

Sons of Norway District 5 - Friendly Fifth Friday News June 12, 2026

A District Weekly Newsletter to Keep Us Up to Date!

Due June 15 please but if you need a few days, that is fine!



Sons of Norway District 5 Convention 2026
August 2-6, 2026, Stoughton, WI
Sponsor Form
Deadline: June 15



Booklet Ad Size	Price	#	Cost
Front inside, Back Inside, or Back outside Cover 5.5" x 8.5" with .125" bleed (circle preferred)	\$150		\$
Full Page Interior 5.25" x 8.25"	\$125		\$
Half Page : 5.25" x 4.125"	\$75		\$
Quarter Page (horizontal or vertical) 2.625" x 4.125"	\$35		\$
Well Wishes	\$2		\$
Total Ad			\$
Sponsorships	Price	#	Cost
All 4 levels includes signage to be displayed on the coffee table, recognition on the daily schedule and in the booklet			
MANGE TUSEN TAKK(many thousand thanks) Includes opportunity to speak to delegates and have signage in delegate hall	\$500+		\$
MANGE TAKK (MANY THANKS) Includes opportunity to have signage in delegate hall.	\$250		\$
PRESENTER/COFFEE BREAK	\$200		
TAKK (THANK YOU)	\$100		\$
Total Sponsorship		Total	\$

Name of Sponsor: _

Name of Contact:

Phone:

Email:

When mailing your check, please include a copy of this form. Make checks payable to:

SONS OF NORWAY – MANDT LODGE

Send to: Sons of Norway - Mandt Lodge Attn: Jane Conner, 317 S Page St, Stoughton, WI 53589

Want to support Masse Moro?

Check out their Amazon wish list for items they need!
You can use 771 W Dresser Road Dekalb, IL 60115 as the "ship to" address.

Sorry for the long link but I'm not sure how to shorten it!

[https://l.facebook.com/l.php?u=https%3A%2F%2Fwww.amazon.com%2Fhz%2Fwishlist%2Fis%2F3NAOTGQ8AV5AQ%3Fref%3Dwl_share%26content_source%3Dfb%26fb_content_id%3DQ9-wBQGSC4rE2zJKJlyttIN1rgSHhBKlUhkQMEwt61ebelcF4C0Rulz3lcz7wGFARb0%26channel_type%3Dfb%26fbclid%3DIwZXh0bgNhZW0CMTAAynJpZBExeVlvc2xiZGlrdVBsdHpvYXNydGMGYXBwX2IkEDlyMjAzOTE3ODgyMDA4OTIAAR4wmYc_HJ5_96qBg3QfXIMq2ldqGQRITxmFby6ZugjN6MCx6qDGWe_-7DGTqQ_aem_0RBrDHhwDTTq_u9iCiT3zq&h=AUDMEYTy5QZ4XEUGs9dS4yiC7nRJLSHy_v1IXkdzvuo510N3PxCI5nS4KSmVCCyfcPENM9MO66hJhqisGKxVvHg8otYMIp1vO9IjuspSWaVWEXNdN3mGn84--Tv_YMjUkJqfpqGkJxz7w&_tn=R\]&c\[0\]=AUBAanMkToVXUSABzWvUL2CXOIY9vn0n2DI-VemUn6f5TZfOJicIZ1aNuaHdxUObEbjUES2yhkvFr4PTQ6Firg4aP4UxPZ49IAg0e-uvjGiQn7HaSOoHja3IO-QOJ8jml37i4SzPOYLRJj9uAX0GliDVatVn7SQqBF4o&c\[1\]=AUA_JiNFRtVWz39vqt9TRoaWE_DwX2qWRruDF1oPEBG7oYdL3zElrrBfF3_XsssTYBtOUkUPzEw9UNuND_hP-gHOH3gUNhUw0qWENVfRQ3HokKs9Bu-hvmyV1stpR28d3tLL-9ts6lf-QgRqPV461XoLBI8IUvVBQy9Pj](https://l.facebook.com/l.php?u=https%3A%2F%2Fwww.amazon.com%2Fhz%2Fwishlist%2Fis%2F3NAOTGQ8AV5AQ%3Fref%3Dwl_share%26content_source%3Dfb%26fb_content_id%3DQ9-wBQGSC4rE2zJKJlyttIN1rgSHhBKlUhkQMEwt61ebelcF4C0Rulz3lcz7wGFARb0%26channel_type%3Dfb%26fbclid%3DIwZXh0bgNhZW0CMTAAynJpZBExeVlvc2xiZGlrdVBsdHpvYXNydGMGYXBwX2IkEDlyMjAzOTE3ODgyMDA4OTIAAR4wmYc_HJ5_96qBg3QfXIMq2ldqGQRITxmFby6ZugjN6MCx6qDGWe_-7DGTqQ_aem_0RBrDHhwDTTq_u9iCiT3zq&h=AUDMEYTy5QZ4XEUGs9dS4yiC7nRJLSHy_v1IXkdzvuo510N3PxCI5nS4KSmVCCyfcPENM9MO66hJhqisGKxVvHg8otYMIp1vO9IjuspSWaVWEXNdN3mGn84--Tv_YMjUkJqfpqGkJxz7w&_tn=R]&c[0]=AUBAanMkToVXUSABzWvUL2CXOIY9vn0n2DI-VemUn6f5TZfOJicIZ1aNuaHdxUObEbjUES2yhkvFr4PTQ6Firg4aP4UxPZ49IAg0e-uvjGiQn7HaSOoHja3IO-QOJ8jml37i4SzPOYLRJj9uAX0GliDVatVn7SQqBF4o&c[1]=AUA_JiNFRtVWz39vqt9TRoaWE_DwX2qWRruDF1oPEBG7oYdL3zElrrBfF3_XsssTYBtOUkUPzEw9UNuND_hP-gHOH3gUNhUw0qWENVfRQ3HokKs9Bu-hvmyV1stpR28d3tLL-9ts6lf-QgRqPV461XoLBI8IUvVBQy9Pj)

