

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

A District Weekly Newsletter to Keep Us Up to Date!

From *Carl Rasmussen*, Editor Vennligblad, Vennligfolk Lodge 5-627 in Stevens Point, WI



Ole & Lena are ready for some FOTBALL! Are you?

Tuesday June 16, 2026 at 5 PM - Norway plays Iraq in their
First World Cup Appearance since 1998

Monday, June 22 at 7 p.m. CDT Norway plays Senegal, Africa, and
Friday, June 26 at 2 PM CDT plays France

All matches on Fox Sports TV

Finishing first or second in their 3-way round-robin group
determines if Norway advances to play again.

That competition takes place from **June 29 to July 3, 2026**

The World Cup Finals on Sunday, July 19 at 2:00 PM (CDT)

Heia Norge! (GO NORWAY! - Pronounced: Hey-ah Nor-geh)

Graphic by CRasmuss
using Google Gemini



District 5

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

Looking for a community service project? Have you hosted a blood drive?



American Red Cross

*Give a pint,
Get a pint!*






**Sons of Norway Community
Blood Drive
Stoughton Fire Department**
401 E. Main Street

**Thursday, June 11, 2026
12:30 p.m. to 5:30 p.m.**
WALK-INS ARE WELCOME ANYTIME!

All presenting donors will receive a coupon for a FREE pint of Culver's frozen custard.
To make your appt scan the QR code below or go to RedCrossBlood.org and enter
Sponsor Code: StoughtonWI

**Come to give blood 6/1-28 for a \$15 e-gift card +
chance to win a \$7.5K prize! See rcblood.org/June.**



Download the Blood Donor App | RedCrossBlood.org | Call 1-800-RED CROSS

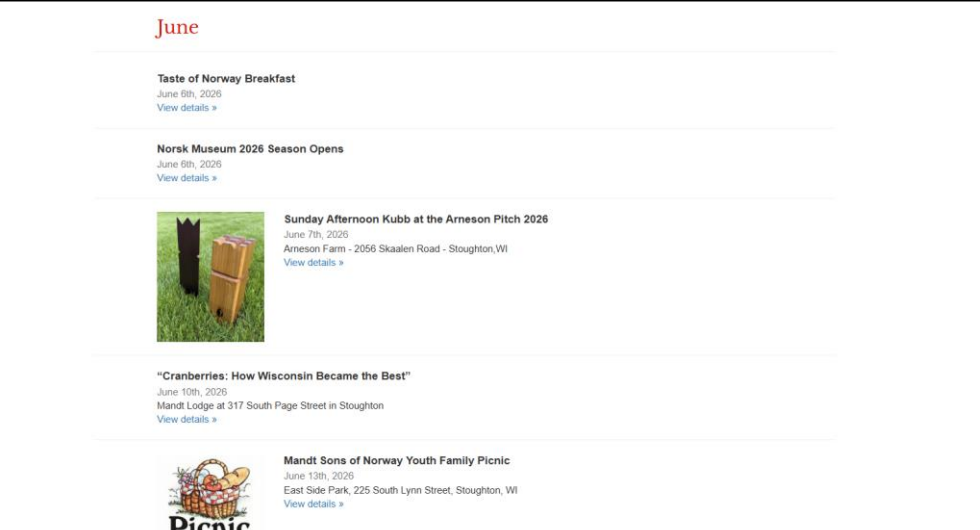
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This type of activity is great because:

1. No expense to the lodge except volunteer time and a few cookies!
2. Great way to get exposure in your community!
3. Networking with people and having a chance to talk about Sons of Norway!
4. Great place to wear your Sons of Norway shirts, hats or vests and promote your lodge.
5. It's a very important purpose and gives your members the satisfaction of helping others.
6. You can count it as a community service project on your reporting!
7. A fun project for your members to do together.
8. It usually only takes 3-4 volunteers per shift so not labor intensive!


Summer Event Promotion- use our website calendar of events!

<https://sonsofnorway5.com/events/>



June

- Taste of Norway Breakfast**
June 6th, 2026
[View details >](#)
- Norsk Museum 2026 Season Opens**
June 6th, 2026
[View details >](#)
- Sunday Afternoon Kubb at the Arneson Pitch 2026**
June 7th, 2026
Arneson Farm - 2056 Skaalen Road - Stoughton, WI
[View details >](#)
- "Cranberries: How Wisconsin Became the Best"**
June 10th, 2026
Mandt Lodge at 317 South Page Street in Stoughton
[View details >](#)
- Mandt Sons of Norway Youth Family Picnic**
June 13th, 2026
East Side Park, 225 South Lynn Street, Stoughton, WI
[View details >](#)



Send the flyer,
information, pictures
directly
to: inputd5@sonsofnorway5.com

You may also fill out
the "Contact us"
found at the bottom
of the Homepage.

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!



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

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@sonsofnorway.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.