

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

*A District Weekly Newsletter to Keep Us Up to Date!*

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## **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.

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**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 stiped” 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 Tuchenhagen'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.

**Questions** can be directed to District Foundation Director Scott Wegner at [srweg61@gmail.com](mailto:srweg61@gmail.com).

## **Still not registered or signed up for Convention?**

As always, there has been a flurry of emails, texts and calls as our July 1 deadline came! As of last night, we still have around 20 delegates who hadn't registered. We know some are "in process" but if you are a delegate and haven't sent in your form and payment yet, please do that ASAP. Now that we are past July 1, the \$20 late fee applies.

We had a planning meeting last night and discussed late registrations and what we can do to allow people to still participate but respect the wishes of the meal venues for counts, the instructors for classes, and bus trip hosts!

### **Banquet, Delegate lunches and those wanting to join them on Wednesday and Thursday:**

We have meal counts to get to venues so we need the registrations in for the banquet, Wednesday and Thursday lunches right away as those venues requested final counts 3 weeks before. Registrations that have been mailed by July 1 or shortly after will arrive in time for us to get the meal counts to them by July 10. No more registrations for those three meals after that!

**The Day on the Prairie bus trip and Hardanger, Odalen Rosemaling and Odalen Carving classes** – we are reaching out to the bus trip meal hosts and the Hardanger, rosemaling, and carving class instructors to see if we can still register people through July 15. But then, that's the final date. I will send out an update as soon as I know. 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>



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## [Rycroft Stamps](#)

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

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## **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.

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## 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

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 4<sup>th</sup>, 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 5<sup>th</sup>, 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 5<sup>th</sup>, 1pm-3pm

no charge

Tatting  
Demonstration  
with Kerra  
Springgay

August 6<sup>th</sup>, 10am-  
11:30am

no charge

168 W Main Street  
Stoughton, WI  
608-239-0809  
[www.sprywhimsy.com](http://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

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### **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](mailto:Rogerodalen@yahoo.com)

## **Hardanger Class-**

Tuesday, August 4<sup>th</sup>, 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](mailto: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

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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)

**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@sonsofnorway5.com](mailto: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.