

**Sons of Norway District 5 - Friendly Fifth Friday News**  
**January 26, 2024**  
**A District Weekly Newsletter to Keep Us Up to Date!**



**The Sarah Paulsen Memorial Scholarships for year 2024.**

The Sarah Paulsen Memorial Scholarship Committee announces the following:

After many years of support for Masse Moro, the Sarah Paulsen Scholarship Fund is approaching complete depletion. This year will be the last year we can support the program. To add a little good news to the story, there will be 3 scholarships made available for the year 2024, each in the amount of \$300.00.

Like last year, the Scholarship Committee will not do any direct mailings to any Lodges or Lodge Officers. The committee feels and hopes that with your help this announcement can, via the Dist. 5 Web site, be shared with Lodges and members throughout District 5.

To everybody reading this message: Please, share this information with your newsletter Editor and fellow members.

All interested Camp Applicants can also request application form(s) from the  
Scandiana Treasurer, Oleif Olsaker  
114 Maplewood Trl. Michigan City, IN 46360

Telephone 219-877-7457 Mobile 219-877-7457

E-mail [olsaker.o@gmail.com](mailto:olsaker.o@gmail.com)

The completed Application must be postmarked by April 15<sup>th</sup>, and mailed to the address above.

I am really happy to see us still being able to continue this scholarship program this year. Hopefully it will help promote 2 weeks of **MASSE MORO**, and providing an award for each of the deserving applicants.

Fraternally

Oleif Olsaker, Treasurer



## The Sarah L. Paulsen Memorial Scholarship Fund.

### APPLICATION FOR YEAR 2024

This year 3 Scholarships each in the amount of \$300.00 will be made available for children to attend the Sons of Norway Heritage Camp at Eau Claire County Youth Camp,

The completed Application (follow instructions on "The Rules") must be postmarked by April 15, and should be mailed to:  
Oleif Olsaker, 114 Maplewood Tr. Michigan City, IN. 46360. E-mail: [olsaker.o@gmail.com](mailto:olsaker.o@gmail.com) Telephone 219-874-7457

Name: \_\_\_\_\_ Date of Birth \_\_\_\_\_ Sex \_\_\_\_\_

Name of Parent (s) Guardian: \_\_\_\_\_

Address: \_\_\_\_\_  
Street City State ZIP

Telephone: (\_\_\_\_) \_\_\_\_\_ e-mail address: \_\_\_\_\_

Sons of Norway

Membership	Member Name	Relationship to Camper	Lodge Name and No.
------------	-------------	------------------------	--------------------

Will your local Lodge apply for Camp Scholarship Matching Fund from the 5<sup>th</sup> District? Yes \_\_\_\_\_ No \_\_\_\_\_

"Why I believe it is important to know about our heritage" or "Why I want to attend Norwegian Heritage Camp":  
Add or use separate page(s) as needed.

Camper's Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Signature of Parent or Guardian: \_\_\_\_\_

Date: \_\_\_\_\_

Attachments: 2 written references:



# **The Sarah L. Paulsen Memorial Scholarship Fund.**

## ***The Rules***

In August 1995 eight year old Sarah Paulsen of our lodge passed away.

Because Sarah was very involved with the Sons of Norway, and was fascinated with her family's background and with Norwegian culture, friends and family, along with the Scandiana Lodge felt a scholarship established in Sarah's name would be appropriate.

The scholarship will not only carry on her love for the Norwegian Heritage, but will also enable other children to have the opportunity to attend the Sons of Norway Heritage Camp in Eau Claire, in honor of Sarah.

The scholarship will cover one quarter of the camp cost.

Parents may be concerned that getting this scholarship would prevent them from utilizing the District 5 Matching Fund Grant, but this award will have no bearing on other matching funds. This scholarship could be given in addition to District 5 and Local Lodge Matching Fund Scholarships. However, if the applicant's Local Lodge is financially unable to give their children Matching Fund Scholarships, the Sarah Paulsen Scholarship would qualify them for the District 5 Matching Fund Scholarship.

