

# Sons of Norway District 5 - Friendly Fifth Friday News June 19, 2026

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

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## **A few reminders from LaVonne Wier!**

Hello from the House on the Hill in Galesville. I am so blessed to be able to sit at the breakfast table and enjoy the beauty of nature that God has provided. I hope you feel the same wherever you are.

I met last week with the people who will be running the program at Masse Moro a few days ago, along with District 5 board member, Scott Wegner, for a “how’s it going” Zoom meeting.

It’s going GREAT! The needed personnel have been hired and their program schedule is shaping up to be *awesome* for the campers. Woo-hoo!! So thankful for these guys and gals who are doing a great job of planning and preparing.

As lodge presidents, I’m writing specifically to you to get the word out again. There are 39 campers signed up, and there is room for more kids! If you, as the leader in your lodge, can make another push/announcement/advertisement that it isn’t too late to sign up, maybe some more lucky children will apply and get the wonderful experience of Masse Moro. As most of you well know, the kids love their time at Masse Moro, and can’t wait to come back another year. Many come back as volunteers or counselors after they are too old to attend the camp.

If you or your lodge have a Facebook page or other social media venue, please spread the word. The best way to get people to the right place is to reference [www.massemoro.org](http://www.massemoro.org) for all the information and application.

Who knows? Maybe someone who hasn’t seen the information before will see it now! Give it a go, please!

Mange takk!!

LaVonne Wier- D5 Publicity Director



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

Thank you.  
LaVonne Wier  
D5 Publicity Director

## Update: Norwegian Crown Princess- <https://www.royalcourt.no/>



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### Hennes Kongelige Høyhet Kronprinsesse Mette-Marit er lungetransplantert

Kronprinsessen har gjennomgått en vellykket lungetransplantasjon ved Rikshospitalet i Oslo.

Kronprinsparet takker for varme og gode hilsener den siste tiden. Omtanken betyr mye i den krevende situasjonen de er i.

[Kronprinsessen er lungetransplantert](#)

PM 5. juni: [Kronprinsessen på liste for lungetransplantasjon](#)

PM: 5. juni: [Kommunikasjonen fremover rundt Kronprinsessen helse](#)



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### The Crown Princess has undergone a lung transplant

Her Royal Highness Crown Princess Mette-Marit has undergone a successful lung transplant at Oslo University Hospital Rikshospitalet in Oslo.

The Crown Prince and the Crown Princess express their sincere gratitude for the many warm and kind messages they have received. This means a great deal to them at this challenging time.

[Press release: The Crown Princess has undergone a lung transplant](#)

5 June: [The Crown Princess placed on the lung transplant waiting list](#)

5 June: [Future communications regarding the health of The Crown Princess](#)

## The Crown Princess has undergone a lung transplant

Her Royal Highness Crown Princess Mette-Marit has undergone a successful lung transplant at Oslo University Hospital Rikshospitalet in Oslo.

17 June 2026

- The lung transplant has been successful thus far, stated Arnt Fiane, Professor of Medicine at University of Oslo, cardiothoracic surgeon and Head of the Heart and Lung Transplant Programme at Oslo University Hospital Rikshospitalet.

- I should like to take this opportunity to express my gratitude to all members of the team involved in both the planning and execution of the procedure, Mr Fiane continued.

- We are delighted that everything has progressed well so far. In accordance with standard practice for all recent transplant recipients, Her Royal Highness the Crown Princess will remain admitted to Oslo University Hospital Rikshospitalet for several weeks to come. This is a routine procedure to adjust medication, manage any potential complications, and undertake rehabilitation, said Are Holm, Professor of Medicine at University of Oslo and Senior Consultant and respiratory specialist at Oslo University Hospital, Rikshospitalet.

His Royal Highness Crown Prince Haakon will adjust his official program in order to support the Crown Princess during this period.

The next update regarding Her Royal Highness's health will be issued upon her discharge from Oslo University Hospital Rikshospitalet.

The Crown Prince and the Crown Princess express their sincere gratitude for the many warm and kind messages they have received. This means a great deal to them at this challenging time.

### **And those Norwegian soccer players!**



# Norway national football team



Matches

Groups



Norway

Group Stage  
FIFA World Cup  
Jun 22, 7:00 PM CDT  
New York New Jersey Stadium



Senegal

## Other games

FIFA World Cup

FT

Jun 16 @ Iraq

W 4 - 1

[Recap](#)

# Norway National Soccer Team Tickets

167



5,992 people viewed Norway National Soccer Team events in the past hour



Stoughton ▾

All dates ▾

Parking

Opponents ▾

Price ▾

Home/Away ▾

No events near you

2 events in all locations

Jun  
22  
Mon

## Norway vs Senegal - World Cup - Group I (Match 41)

8:00 PM · East Rutherford, NJ, US · MetLife Stadium

Hottest event



See tickets

Jun  
26  
Fri

## Norway vs France - World Cup - Group I (Match 61)

3:00 PM · Foxborough, MA, US · Gillette Stadium

Best value



See tickets

## Norway's soccer chant, explained: The history behind 'Ro! Ro!' bringing viking energy to World Cup-

[https://sports.yahoo.com/articles/norways-soccer-chant-explained-history-100001580.html?fr=sycsrp\\_catchall](https://sports.yahoo.com/articles/norways-soccer-chant-explained-history-100001580.html?fr=sycsrp_catchall)

### 2026 Calendar

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](mailto: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.