



District 5



MASSE MORO

SONS OF NORWAY FIFTH DISTRICT NORWEGIAN HERITAGE CAMP

40 + Years

Masse Moro

5th District Norwegian Heritage Camp

9 – 15 Year Olds

Fall Creek, Wisconsin

July 16 – 29, 2023

Lots of Fun !



Masse Moro

“Lots of Fun”



Friends Forever

Hiking
Sports

Nature

Camp Songs

Butterfly Garden

Nature Center

Evening Programs



Learn Norwegian

Cabin Time

Skits & Plays

Sky Viewing

Rosemåling

Cooking Classes

Wood Carving

Enjoy Nature

Have even more fun . . .

BRING A FRIEND

*You **do not** have to be a Sons of Norway member to participate.*

All are welcome.



**TOP
SECRET**

Shhh...It's a Secret!



The best kept secret in **District 5** is **Masse Moro!**
Network with campers from many different states
and the District of Columbia!

Masse Moro is a great family value costing only **\$ 1000.00** for a *two week stay*.
(Compared to other Language Camps that are well over \$2500.00 for two weeks.)

What's included?

- Cabin lodging *with* youth of similar ages, staffed by experienced counselors
- Three meals a day and healthy snacks provided with emphasis on fruits and veggies
- All meals prepared by experienced food service providers with *suggestions from campers*
- Naturalist programs provided by staff from *Beaver Creek Reserve*
- Night sky viewing at the *Hobbs Observatory* staffed by local astronomers
- Health services provided by on-site health professionals
- Specialized skills classes offered, such as wood carving, rosemåling, folk dancing, and Norwegian baking.
- Cultural skills pins through Sons of Norway International may be earned at Camp.
- Learn Nordic language, Nordic songs and play Nordic games (including Viking Olympics).

**Our campers come from across the United States.
Network with your peers and make friends for life!**



**Campers from Wisconsin, Minnesota, Illinois, Iowa, Indiana,
California, Arizona, Colorado and Washington D.C.
Meet new friends and develop friendships
with others throughout the United States.
Many opportunities await you!**



Norwegian Heritage Camp

40 + years !!



2021 MASSE MORO STAFF

2022 MASSE MORO STAFF





2023 Campers

Who attends Masse Moro?

- ☐ Youth ages 9-15

Followed by applying as a

- ☐ Volunteer staff at 16 year old
- ☐ Counselor



You'll receive a

- ☐ Norwegian name
- ☐ Camp t-shirt
- ☐ Access to the butikk (store) Norwegian gifts, books, soda, food & candy for sale
- ☐ Leadership skills, and
- ☐ Friendships for life!!!!



What do campers experience at Masse Moro?

■ Viking Olympics

Who will win the GOLD?

Learn about

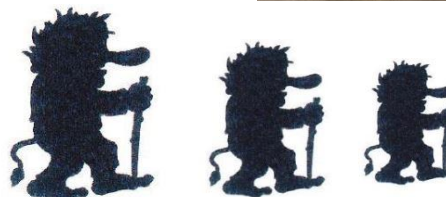
- Norwegian Language
- Norwegian Songs
- Runes
- Rosemåling
- Wood Carving
- Photography
- Weaving
- Mythology
- Problem-solving
- Debate
- Environment
- Nature
- Astronomy at the Hobbs Observatory.



Mange ting å gjøre!
(Many things to do!)



Rosemåling





MASSE MORO
SONS OF NORWAY FIFTH DISTRICT NORWEGIAN HERITAGE CAMP

Celebrating 40 + Years



**SONS of
NORWAY**

District 5

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**Local Lodge Supporting Grant
(Amount varies)**

**District 5 Matching Grant
up to \$250**

**Draxten Funds – A Fixed total
Amt. divided by the # of campers**

**Sarah Paulsen Memorial
Scholarships**

- Scholarships are also given by individuals and Sons of Norway Lodges each year.
- More scholarship information is available at: www.sonsofnorway5.com and on www.massemoro.org
- Applications can found on the above District 5 and Masse Moro websites.