### **Rules:**

1. The scholarship is open to any child age 9-15, who is interested in learning about the language and culture of Norway.
2. The applicant must be a heritage member or a child or grandchild of a Sons of Norway member, and belonging to a District 5 Lodge.
3. The applicant will write an essay of no more than 500 words. The topic is "Why I believe it is important to know about our heritage" or "Why I want to attend Norwegian Heritage Camp".
4. All applicants will complete a brief application form.
5. Applicant will include 2 letters of reference, including one from a local Lodge officer.
6. Applications must be postmarked by April 15. Decisions will be made by May 1, and winners will be notified by mail. Checks will be issued and mailed directly to the Scholarship Recipient before June 1.
7. Judges will be the Scandiana 600 Sarah L Paulsen Memorial Scholarship Fund Committee.



**MASSE MORO**  
SONS OF NORWAY FIFTH DISTRICT NORWEGIAN HERITAGE CAMP



District 5

**Masse Moro Norwegian Heritage Camp  
July 14 - 27, 2024**

**\*\* Local Lodge Supporting Grant Endorsement \*\***

THIS ENDORSEMENT MUST BE POSTMARKED BY: **May 17, 2024**.

**Please Note:** Local Lodges provide varying amounts of support for their Masse Moro campers.

District 5 will match the Local Lodge Supporting Grant up to **\$250.00** per District 5 camper.

Contact your Lodge's president to determine requirements and Supporting Grant amount. Tusen Takk!

**Camper or Sponsor complete this section (please print):**

Camper Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Sons of Norway Member/Sponsor Name: \_\_\_\_\_ Member # \_\_\_\_\_

\_\_\_\_\_  
Name and address of Lodge of Sponsor

\_\_\_\_\_  
Relationship to Camper

E-mail: \_\_\_\_\_ Phone Number \_\_\_\_\_

**Camper: complete the above information, then send this form to your sponsoring lodge for further processing.**

**LOCAL LODGE ENDORSEMENT**

The members of \_\_\_\_\_ Lodge, 5-\_\_\_\_\_, have voted to endorse this applicant for Masse Moro – Sons of Norway District 5 Norwegian Heritage Camp for the 2022 season.

Enclosed is check number \_\_\_\_\_ in the amount of \$ \_\_\_\_\_ Date of Application: \_\_\_\_\_

\_\_\_\_\_  
Print Lodge President or Secretary

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Phone Number of President/Secretary

❖ **Make checks payable to: Nordic Legacy Foundation**

❖ **Please include the camper's name on the memo line of the check.**

❖ **THE ENDORSEMENT MUST BE POSTMARKED BY May 17, 2024.**

❖ **LODGES: Please send this completed form and the accompanying supporting check to:**

Lisa Rove-Williams, District 5 Youth Director

771 W Dresser Rd

DeKalb, IL 60115

E-mail: rovewilliams@comcast.net

## Masse Moro TUITION

**\$1,200.00\*** Includes admission for one camper for the entire two-week session.

The application fee of \$100 is due upon submission and is credited towards the \$1,200.00 tuition. While the application fee is due with application, the final tuition balance can be paid at any time, and is due by **JUNE 1** of the camp year. We accept checks, money orders or cashier's checks, and online payment with a credit card or personal bank account via Paypal. For further information about the payment of fees, visit our [Payment](#) page.

*\*May be subject to change.*

## ELIGIBILITY

Masse Moro is open to both boys and girls between the ages of 9-15 years old. (Campers must be 9 as of the first day of camp. No exceptions.) A two-week sleep-away camp, campers stay in cabins (furnished with bunk beds) along with 2-3 staff members and an additional 9-12 other campers. This small cozy atmosphere creates a bonded tight-knit cabin that creates a home away from home where campers feel safe and comfortable.

**Not a Sons of Norway member? Not a problem.** Sons of Norway membership is not a requirement to attend our camp, but one of the many great benefits of membership is tuition assistance for the Masse Moro program. The money you could potentially save in tuition for sending one child to our camp for one session would be enough to cover annual membership dues for approximately the next 5 years, so it is certainly something to be considered.