Any woman delegates want to share a room?

Hello Darlene,

I just finished making my room reservation at Tru Hilton there in Stoughton for Tues. and Wed. nights. If you have any lady needing a room/ roommate, I would gladly share.

Thank you-

Marjorie Krogwold 715-824-4774
warpedmargie@gmail.com

Hei! From LaVonne Wier

I'm excited. I've already received 2 submissions of photos for June!! This is your reminder to send yours my way if you have them. It is great that all submitted photos go on the D5 website for everyone to enjoy, even if they don't make the Viking. Thanks to our D5 webmasters!

For those of you going to the convention in Stoughton, I want to give you a heads-up, as I just realized it myself!! There are OODLES of great classes offered Convention Week, plus trips. Mandt Lodge has done a *GREAT* job of lining up all these opportunities for classes. If you are not a delegate, but going to Stoughton, you can attend classes during the Lodge Meeting on Wednesday and Thursday. One of our alternate delegates from my lodge is taking advantage of these classes. If you are wanting to do the same, please read the information sent to your delegates and non-delegates. Some are on the registration form, which is on

the www.sonsofnorway5.com website. Some of the classes are NOT on your registration form. You will need to go online to the Innovation Center or Grand Inspired to register and pay for those classes. The links to use are in the convention materials. It isn't difficult, but it is a thing to *be aware of* so you can get registered. There are classes on Monday and Tuesday that delegates can go to before the big lodge meeting. Make sure to read the information thoroughly so you don't miss out on a class you would like to attend.

Now, back to photos! Please remember to send the Photo Submission Form (https://sonsofnorway5.com/library/original/docman/NewPhoto-submission-202159946_1.pdf) with each great picture you send. Get your email sent in by June 20th, please. It really helps the people receiving the photo to know what was going on and who is in the picture.

Hope you are having a *great* summer!