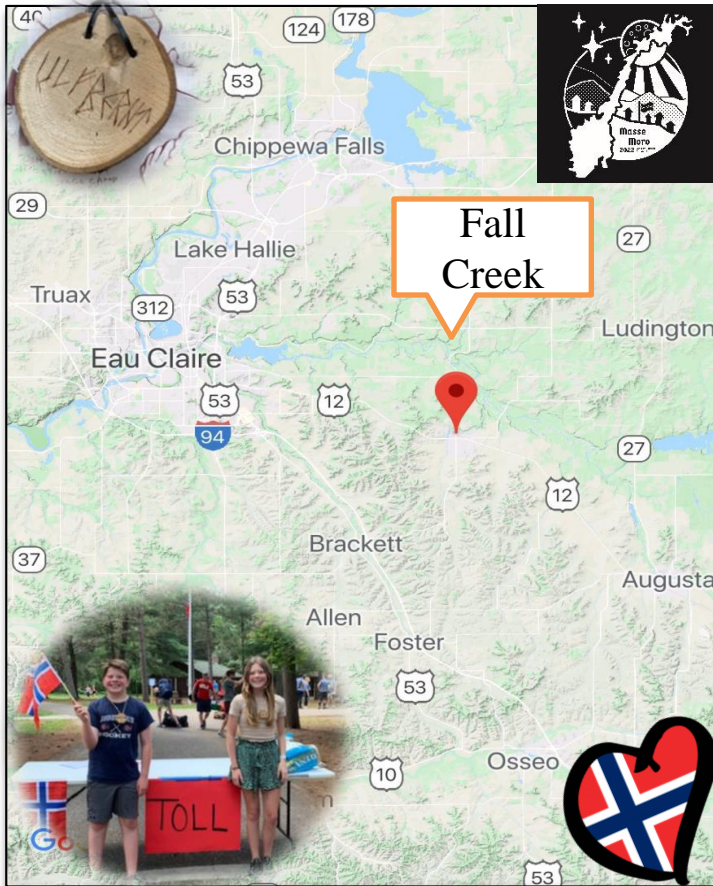
If I can help, please contact me!

**Lisa Rove-Williams, District 5 Youth Director,
email: rovewilliams@comcast.net**

1st Day at Camp

**Campers arrive at Masse Moro for
2 weeks of “Lots of Fun”**

1. Wait in line !
2. Customs Check (check for contraband)
3. Pick a Norwegian name
4. Find out your camp family
5. Go to Health Center with medications



6. Deposit your money (kronor) at bank
7. Find your cabin (hytte)
8. Settle in to hytte and make beds
9. Say good-bye to parents for two weeks!
10. Return to your hytte for welcoming activities



Example of Cabin (Hytte) Life



Each cabin (hytte) is named after a province in Norway. The younger girls are in Vestlandet. Campers are responsible for a clean cabin; which must pass an inspection daily.



Hytter (Cabins):

1. Vestlandet
2. Ostlandet
3. Sorlandet
4. Nord Norge
5. Asgard
6. Svalbard



Froegalings



Torlings

Viking Families



Ullings



Frigglings

Timeplan – daily schedule (military time)

TIMEPLAN	
7:00	STÅ OPP - god morgen!
7:30	KJØKKENVAKT
7:50	FLAGGHEISING
8:00	FROKOST 🍳
8:45	HYTTEOPPRYDNING
9:25	ALLSANG 🎵 🎵
10:00	SPRÅKTID
10:45	MATPAUSE
11:30	LITT AV HVERT
12:15	KJØKKENVAKT
12:30	LUNST 🥞
13:15	HVILEPAUSE
14:15	IDRETT 🏀 🏈
15:10	INTERESSEGRUPPE
16:10	FRITID
16:40	SPRÅKTID
17:25	VIKINGLEKER
18:00	KJØKKENVAKT
18:15	KVELDSMAT 🌻
19:00	HYTTETID
19:30	FLAGGFIRING 🇳🇴
19:40	KVELDSPROGRAM
20:50	TILBAKE TIL HYTTENE
21:30	LYSENE SLUKKES
god natt!	



