

Friendly Fifth Friday News August 2, 2019

Send all web posting info and calendar dates/events directly to our webmaster at inputd5@sonsofnorway5.com

A letter from Masse Moro and Mike Palecek

Friendly Fifth members,

This past week, I had the opportunity to visit Masse Moro, District 5's youth heritage camp, which is celebrating its 40th anniversary in 2019. As district treasurer, I wanted to learn more about how this camp is being run and whether the benefits are worth the costs. After spending a weekend there, my conclusion is that Masse Moro is a Nordic heritage gem which we should be proud that it is an ongoing District 5 project.

CAMPERS - This year, there were 53 campers, ages 9-15 at Masse Moro. Two-thirds of them came from District 5 and one-third from District 1 (MN, IA, SD, ND, TX). There were equal numbers of girls and boys. Camp fee is \$800 for the two week camp, and includes separate air-conditioned cabins for girls and boys, healthy tasty meals, a 3:1 camper/staff ratio, and an outstanding program. Most of the District 5 campers are sponsored by local lodges. If local lodges pay up to \$150 to sponsor their camper, District 5 matches an equal amount. Almost all campers are children or grandchildren of Sons of Norway members. District 1 has its own campership program for campers who attend from their district. In the 2-1/2 days I was at camp, I saw many happy, engaged youth. I saw one youth who required some medical treatment (an injury from a woodcarving class) and one 9-year-old with some homesickness issues. Those issues were dealt with very skillfully by staff.

STAFF - The staff are all Masse Moro alumni, so they really know the inner workings of the program and quickly gelled as a high-performing team. Most of them are in their early to mid-20's. The camp directors, who are responsible for all programming and oversee everything the staff and campers do at camp, were very effective in their jobs. This year, they were both men, one in his early 30s and the other in his mid-20s. This year, they were co-directors, whereas in the past, there was a director and a program director. These two key managers felt this new arrangement was a good one. The staff gets off one day every week. There were some volunteers on staff; for example, one past staffer couldn't commit to the entire two weeks, so came to help out for four days before studying abroad in Brazil. Background checks are performed annually on all staff and volunteers, by a company which provides background checks for all school district employees in several states.

Overall, the staff engaged the campers very well, and I saw very little us-and-them separation between the staff and campers. Staff sat with and interacted with campers at all meals and were very caring and dedicated to providing an excellent program.

Specialized staff - The health officer is a former camper, who now is a school nurse. Her responsibilities included dispensing medication, keeping health records, treating minor injuries and transporting others to more skilled medical care if needed. From my observations, she was very skilled and personable. The cook is a food service manager for a private 700-student school and has been working at Masse Moro for 14 years, and had an assistant cook working with her. At least three volunteers came in daily, mainly adults from local Sons of Norway lodges to provide help in the

kitchen. Meals were on time, hot and had variety. There was a lot of emphasis on nutrition and safe food handling. A lot of Norwegian-themed meals are served. There was little food waste.

PROGRAM EXPERTS - Carol Bender teaches a popular one-week rosemaling class. She belongs to Elvedal lodge in Wisconsin Rapids and has been rosemaling for over twenty years.

New curriculum experts this year: James Miller taught a woodcarving class for campers age 13 and over. If you attended the 2016 District 5 convention in Marshfield, you would have met James Miller in the vendor area. Then, he wasn't even twenty years old, but was woodcarving as well as many carvers fifty years older. It was exciting to see a young man being able to relate this Nordic heritage skill to youth. James just graduated from college this year and as part of negotiations for his new computer programming job, he was able to delay his start date a week, so he could work at Masse Moro.

Norwegian dancing was presented by several members of La Crosse's Wergeland lodge. One group member played the accordion, while others led the campers and staff in different dances. They will perform again on the closing day, when parents pick up their children.

Two young adults from Norway stayed at Masse Moro this year and taught Norwegian language skills. Although Norwegian is always taught at Masse Moro, this year, native speakers taught the classes. Although Masse Moro is not a "language emersion" camp, campers and staff were required to speak only in Norwegian at the dinner table, so to develop language skills.

A K-12 special education specialist came to Masse Moro to do staff training on dealing with individuals with special needs.