LaVonne Wier
D5 Publicity



Photos should arrive in my email by June 20, 2026-
2nor1rus@gmail.com . Please include the Photo Submission
Form with each photo.
https://sonsofnorway5.com/library/original/docman/NewPhoto-submission-202159946_1.pdf

Thank you.
LaVonne Wier
D5 Publicity Director

Sons of Norway District 5 Convention and Lodge Meeting

Questions we are getting- June 11, 2026



August 2-6, 2026- Hosted by SN Mandt Lodge 5-314

Deadlines

- June 15- Well wishers, advertisements and sponsorships due
- July 1- Registrations, classes, and any additional meals
- July 4- Hotel blocks go off but we encourage you to book rooms ASAP- don't wait!

How to register for classes the convention is offering

- Rosemaling, woodcarving (at SN), and Hardanger classes register on the convention registration forms.
- Classes at Grand Inspired, Innovation Center Stoughton, and Spry Whimsy will use their direct links as they are handling their own registrations. Please do not write in those classes on the registration forms!

What registration form do you use?

- If you are a delegate from your lodge or a District 5 Board member, use the **Delegate Registration Form**
- If you are not a delegate but are a SN member, a spouse or family member, or others interested in attending the convention events, use the **Non-Delegate Form**.
- If you are a SN Mandt Lodge member who is volunteering at the convention and also want to attend parts of the convention, use the **Mandt Lodge Registration Form**.

Meals at the convention

- Delegate fees include the Wednesday and Thursday lunch at the SASD.
- Others can attend the Wednesday and Thursday delegate meals but need to register for them by July 1.
 - Wednesday- Brunch with fresh fruit, variety of quiches, 7-layer salad, au gratin potatoes with ham, and bakery items for \$17.
 - Thursday- Specialty sandwich trays with TAB (turkey, apple, bacon) on cracked wheat and Italian bread, Chicken croissant, Italian sandwiches on Italian and Cracked Wheat bread, and supreme veggie sandwiches on Tomato Basil Wraps and Cracked wheat, cabbage salad, potato salad, rotini salad for \$14. Note: Gluten free bread is available as an alternative to lettuce wraps.
- Monday- If you are on the Day on the Prairie bus, you will get the noon lunch and evening supper as part of your bus package (\$75). If you are just driving on your own for part of the day and want to eat the noon lunch at East Koshkonong with the group or the evening supper at St. Paul's Liberty Church, sign up for the "Self Guided" meal on the registration form for the meal(s) you want. East Koshkonong- Sandwich, fruit cup, chips, pickles available and dessert. St. Paul's- Chicken Tetrazini, salad, bread and dessert with coffee, lemonade and water for \$20.
- The Tuesday lunch at Sons of Norway is a closed luncheon for only the District 5 Board and spouses, District convention committees and their spouses, and SN Mandt volunteers who are helping at the lodge that day.
- Tuesday- the American Legion is offering a pulled pork, potato salad, carrots and dip, potato chips, cookie, and water/lemonade or coffee for \$10. If you are attending the Hardanger Class or going to any of the afternoon workshops, this is an option for you. No registration needed for the meal.
- Wednesday banquet at the VFW- Baked cod and roast beef, coleslaw, macaroni salad, baked potatoes, corn, baked beans, and Berries on a Cloud dessert for \$30.

- All meal reservations must be made by July 1.
- If you have dietary restrictions or prefer a vegetarian option, please note that on the registration form so we can work with the providers.

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.

What if our delegates/alternates change?

- Contact Darlene Arneson at arnesonfamily5@gmail.com with the changes.
- Darlene will then follow up with our registration volunteers (Jane Conner and Callie LaPoint) to see what needs to be done with registration changes.
- If the delegate signed up for classes, we cannot guarantee a refund for them. It's up to the venue.

Why two names?

- District Lodge Meeting- that is the business part of the convention week. It includes the board meeting, District convention committees, and the two-day business session.
- District Convention- the "fun" part of the convention! The workshops, classes, field trips, banquet, social times, silent auction, Cultural Arts Display and other activities.

When do you have to be there as a delegate?

