

Sons of Norway District 5 - Friendly Fifth Friday News

June 13, 2025 -

A District Weekly Newsletter to Keep Us Up to Date!

Another language class- I missed the email to post it last week 😞



Norwegian Language Class

June 11th 10:30 am EST

Askeladden Lodge warmly re-invites you to attend an informal language class on Wednesday, June 11th via Zoom. The last class until September will review chapters 1 and 2 of the *Sett i gang* 3rd edition textbook by Kari Lie Dorer and Nancy Aarsvold. The book's subtitle is, "An Introductory Norwegian Curriculum".

Askeladden is thrilled that so many from the District are engaged with this opportunity!

The Zoom link will be sent to you either the day of or the day before the class.

Please RSVP your interest to astutekaren@gmail.com. See you there!

Sons of Norway Summer Picnic for all lodges!

Sunday, July 6, 2025 at 1:00 PM

John and Darlene Arneson's, 2056 Skaalen Road, Stoughton, WI 53589

Join neighboring Sons of Norway- Mandt Lodge and **our neighboring lodge members** for a good time of fellowship and a preview of what is to come this fall. All are welcome to join us for an afternoon of visiting, fellowship, games, and then we'll play kubb at 4 PM for the usual Sunday Night Kubb at the Arneson pitch. Please bring a dish to pass. Tableware, coffee, juice, and other beverages will be provided. **Some pictures from over the years!!**



Viking Photos Due June 20

If you haven't submitted photos from your lodge before, there is a couple things you should know:

First, do NOT edit the photo that you submit. The people Up North will do any editing. Obviously, you only want to submit a good photo.

Second, the photo submissions should be sent to me by the 20th of each month.

Third, you need to send a Photo Submission Form with EACH photo. A photo by itself means nothing to others if we don't know who, what, and where. I can't send any photo forward for publication that arrives without the form.

Photo submissions and the forms (found at https://sonsofnorway5.com/publicity_director_messages/) should be sent to my email address, 2nor1rus@gmail.com.

Thanks for your work sharing the interesting pictures of activities in your neck of the woods (or city). I hope to see what you all have been doing at your lodge!

If you have any questions, please email me, and I will get back to you. You can also call my home phone, 608-539-3243 and leave a message.

Mange takk! LaVonne Wier- 2nor1rus@gmail.com

Idun Bus Trip in July to Masse Moro and St. Isadore's Dairy, Osseo

Sons of Norway Idun Lodge Dairyland Daytrip

Saturday, July 19, 2025

Visiting Masse Moro in Fall Creek, WI and St. Isadore's Dairy, Osseo, WI

Schedule:

- Leaving Madison at 8 am aboard a Lamers Bus Line motor coach. Departing from the Dutch Mill Park and Ride lot at 4 Collins Ct.
- Stopping at the Outlet at the Dells to pick up passengers
- Arrive at Masse Moro, Fall Creek, WI about 11:30
- Load the bus at 2:30. Drive to St. Isadore's Dairy, Osseo, WI
- Leave at 5 pm and stop at Culver's, Tomah, WI
- Drop off passengers at the Outlet at the Dells
- Return to Madison

The trip is a \$60.00 value. It's FREE to Idun Lodge members, \$30.00 to other Sons of Norway members. The general public price is \$45.00. The Culvers stop is not included in the trip price.

Masse Moro means fun in Norwegian! The lunch at Masse Moro is a Bar-B-Cue. The food is homemade! We'll enjoy Norwegian songs and activities with the campers at Masse Moro. Information about the camp is available at the Sons of Norway District Five website.

St. Isadore's Dairy is the farm of Inga Witscher Orth and Chance Orth. Inga is the host of Around the Farm Table on PBS. We'll tour the farm and discuss her sustainable agricultural practices. Her award-winning cheese will be available for sampling and for sale.