## ***MASSE MORO ACTIVITIES & PROGRAMS***

Every day campers follow a schedule, known at Masse Moro as the Timeplan. This helps keep the day at Masse Moro running smoothly. Here's a sneak peak at what happens every day at camp! We integrate Norwegian vocabulary and language into all of our activities.

### **DAILY SCHEDULE**

**FLAG RAISING:** We raise and lower the Norwegian flag to mark the beginning and end of the day.

**MEALS AT MASSE MORO:** We serve three meals and a snack everyday. Our meals are a mix of Norwegian and American cuisine. Every meal is started and ended with a short Norwegian song.

**GROUP SING-A-LONGS:** Songs are a great way for kids to learn the language. Every day we meet as a camp to learn new songs and sing old favorites.

**LANGUAGE CLASSES:** Language classes are taught twice daily. Campers are divided into levels based on their experience and knowledge. Campers learn through games and interactive experiences.

**ACTIVITY & FOLK ART CLASSES:** Campers can sign-up to take 5-day and 2-day classes. Examples include: Rosemaling, baking, folk dance, sewing/knitting, mythology or runes class, Viking arts, jewelry making, woodworking, or hiking.

**SPORTS:** Soccer, volleyball, hiking, archery, field hockey, and handball are all celebrated sports in Norway. Campers will get to try new sports and activities.

**CAMP STORE/FREE TIME:** During a free period, campers are able to visit the camp store and purchase Norwegian treats, books, music, or other goods.

**VIKING GAMES:** Campers learn leadership, respect, and honor as they form Viking Families and learn the games of the old age. The last day of camp, campers will compete in a day long Viking Olympics.

**EVENING CULTURAL & HISTORICAL PROGRAMMING:** The highlight of the day is a large evening program involving the entire camp exploring various topics and issues such as Norwegian history, the whaling industry, immigration, Nordic Gods, popular Norwegian music, or learning about the Sami. After the program, everyone gathers around the campfire to reflect and discuss what was learned that day or perhaps enjoy the re-telling of a Nordic myth.

### **CULTURAL SKILLS PROGRAM**

*The Cultural Skills Program is open to all Sons of Norway members, both through their lodges or as individual participants. Your camper will be eligible to earn pins and medals as a youth member. Youth membership is FREE for children (15 and under) whose parents or grandparents are active members (active meaning a current paying member) of Sons of Norway. If you have any questions, please feel free to call us at (800) 945-8851*

*To apply for Youth Membership, check out the Sons of Norway District 5 website.*

*The Cultural Skills Program serves a variety of purposes:*

- To encourage active participation in both traditional and contemporary Norwegian-North American pursuits*
- To enrich the lives of members of all ages*
- To provide the basis for special interest clubs within our lodges*
- To provide new reasons for people to join Sons of Norway*

The awards are as follows:

- Specialist:** One who wishes to go in depth in one area, e.g. Hardanger embroidery or genealogy, etc
- Generalist:** One who samples several skills and qualify for the basic level in each, for example: stamp collecting, crafts, and Norwegian foods.
- Mentor:** One who is skilled in activities offered in the Norwegian Cultural Skills Program can do a different challenge: mentor others who need formal or informal instruction. The mentor is an extremely important person in passing on the Norwegian heritage to others.
- Master of Cultural Skills:** One who has completed at least three levels of three different skills, or nine individual basic activities.



## MASSE MORO CAMP

**July 14 – 27, 2024 . . . . VELKOMMEN!**

The cost for our 2 week all-inclusive Nordic Heritage Camp is \$1,200

**Please include your \$100.00 non-refundable registration fee with this form.**

Complete (please print clearly) and mail the completed application materials to:

***Lisa Rove-Williams, District 5 Director, 771 W. Dresser Road, DeKalb, IL 60115***

**Contact Information:**

Make check to: **Nordic Legacy Foundation** or use the PayPal electronic option, available under the Admissions Information tab on the [www.MasseMoro.org](http://www.MasseMoro.org) website. Tusen Takk!