FACILITIES - Facilities are rented from Beaver Creek Reserve nature center and include a cafeteria/kitchen building, which also serves as a key program area for arts and crafts and Norwegian language classes. Another building holds a kitchen classroom, where campers learn how to make lefse and other Norwegian foods. This building also houses the health aide, a camp store, and a meeting/sleeping space for key Masse Moro staff. There are five cabins for campers to sleep in, and campers clean these cabins daily. At least one staff counselor sleeps in each cabin with the campers. There are separate cabins with bunk beds for boys and girls, with same-age campers grouped together. There is a modern bathroom/shower facility, with a basement which serves as a storm shelter, large enough to hold everyone at camp.

While I was visiting camp, there were severe weather warnings, which senior staff were monitoring with their cell phones, to determine if and when everyone needed to go into the storm shelter. Electronics use is not allowed by campers, so great emphasis is placed on face-to-face personal interaction.

Other facilities include an observatory building, which doubles as a large classroom. Beaver Creek naturalists offer an astronomy program one night during camp. The camp grounds is a very natural park-like setting, with many pine trees. There is a paved road throughout the camp, so campers aren't walking in dirt or mud. There is an outdoor pavilion with tiered seating, which is large enough to hold everyone in camp. A large grassy play field is used for "Viking Games." An archery range is also available. Visitors park in a lot at the camp entrance.

Beaver Creek has other nature facilities which Masse Moro occasionally uses, including nature trails and a nature education building. This building has nature exhibits, where you can learn more about wildlife and habitats. It also has a glassed-in butterfly house. I had a lengthy chat with one of Beaver

Creek's naturalists about care and feeding of butterflies, from the time they come out of the cocoon and enjoyed all that I learned.

STAFF AND CAMPER ATTITUDES - After returning from camp, I made a poster about Masse Moro 2019, using pictures from the staff photographer. What really stood out to me was the positive social interaction shown in the photos, young people interacting together and having fun. Translated from Norwegian, Masse Moro means "lots of fun" and it really is true. There were high expectations set for positive behavior, which created a very positive social culture. Staff interacted with campers extremely well and staff worked well together as a team.

A little thing that really stood out was how clean everything was. There was almost no litter. I asked about that, and was told that if a staffer found a candy wrapper, then that candy was removed from the camp store for two days. That was quite the incentive to keep the camp clean. Campers were responsible for bussing their own tables, and each cabin group took turns, and a different cabin was in charge of setting tables before the meal and washing, drying and putting away all the dinnerware after each meal. There are high expectations about personal responsibility at Masse Moro.

DISTRICT BOARD INVOLVEMENT - Sandy Olson did an astonishing job in her first year as District Youth Director. She played a key role in making Masse Moro magnificent in 2019. For many years, District 5 has hired camp administrators to oversee administrative aspects of camp, and after last year's camp, these part-time administrators resigned. The former administrators provided great assistance during the transition, maintaining the website, answering questions and recommending key staff to fill positions. Sandy took over the camp administrator position, so that the district board could learn more about Masse Moro camp operations. In her career, she was a human relations director, so she did a fantastic job of working with Masse Moro staff and camper parents. She has been on-site at camp almost the entire time and also served as "supply manager" by shopping for food and supplies in Eau Claire. The camp's key staff told me that she made a very positive difference in camp operations and Sandy has been at the core of many innovations at Masse Moro in 2019. Sandy also recruited many volunteers. Credit should also go to Cheryl Wille-Schlesser, the past District 5 Youth Director, who is still involved in many things Masse Moro. One of Cheryl's many contributions was bringing in the special education specialist for staff development. They both promoted camper recruitment for Masse Moro throughout the year. Dave Hermundson, a former D5 board member from Eau Claire, who has in the past been instrumental in recruiting volunteers, helped out at camp this year. Many people who Dave recruited helped out again in 2019.

SUMMARY - Masse Moro is a very impressive camp. If you have children, grandchildren, nieces or nephews, which you would like to have learn more about their Norwegian-American heritage, it would be a great gift to send them there. If you believe in carrying on Norwegian-American heritage for future generations, your financial support of Masse Moro will keep this program viable. I asked the staff what they need for the future and will soon share a list with you.

To learn more about Masse Moro, visit www.massemoro.org.

