

# Sons of Norway District 5 - Friendly Fifth Friday News May 22, 2026

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

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## **Norsk Museum 2026 Season Opens with Taste of Norway Breakfast and Cultural Celebration**

Norway, Illinois – The Norsk Museum will officially open its 2026 season on Saturday, June 6, with the annual Taste of Norway Breakfast and a full day of cultural events celebrating Norwegian American heritage through food, crafts, history, and community traditions. Two hundred years ago, Cleng Peerson led the Sloopers — the first organized group of Norwegian immigrants — to America in search of religious freedom. After nine years in New York, he guided the group to the rich farmland of LaSalle County, Illinois, establishing the community of Norway.

Morning Breakfast- 8:00 a.m. – 11:00 a.m.

A traditional Illinois-Norwegian breakfast will be served at the Norway Community Building, 3656 E. 2631st Rd., Sheridan, IL 60551 (off Route 71 [Cleng Peerson Memorial Highway], across from the Norway Store). The menu includes fried Kumla, ham, chive-scrambled eggs, fruit cups, and fresh coffee. This year, seating is limited to 150 guests per session. Reservations are required for seatings at 8:00, 9:00, and 10:00 a.m. It is essential that we know the number of guests to plan for. To reserve your spot, please call or text Dave Johnson at (815) 343-5070. No tickets are required, and donations support the restoration of the historic Norway Temperance Hall.

Cultural Celebration- 9:00 a.m. – 3:00 p.m.

The Norsk Museum grounds will host a variety of hands-on activities and demonstrations, including:

- The Skagerrak Viking Ship on display
- Stavanger exhibit “A Dying Norway – In A Living America?” by Lars Idar Waage
- Photo review of the Norwegian American Bicentennial
- Bunad, Stave church, Nesse and Norwegian Jewelry exhibits by Mandi Beck
- Rosemaling demonstrations by Kathy “Kass” Mufich
- Hardanger embroidery by Linda Floyd
- Krumkake-making by Myrtle Duvick
- “How to Be a Viking” children’s craft activity
- Traditional Viking game Kubb
- Norwegian pastries from the Polar Star and Cleng Peerson lodges

The Norsk Museum is a volunteer-operated 501(c)(3) nonprofit organization that receives no tax funding and relies entirely on donations and event support. After Opening Day, the museum is open to the public Saturdays and Sundays from 1:00 to 5:00 p.m., June through October. Group tours and school field trips can be arranged by appointment. “We’re excited to celebrate our heritage with the community and welcome stories, photos, artifacts, and new volunteers to help preserve our legacy,” said museum organizers.

For more information or to reserve breakfast seating, contact:

Dave Johnson

Historian, Sloopers Society of America

Board President, Norsk Museum

(815) 343-5070

Visit [www.NorskMuseum.org](http://www.NorskMuseum.org) for additional details.



**TIME'S UP!**

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May 1, 2025 – May 31, 2026- Cultural Challenge

May 31- Submit Throwing Challenge Activities to Clara Solak

**DEADLINE EXTENSION for D5 CULTURAL COMMITTEE**

**CHALLENGE (SUBMIT FORMS by MAY 31, 2026)**

The District 5 Cultural Challenge for members to submit their entries for completing a current Cultural project has been extended to May 31, 2026. This will give District 5 members more time to complete their projects. Members follow the Sons of Norway Cultural Skills guidelines (on their website) for the chosen skill and complete their information on the form. After that have your lodge Cultural Director or another lodge officer sign and date this form. The form can either be emailed or mailed to the D5 Cultural Director Lucy Ghastin: [leghastin@gmail.com](mailto:leghastin@gmail.com) or 7130 Century Ave., Middleton, WI 53562

Leading up to the 2026 District 5 Convention, the District 5 Cultural Committee gives all District 5 members this challenge: Try some new Norwegian cultural skill that you've **never done before.** Complete any one Sons of Norway Cultural Skills project completed between May 1st 2025 and May 1st 2026. You would be eligible for a Cultural Skills pin from your local Sons of Norway lodge and after completing this challenge, this member would also be recognized by District 5 and receive a token of appreciation. Each member needs to send the Cultural Committee Chair, Lucy Ghastin, proof that all aspects of a particular cultural skill level were completed. There is no need to send the whole project. An officer of your lodge (usually the Cultural Director) would sign the paper, and the member would sign. All requirements and skill levels for each Cultural Skill can be found on the Sons of Norway website: <https://www.sofn.com/>

Name & Signature of Member Submitting the Report \_\_\_\_\_

Email & phone number: \_\_\_\_\_

Lodge Officer name & signature: \_\_\_\_\_

Date signed by officer: \_\_\_\_\_

Cultural Skill Title	Level (1, 2, 3)	Lodge Name & #



A fun way to “throw out” some fun during the year as we encourage lodges and SN members to be active! You can track any activities that involved throwing from June 1, 2025 to December 31, 2025. We encourage your Sports Directors (or other officer) to keep track of their lodges activities and then submit one report to District Sports Director Clara Solak. We will recognize lodges that participate with certificates and recognize those who are leaders in this challenge.

You should enter the minutes as a LODGE activity (i.e bowling event) with the minutes that activity or event happened. If you have individual members throwing things by themselves and not part of a lodge event, enter those as INDIVIDUAL activities and their total minutes.

What can be thrown? Darts, cards, bowling, softball, baseball, basketball, cornhole, ladder golf, disc golf, curling, broomball, pickleball, axe, kubb, football, badminton, tennis, dice, and more! Use your imagination!

We also encourage your members to track their individual activities to earn a Sports Medal!

Please send in a preliminary report by September 1, 2025 so we have an idea of who is participating and to help us finalize the recognition.

The reports can be emailed to District 5 Sports Director Clara Solak at [clara.solak23@gmail.com](mailto:clara.solak23@gmail.com) or hard copy at 836 Bennington Drive, Crystal Lake, IL 60014





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



**Please share District Convention Class Options with your members!**

## **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.



**Spry Whimsy Classes (register via this links- not on the convention registration form)**



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



**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



**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

**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

## **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 and other Stoughton Hardanger stitchers!

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**

**May 1, 2025 – May 31, 2026- Cultural Challenge**

May 31- Submit Throwing Challenge Activities to Clara Solak

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

June 20- Viking Photo submissions due to LaVonne Wier

June 30- 2<sup>nd</sup> 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

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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 or 608-873-7209)

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**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@sonsofnorway.com](mailto: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.