**Sons of Norway Affiliation (please indicate):** District 1    District 5    None    Other

Name of Camper: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_ Gender: ☐ Female ☐ Male

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Name of Parent(s) or Legal Guardian(s): \_\_\_\_\_

Phone Number: \_\_\_\_\_ Contact Name: \_\_\_\_\_

Work Contact: \_\_\_\_\_ Contact Name: \_\_\_\_\_

E-mail: [shirley@math.ualberta.ca](mailto:shirley@math.ualberta.ca)

Norwegian Name at camp, if a previous attendee: \_\_\_\_\_ Age as of first day of camp \_\_\_\_\_

Sons of Norway Member/Sponsor Name: \_\_\_\_\_ Member # \_\_\_\_\_

Name and Address of Lodge

Relationship to Camper

Authorized person to pick up child on last day of camp?	#
Parent	10
Other	0
Unknown	0
Total	10

Cabin request (name of friend or sibling):

**Campers will receive a free camp T-shirt; please select a size of Camp T-shirt (adult sizes only):**

Check the best fit t-shirt size for your child: S      M      L      XL      2XL      3XL

DIET: Traditional Diet	Special Diet	Describe
------------------------	--------------	----------

How did you hear about Masse Moro? (Check all that apply): Returning Camper      Friend      Relative

Ad in Viking Magazine      Lodge Information      Other (explain):

"I will do my best to be an active and cooperative participant at Masse Moro."

**CAMPER SIGNATURE:** \_\_\_\_\_ **DATE** \_\_\_\_\_

"I give my permission for Camp photos and videos of this child to be used in marketing and promoting Masse Moro."

**PARENT/LEGAL GUARDIAN SIGNATURE:** \_\_\_\_\_ **DATE** \_\_\_\_\_

**Note: For us to better plan for your child's camping experience, please return by April 13, 2024!**





**IMPORTANT CAMPER INFORMATION – 2024**  
*(Camper must be at least 9 and under 16 years old on the first day of camp)*



*Please help your child to have an enjoyable and healthy camp experience by providing the answers to the following concerns. Thank you for assisting our counselors and staff in getting acquainted with your child and in meeting his/her needs more effectively. If necessary, please attach an additional sheet of paper detailing specific concerns.*

**NAME OF CAMPER:** \_\_\_\_\_ **Age on JULY 14, 2024:** \_\_\_\_\_

Names and ages of camper's siblings: \_\_\_\_\_

Has this camper attended Masse Moro before? \_\_\_\_\_ If so, when: \_\_\_\_\_

Indicate the names of other camps this child has attended. \_\_\_\_\_

Was their camp experience positive? \_\_\_\_\_ Comments: \_\_\_\_\_

List any languages this child speaks. \_\_\_\_\_

Has this child traveled outside of the U.S. \_\_\_\_\_ If yes, when and where? \_\_\_\_\_

What skills or abilities does this child wish to learn at camp? \_\_\_\_\_

Health/behavior concerns that could affect camp participation: \_\_\_\_\_

**Please check the items below that best describes your child:**

Personal Characteristics:      Outgoing \_\_    Inquisitive \_\_    Moody \_\_    Quiet \_\_    Shy \_\_  
   Humorous \_\_    Confident \_\_    Nervous \_\_    Insecure \_\_    Friendly \_\_

Physical Coordination:      Excellent \_\_    Good \_\_    Fair \_\_    Poor \_\_

Relates to Peers:      Very well \_\_    Adequately \_\_    With Difficulty \_\_

Relates to Adults:      Very well \_\_    Adequately \_\_    With Difficulty \_\_

Sleep Habits:      Sound Sleeper \_\_    Restless Sleeper \_\_    Sleep Walker \_\_

Previous Group Experiences: Scouting \_\_    Music \_\_    Sports \_\_    Other \_\_\_\_\_

Participates in Group Activities: Easily \_\_    With Encouragement \_\_    Reluctantly; Explain: \_\_\_\_\_

Indicate any activities that may cause stress or anxiety: \_\_\_\_\_

Explain: \_\_\_\_\_

Known fears or weaknesses: \_\_\_\_\_

**Special needs:** \_\_\_\_\_

Please indicate any recent traumatic or other stressful event(s) that our counselors should be aware of:

---

---

---

---

**Note: For us to better plan for your child's camping experience, please return by April 13, 2024!**



# Another reason to go to Indy in June!

The following classes will be offered at the Sons of Norway District 5 Convention in Indianapolis June 19-22, 2024. Classes will start Wednesday to allow delegates to attend two days of class as requested in the past.