To donate to Masse Moro, send a check to the District 5 Nordic Legacy Foundation, % Mike Palecek, District Treasurer, 5747 Sandy Lane, Racine WI 53406. You can earmark your funds for tuition assistance or for program materials.

Tusen takk, Mike Palecek

From Publicity Director Karen Eberhardt

August is just around the corner and I hope you and your lodges are having summer events that are attracting new members and for making lots of photos! Please send me your event photos by August 10th for the November Viking Magazine.

I will be away from my computer various days this month and will respond to you when I'm saving your photos.

Is there a S.O.N. Lodge where you are traveling this summer? Has your lodge posted events or photos to the District 5 website via our webmaster at inputd5@sonsofnorway5.com

Safe travels - Karen Eberhardt, District 5 Publicity and Zone 3 Director

Coming up in October in southeastern Wisconsin!

A Mandt Lodge member shared this with me-

Liza Ekstrand <lekstrand@wi.rr.com>, is the president of Nordic Council of WI. They put on an annual Scandinavian Festival every October (1st Saturday), in New Berlin WI – just west of Milwaukee. The festival is a little different than most art & craft fairs, in that they always like to include cultural events such as maybe demonstrating the making of Sami bracelets. They have vendors that are selling their products as well, and they have a lot of ethnic food for sale, Nordic entertainment, Genealogy, Language, and more.

District Five 2019 Leadership Conference - October 18-20 - Cedar Lake, Indiana



A lodge sharing their best practices in "Turning our lodge around for growth" from the 2017 District 5 Leadership conference.

From now until August 9, District Five is doing an online member survey, to get feedback from District Five members, on topics which should be presented at the District Five 2019 Leadership Conference. Survey invitations were emailed to lodge presidents, vice-presidents, secretaries, treasurers and newsletter editors. This will allow the program to be customized to address what our lodges think are the most important topics. Any interested D5 member can take the online survey at: <https://www.surveymonkey.com/r/CWD8MZM>

The District Five 2019 Leadership Conference will be held on October 18-20 at Cedar Lake Ministries, 13701 Lauerman St, Cedar Lake, Indiana, in the far northwestern corner of Indiana. This conference is open to any Sons of Norway District 5 member.

The leadership seminar will begin with dinner at 5 PM on Friday, October 18 and end at 11 AM on Sunday, October 20, 2019. (There will be a district board meeting on Friday morning and Sunday afternoon. Any District 5 member can observe the district board meeting, if desired.)

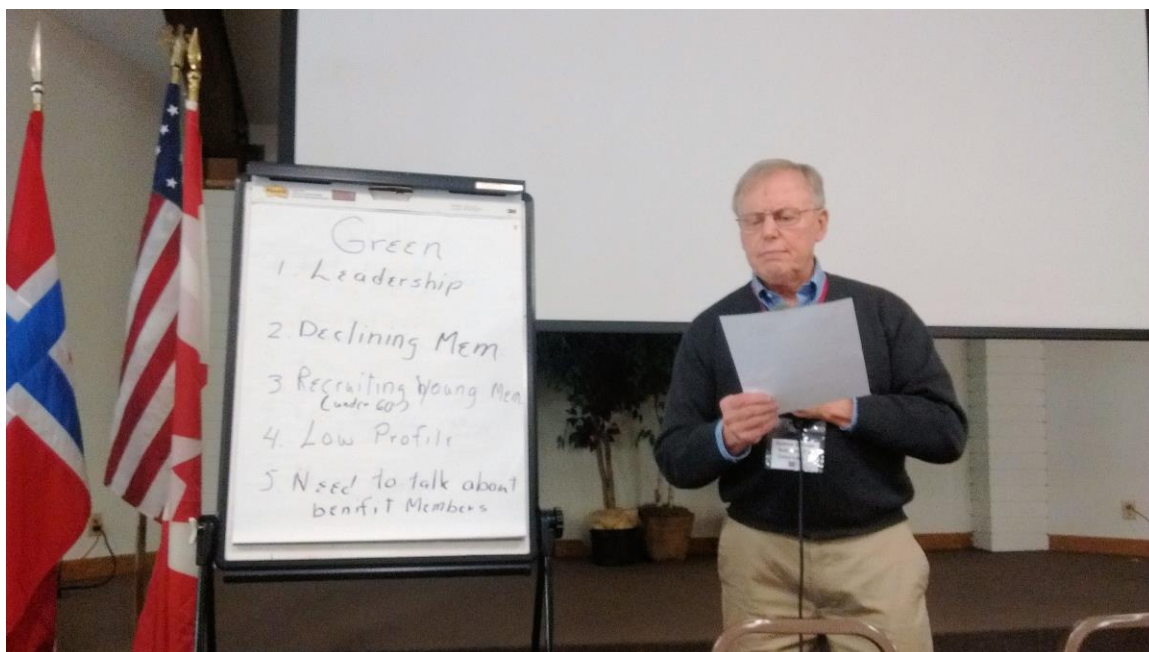
The conference cost is \$320 per person, which includes a two-night stay (double occupancy, with a bathroom per room), five meals and snacks. Single occupancy is \$480. If you stay off campus, cost is \$180. The "off campus" is set by Cedar Lake Ministries, and includes all five meals and use of their facilities. They don't have a "per meal" program.