Flaggheising
(Flag Raising)



Tie-dying

Norwegian National Anthem

Ja, vi elsker dette landet,
som det stiger frem,
furet, værbit, over vannet,
med de tusen hjem.
Elsker, elsker det og tenker
på vår far og mor
og den saganatt som senker
drømmer på vår jord.



Frokost - Breakfast



Meal Time - Måltid

frokost (breakfast)
lunsj (lunch)
kveldsmat (supper) &
spesielle måltider
(special meals or banquets)



Cooks: Gladys & Margaret



Takk for Maten !!!



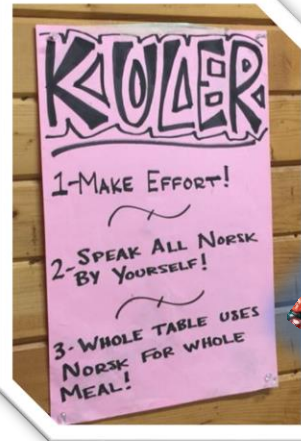
Lefse making!



Cooks and Volunteers;
Pat, Dave & Emma

A prayer is sung before the meal; camp counselors introduce the food with a fun skit (in Norwegian); meals are enjoyed which is followed by a song of thanks for the food and the cooks (in Norwegian)!

Allsang (singing)



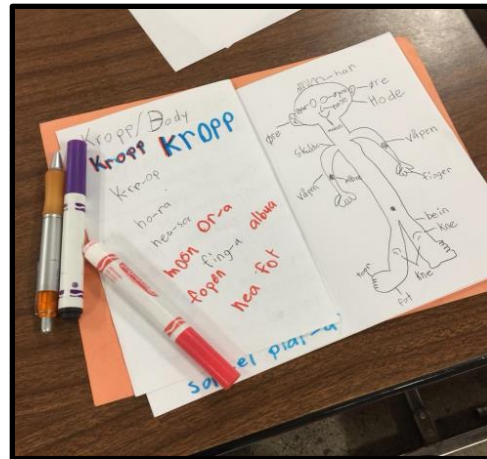
Kuler (beads)



Mat presentasjon

Campers are encouraged to speak Norwegian especially at meal time!
Cabins with the most Kuler (beads) have their choice of Kuler Premier

Språk Kurs – Language Class



Norsk Språk

Language classes are taught twice daily. Campers learn through games, worksheets, songs, and interactive experiences.

Interessegruppe – Interest Groups

Litt av alt “A little bit of everything”

Campers choose their Interessegrupe



Wood Carving



Rosemåling Class



Cooking Class

Examples of Classes:

drama, knitting,
rosemåling,
woodcarving,
cooking,
baking,
nature hikes,
orienteering,
and folk dance

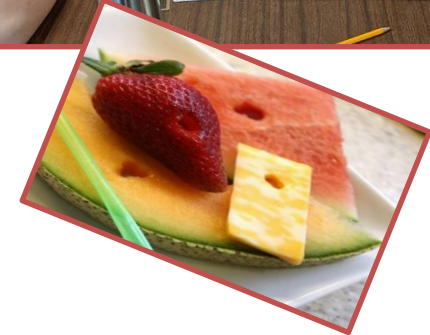


Folk
Dancing

Mat pause – Food Break

Fritid - Free -time

Butikk - Store



Mat Pause / Fritid / Butikk

Campers go to the Spiesestua for snacks, socializing and free time while supervised by a counselor. Meanwhile the other staff meets to discuss and plan future events for the day and the week. During Fritid the “family groups” can go to the Butikk to purchase Norwegian candy and souvenirs. They use their Norwegian language skills.

