foundation Director Scott Wegner at srweg61@gmail.com.

Need help?

My cell is 608-514-4951 (call or text) and my email is arnesonfamily5@gmail.com. I am working Thursday and Friday (July 30-31) but will get back to you as soon as I can!

Darlene Arneson, District 5 Secretary

District 5 Convention activities you can go to without registering!

We have closed registrations for any meals, the classes that the lodge coordinated, and Day on the Prairie bus trip. But we have a lot of activities that you can attend without having to register that we don't need counts for!

Sunday, August 2

- 9:00 AM- St. Paul's Liberty Church service- Schuster's Round Barn- 1326 Hwy 12 & 18, Deerfield
- 1:00 PM- Farm tour at Furseth Farm's Grain Operation- 2157 County A, Stoughton
- 2:15 PM- Farm tour at Furseth Farm's Dairy Operation- 1114 Starr School Road, Stoughton
- 3:30 PM-5:00 PM- Open house at Fevolden Farm's (Alpaca) Studio- 2454 E. Gaston Rd, Cottage Grove
- 5:00-9:00 PM- President's Reception at the Arneson Farm, 2056 Skaalen Rd, Stoughton

Monday, August 3

- 9:00 AM – 4:00 PM- Norwegian American Genealogy Center & Naeseth Library, 415 W. Main St., Madison is open for research (suggest appointments) or stopping by to visit!

Tuesday, August 4

- 9 AM – 3:00 PM- Hardanger product sales at American Legion, 803 N. Page St, Stoughton
- 9:00 – 4:00 PM- Norwegian American Genealogy Center & Naeseth Library, 415 W. Main St., Madison is open for research (suggest appointments) or stopping by to visit!
- 9:30 AM-12:00 PM and 12:30 PM-5:00 PM- Livsreise is open- 277 West Main Street, Stoughton
- 12:15 – 5:00- Workshops at the American Legion, 803 N. Page St. They also will have food available.
 - 12:15- Those darn SN required reports!
 - 1:00- SN Foundation Grant Writing- Amy Tuchenhausen
 - 1:50- District 5 Roundtable- Your questions and needs!
 - 2:30- Youth Activities and Masse Moro
 - 3:10- Dana Kelly and NAGC & NL
 - 4:10- James Nelson on Yukon Relief Expedition
- 1:00 PM- 4:00 PM- Free-will donation to visit Stoughton Historical Society Museum, 324 S. Page Street
- 3:00-4:00 PM- Stoughton Opera House tour- 381 E. Main St, Stoughton – no fee
- 6:30 – 9:30 PM- Foundation Fun Night at Sons of Norway, 317 S. Page St, Stoughton

Wednesday, August 5

- 9:00 – 4:00 PM- Norwegian American Genealogy Center & Naeseth Library, 415 W. Main St., Madison is open for research (suggest appointments) or stopping by to visit!
- 9:30 AM-12:00 PM and 12:30 PM-5:00 PM- Livsreise is open- 277 West Main Street, Stoughton
- 9:00 AM – 4:30 PM- Cultural Arts Display on the stage. Time to socialize and network! Watch videos at Sons of Norway, 317 S. Page St, Stoughton
- 1:00-2:00 PM- Stoughton Opera House tour- 381 E. Main St, Stoughton – no fee
- 1:00 PM – 3:00 PM- Yarn Spinning Demonstrations at Spry Whimsy Fiber Arts, 168 W Main St, Stoughton
- 1:00 PM- 4:00 PM- Free-will donation to visit Stoughton Historical Society Museum, 324 S. Page Street

Thursday, August 6

- 9:00 – 4:00 PM- Norwegian American Genealogy Center & Naeseth Library, 415 W. Main St., Madison is open for research (suggest appointments) or stopping by to visit!
- 9:00 AM- 1:30 PM- Time to visit Cultural Art Displays, watch videos, and pick up entries between 12:00- 1:30 PM at Sons of Norway, 317 S. Page St, Stoughton
- 9:30 AM-12:00 PM and 12:30 PM-5:00 PM- Livsreise is open- 277 West Main Street, Stoughton
- 10 AM – 11:30 AM- Tatting Demonstration at Spry Whimsy Fiber Arts, 168 W. Main St, Stoughton

2026 Calendar

July 30- 7 PM CST Convention Update call

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.