Attendees from 2017, playing the "Who Me" game and sharing their Scandinavian experiences.

If you have interest in helping grow your lodge, please take the survey and consider attending the District 5 2019 Leadership Conference. The district has received a \$1,000 lodge vitality grant from the Sons of Norway Foundation. Ten \$100 scholarships will be available for attending. The survey

will allow you to state if you want more information, or if you need scholarship assistance. Questions? Contact Mike Palecek at mikep@sonsofnorwayracine.com



District 5 President Andy Johnsen sharing leadership tips at the 2017 conference.

2019 District 5 and International Calendar and Deadlines

(Updated 5/30/2019- changes in red)

August 10, 2019

Photos for the Viking are due to District Publicity Director Karen Eberhardt- eber01dj@gmail.com

September 10, 2019

Photos for the Viking are due to District Publicity Director Karen Eberhardt- eber01dj@gmail.com

September 14, 2019

Sons of Norway Nordkap Lodge 5-378 celebrates its 90th anniversary

October 10, 2019

Photos for the Viking are due to District Publicity Director Karen Eberhardt- eber01dj@gmail.com

October 18-20, 2019

District 5 Leadership Conference in Cedar Lake, IN

November 10, 2019

Photos for the Viking are due to District Publicity Director Karen Eberhardt- eber01dj@gmail.com

December 10, 2019

Photos for the Viking are due to District Publicity Director Karen Eberhardt- eber01dj@gmail.com

DISTRICT FIVE LODGE MEETING

June 24-28, 2020 at the Radisson Hotel, Grand Canyon Drive, Madison

INTERNATIONAL LODGE MEETING

August 16-23, 2020 in Hamar Norway

Viking Chest Rotation

- The rotation will begin again with this rotation.
- The zone directors are responsible for keeping track of the whereabouts and letting their lodges know that the chest is in their zone for that time period.
- The chest should be brought back to the District Board Meeting to be given to the next zone.

Time period	Zone with chest
October 2017-April 2018	4
April 2018-October 2018	6
October 2018-April 2019	1
April 2019-October 2019	3

Zone Meeting Schedule 2019

Zone	Date	Hosted by	Location
1	Thursday, Feb 21	Zone 1 Directors	Veterans Community Center, Hayward during the volunteer reception after Barnebirkie
2	April 27, 2019	Tom Boudreau and Karen Broadhead	Woodland Church ; 190 Hoover Ave., Plover WI.
3	Sat. Feb 16	Idun Lodge	Trinity Lutheran Church, Madison
3	Sunday, June 9	Cheryl Schlessler	Picnic and Fisheree - Edgerton
4	June 15	Mike Palecek	Heg Park, Wind Lake

5	Saturday June 8, 2019 9 am - 2 pm	Skjold Lodge 5- 100	All Saints Lutheran Church 630 S. Quentin Road Palatine, IL
6			

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 and International Conventions/Lodge Meetings will be added as those dates are established. Watch for future mailings and the District 5 website.
- The District 5 Convention will be June 24-28 at the Radisson Hotel, Grand Canyon Drive, Madison hosted by Idun Lodge.
- The International Sons of Norway Convention will be August 16-23, 2020 in Hamar Norway

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 Wednesday night. 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.

Darlene Arneson – arnesonfamily5@gmail.com