- Wednesday and Thursday for sure if you are a delegate.
- If you are asked to serve on a convention committee, there is a lunch for the committee members and spouses on Tuesday and the committees will meet that afternoon if they need to. Most do a lot of their work via ZOOM prior to the convention.
- Current District 5 Board members must be there Tuesday morning for the Board meeting and then through Thursday.

What does a delegate do?

- Represents and speaks on behalf of your lodge on District business, resolutions, proposed changes
- Votes in the business session
- Review and act on the 2028 Convention Host Bids
- Might get asked to serve as marshals, greeters or in other roles during the meeting
- Accepts your lodge's recognition and awards
- Attends all delegate sessions and votes on behalf of your lodge
- May serve on a committee if asked to by the District President
- A delegate is the only member (along with current District 5 Board Members) that can run for the District Board (if a benefit member or if they purchase a benefit product at the convention).
- Learn about Sons of Norway by attending workshops, visiting displays and visiting with other members
- Bring back many ideas, activities and enthusiasm that will benefit your lodge
- Report to your lodge about what they learned, business conducted and report on elections held at the convention
- Have a wonderful time and go home ready to carry out the mission of Sons of Norway!
- They also serve throughout the biennium until the next group is seated in 2028.

What is a Benefit Member?

Someone who owns a Sons of Norway insurance certificate. You can see if a member is a benefit member by looking at the membership list. They are the only ones eligible to run for the 2026-2028 District Board or as an alternate to the board.

How do you pay for delegates?

Each lodge handles this differently. Many will help the delegates with convention costs, registration, travel and hotel costs in varying amounts, paying it in full, or a portion. Some lodges will have a special fundraiser or event to raise money for delegate expenses.

Hotel Information- how to book rooms!

The hotel block is through the Tru Hilton in Stoughton. If we fill their hotel, we have a convention rate at their partner hotels in Madison. Rooms must be booked by July 4.

- Tru Hilton in Stoughton- \$125/night for Sunday through Thursday. All rates are net, non-commissionable, and do not include any applicable taxes unless otherwise noted and agreed upon. **Booking Link:** [Sons of Norway-Tru by Hilton Stoughton](#).

- Courtyard East in Madison- \$125/night for Sunday through Thursday. All rates are net, non-commissionable, and do not include any applicable taxes unless otherwise noted and agreed upon. [Book your group rate for Sons of Norway](#)
- Fairfield Inn & Suites- Madison East- \$125/night for Sunday through Thursday. All rates are net, non-commissionable, and do not include any applicable taxes unless otherwise noted and agreed upon. [Book your group rate for Sons of Norway](#)
- Hampton Inn Madison East- \$125/night for Sunday through Thursday. All rates are net, non-commissionable, and do not include any applicable taxes unless otherwise noted and agreed upon. Here is the booking link for **Hampton Inn Madison East**:
[Sons of Norway](#) The group code is NOR.

Our area has other options for lodging (not a block- on your own)!

Quality Inn and Suites (in Stoughton)- <https://www.choicehotels.com/wisconsin/stoughton/quality-inn-hotels/wi075>

Air BnB's- we have a number of properties in the area- <https://www.airbnb.com/>

Sleep Inn and Suites- Oregon, WI (8 miles away)-
<https://www.choicehotels.com/wisconsin/oregon/sleep-inn-hotels/wi288>

Comfort Inn and Suites- Monona- (12 miles away)
<https://www.choicehotels.com/wisconsin/madison/comfort-inn-hotels/wi205>

Quality Inn- Edgerton (Newville – 13 miles) - <https://www.choicehotels.com/wisconsin/edgerton/quality-inn-hotels/wi072>

New Bed and Breakfast opening this summer- (3 blocks from the meetings)- The Goose Crown Inn-
thegoosecrowninn.com

2026 Calendar

June 15- Extended Deadline for Convention Well-wishers, Ads, and Sponsorships

June 20- Viking Photo submissions due to LaVonne Wier

June 30- 2nd cycle deadline for D5 Nordic Legacy Foundation Cultural and Matching Grant applications

July 1- Convention registrations due and hotel room blocks end

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.