The trip deadline is 12 Noon, 7/5/.2025. Reservations, payment and questions to: Lucy Ghastin, 7130 Century Ave., Middleton, WI 53562 Cell phone: 608-225-1412 Email: leghastin@gmail.com



Got a project that you want to try? Submit a grant application by June 30!

Sons of Norway District 5 Nordic Legacy Foundation Pins/Medals, Cultural and Sports Grants 2025

Purpose:

To promote and celebrate the culture of Norway and Nordic countries, grants are offered to District 5 Lodges to:

- increase and maintain membership
- expand programs to include all age groups
- reach out to members who can no longer attend meetings
- encourage participation in the cultural arts and sports programs

Categories:

1. **Cultural, Membership and Sports Pins/Medals Shipping Grant** award limit \$30 per District 5 Lodge per calendar year.
2. **Small Project Grants** award limit up to \$200 per Grant (up to 5 awarded semi-annually)
3. **Matching Funds Grant** award limit up to \$500 (up to 3 awarded semi-annually)

Guidelines:

- Grants are offered **only to Sons of Norway District 5 Lodges semi-annually.**
- Lodges may apply for a Shipping Grant and either the Small Project or Matching Fund Grant in the same year.
- Awards are dependent on available funds.
- Grants are judged by members of the District 5 Board; including members of the Cultural & Sports Committees.
- Checks will be payable to the lodge making the application.
- **Applications and required paperwork must be submitted to the District 5 Cultural Director.**

Application Deadlines and Awarding of Grants:

- Cycle 1 application deadline **December 31** ; Grants awarded by mid-January
- Cycle 2 application deadline **June 30**; Grants awarded by mid-July
- Grants should be used in the calendar year they are issued.

Cultural, Membership and Sports Pins Shipping Grant Description

- Grant is awarded to District 5 Lodges to help with the shipping cost of cultural, membership and/or sports pins/medals
- Up to \$30 per year per lodge can be awarded for the Shipping Grant.
- A copy of the shipping receipt (shipping cost circled) must be submitted with the application.
- Lodges may receive a Shipping Grant and apply for one of the other grants within the same year.

Small Projects Grant Description

- Up to \$200 each may be awarded to assist with Cultural, Membership or Sports projects.
- Lodges must submit a budget and detailed description of the project.
- Projects must take place during the time period described in the application.
- A follow-up report is due upon completion of the project, within a month of completion:
 - a. describe the outcome of the project,
 - b. include pictures and include receipts

Matching Funds Grant Description

- Up to \$500 in matching funds may be granted for assistance with large Cultural, Membership, or Sports projects.
- Lodges must submit a budget and detailed description of the project.
- Projects must take place during the time period described in the application.
- A follow-up report is due upon completion of the project, within a month of completion:
 - a. describe the outcome of the project,
 - b. include pictures and include receipts showing how funds were matched

Grants will be judged by members of the Sons of Norway District 5 Board or their committees.

**Sons of Norway District 5 Cultural and Sports Grants
Application Form - Small Projects & Matching Funds**

Lodge Name and Number: _____

Contact Person: _____

Email: _____ Phone: _____

Contact Address: _____

Grant Request: Small Projects Grant _____ Matching Funds Grant _____

Title of Project: _____ Dates of Project: _____

Matching Funds Grant only:

Name of Matching Fund Source: _____

Contact: _____ Email: _____ Phone: _____

Description and Budget:

- Attach a detailed description of the project written in less than 500 words.
- Include the budget for the project
- Explain how this grant will help promote Nordic culture, especially Norwegian culture.

Report: Upon completion of your project, you must send a report describing the outcome of the project. Include pictures which may be posted and receipts to show how the grant was spent and/or matched. If there are youth in pictures, please make sure a photo release has been signed. Captions for the photos will be appreciated.