Details will be posted soon.

Rosemaling

Figure Carving

Hardanger Embroidery

Stamping with D5 commissioned stamps

\*Sami-influenced Bracelet making

\*Needle Felting

Knitting - pending

Hardanger & regular fiddle - pending

Classes are open to delegates on Wednesday and Thursday. Non-delegates are able to take the full classes Wednesday through Saturday.

\*indicates one-day classes

## **Deadlines and Dates! Changes in red!**

**January 27- Card/Stamping workshop in Stoughton**

**January 27- Zone 3 Meeting at Mandt Lodge in Stoughton**

**February 15**

Deadline — Domestic scholarship applications due to Sons of Norway Foundation:

- Astrid G. Cates Scholarship
- Bernt Anker Scholarship
- Dan and Betty Rude Scholarship
- King Olav V Norwegian-American Heritage Scholarship
- Myrtle Beinhauer Scholarship
- Nancy Lorraine Jensen Memorial Scholarship
- Orel and Marie Winjum Memorial Scholarship

- Elaine Nelson Scholarship
- District 4 Scholarship
- Nordkap Lodge 3-215 Scholarship
- Sissel and Roger Espeland Memorial Scholarship Fund

**February 20- Viking photos due to LaVonne Wier**

**February 22- Barnebirkie in Hayward, WI**

**March 15**

- D17 financial form is due from the lodges and districts to Sons of Norway Headquarters.
- Lodge Achievement and Family Lodge of the Year forms are due to Membership Services at Sons of Norway Headquarters.
- Community and Fraternal activities and hour totals, using AFA Year-end report form or online reporting at [Fraternalgive.org](http://Fraternalgive.org), are due to Membership Services at Sons of Norway Headquarters.
- D64 Lodge Property Officer forms are due to Sons of Norway Headquarters.
- Deadlines for Lodge Achievement, Family Lodge of the Year and AFA Reporting.

**March 15- District 5 Scholarship Applications due**

**March 20- Viking photos due to LaVonne Wier**

**April 15- Sarah Paulsen Scholarships due to Scandiana Lodge**

**April 20- Viking photos due to LaVonne Wier**

**May 1**

- **Deadlines for convention vendor applications, sponsorships, Well Wishers, and ads.**

**May 15**

- D18 property association financial form is due from the lodges to Sons of Norway Headquarters.
- IRS filing deadline for tax form 990. Lodge treasurer needs to notify Sons of Norway Headquarters when 990 has been submitted.

\*Insurance membership with Sons of Norway required

\*\*Membership with Sons of Norway required (social or insurance)

**May 19- District Sports Challenge Ends**

**May 19- Deadline to reserve rooms under the room block for the District Convention at convention rates**

**May 20- Viking photos due to LaVonne Wier**

**June 20- Viking photos due to LaVonne Wier**

---

**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.
- For anything fraternal- Connie O'Brien (COBrien@sofn.com) or Amy Tuchenhausen (ATuchenhausen@sofn.com).
- 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
- If you need something related to sales, you can use [sales@sofn.com](mailto:sales@sofn.com)

**Viking Chest / Immigrant Trunk Schedule**

Oct 2023 to Apr 2024:

Chest--zone 6

Trunk--zone 5

Apr 2024 to Oct 2024

Chest--zone 2

Trunk--zone 1

Oct 2024 to April 2025

Chest--zone 3

Trunk--zone 4

**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.

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](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@sonsofnorway5.com](mailto: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](mailto:arnesonfamily5@gmail.com)