Submit applications and reports to:

Lucy Ghastin, Sons of Norway District 5 Cultural Director
7130 Century Avenue, Middleton, WI 53562



**PINS AND MEDALS SHIPPING GRANT
FOR ALL DISTRICT 5 LODGES**

On October 9, 2021, the District 5 Board of Directors approved a shipping grant for any lodges that had ordered membership pins for their members. This grant will continue to be in effect for successive years until revoked. The board has added cultural and sports medals as well.

A total of \$30 will be reimbursed per lodge each calendar year. The number of requests is limited to two and the total reimbursement may not exceed \$30 in one calendar year.

Please fill out the form below and submit it via standard U.S. Mail or by Email.
Attach the receipt for the pin order, which shows the shipping fee circled.

Send this form and receipt to Lucy Ghastin, 7130 Century Avenue, Middleton, WI 53562.

Name of Lodge: _____

Lodge Number 5- _____

Name of the lodge officer requesting reimbursement.

Please indicate the position held in your lodge.

Provide the name and address of the Lodge Treasurer who will receive the reimbursement check.

Name of the Lodge Treasurer _____

Street Address _____

City, State, Zip _____

Type of pins/medals you purchased: _____ Membership _____ Sports _____ Cultural

The District 5 Board thanks you for acknowledging your members in this way. The success of a lodge is directly proportionate to the longevity of its members and their willingness to serve the greater good.

Thank you,

Lucy Ghastin
District 5 Cultural Director

DON'T FORGET TO ATTACH YOUR RECEIPTS!



Sons of Norway District 5 Nordic Legacy Foundation Printing Grant

With the changes of SN International not providing many of the printed materials they have in the past, the District 5 Board and the SN D5 NLF would like to help lodges with their printing needs. This grant will continue to be in effect for successive years until revoked. Lodges can use this to print brochures, membership forms, insurance product promotional materials, and other items related to the mission of Sons of Norway and the operations of the local lodge. The funds should not be used to print fundraising items (i.e. Christmas cards).

A total of \$100 will be reimbursed per lodge each calendar year. We prefer that the number of requests be limited to two requests but the sum of the two requests cannot exceed \$100 in reimbursement.

Please fill out the form below and submit it via standard U.S. Mail or by Email.
Attach the receipt for your printing expenses with this form.
Send this form and receipt to Darlene Arneson, 2056 Skaalen Road, Stoughton, WI 53589

Name of Lodge: _____

Lodge Number 5-_____

Name of the lodge officer requesting reimbursement.

Please indicate the position held in your lodge.

Provide the name and address of the Lodge Treasurer who will receive the reimbursement check.

Name of the Lodge Treasurer _____

Street Address _____

City, State, Zip _____

Please explain how you are using the printing funds:

The District 5 Board thanks you for acknowledging your members in this way.

Thank you,

Darlene Arneson, District 5 Secretary

Don't forget to register for...

Sons of Norway District 5 Adult Culture Weekend October 3-5, 2025

[https://sonsofnorway5.com
/programs/leadership_work
shop.php](https://sonsofnorway5.com/programs/leadership_workshop.php)

2025 Calendar

June 20- Viking Photos due to LaVonne Wier

June 30- SN District 5 NLF Project Grants Cycle 2 application deadline **June 30**; Grants awarded by mid-July

July 6- Summer Sons of Norway Picnic- 1 PM at Arneson's in Stoughton

July 13-26- Masse Moro- Youth Heritage Camp in Fall Creek, WI

July 20- Viking Photos due to LaVonne Wier

August 20- Viking Photos due to LaVonne Wier

September 20- Viking Photos due to LaVonne Wier

October 3-5- Adult Camp Heritage Weekend in Norway, IL

October 20- Viking Photos due to LaVonne Wier

November 20- Viking Photos due to LaVonne Wier

December 20- Viking Photos due to LaVonne Wier

December 31- SN District 5 NLF Project Grants Cycle 1 application deadline **December 31** ; Grants awarded by mid-January

December 31- District 5 Throwing Challenge ends

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.