Vikingleker – Viking Games



Fun



**Spear Throwing
"Spydkasting"**

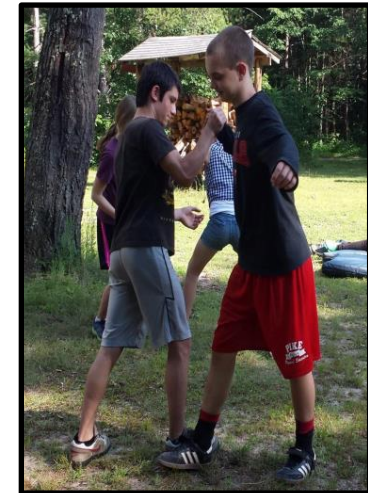


Kubb

Vikingleker – Viking Games



**Varpa – horseshoe
(using rocks)**



**Stand up wrestling
Ståbryting**



Knattleik - Polo



Viking leg wrestling - Beinbryting



“Lots of Fun” Activities at Masse Moro



“Lots of Fun” Activities at Masse Moro



Campers helping
with clean-up



Learning how to
make Lefse

To Beaver Creek Nature Center



Nature



Butterflies

Sunday Vespers - Talent Show



After Vespers, “warm and fuzzies” wishes to each other!



Flaggsenkning Flag Lowering



Evening Ending Circle and Norwegian Songs

Fellowship of Yggdrasil



Leadership
Honor
Service

Yggdrasilfelleskapet

Yggdrasilfelleskapet, or the Fellowship of Yggdrasil, is a secret society at Masse Moro comprised of high-achieving campers and staff. The goal of the Fellowship is to encourage individuals to attain achievements in different skills, in line with the Viking emphasis on the well-rounded individual. The Fellowship aims to embody and promote the virtues of the Drangskapur through leadership, honor and service.

In order to qualify for initiation into Yggdrasilfelleskapet, one must earn at least 3 *idrottir* in 2 or more skill areas (artistic, athletic, intellectual or weapon) OR 4 *idrottir* in 1 skill area.

Idrottir are cumulative. A person may earn only one *idrott* in each category. A camper who earned an *idrott* in a category while in the younger division (e.g. Beisbeyting, category 20) may later compete in the older division, but is not eligible for another *idrott* in that category.

Campers and staff may complete certain *idrott* requirements away from camp. Supporting evidence of the accomplishments (such as a playbill, program, photo of craft, and verifiable record of athletic achievement) must be presented to a leader in order for the *idrott* to be awarded. All *idrottir* not earned during the Viking O.L. must be awarded by the Viking Master (v).

Detainer may ask any leader about the Fellowship or *idrottir*, or a fellow camper who is already an inducted member.

Idrottikategorier ARTISTIC SKILLS

Musikk

- 1) *Sømmer Performance*
2 competent public performances, at least one of which must be a solo.
- 2) *Instrumental Performance*
2 competent public performances, at least one of which must be a solo.

Poetry

- 3) *Recitation*
Recite from memory an eddic or skaldic poem (or portion thereof) of at least 18 lines on a Viking Age theme would be acceptable.
- 4) *Composition*
Compose and recite an original poem of at least 18 lines on a Viking Age theme.

Storytelling

- 5) *Mythic storytelling*
Tell a traditional myth or legend to the whole camp, without using notes.

Drama

- 6) *Performance*
Have an on-stage role in at least 2 plays.

Kunst og Craft

- 7) *Multiple media*
2 items of reasonable competence (as determined by the adult) (i.e. metal, wood, leather, ceramics, weaving, etc.)

THE FELLOWSHIP

A **secret society** at Masse Moro is comprised of high-achieving campers and staff.

Goal: to encourage individuals to attain achievements in different skills, in line with the Viking emphasis on the well-rounded individual. It promotes leadership, honor and service.

To qualify: camper must earn at least
3 idrottir: in 2 or more skill areas
(artistic, athletic, intellectual or weapon)
or *4 idrottir* in 1 skill area.

Viking OL Trophy

OL - Opening Ceremony



OL - Closing ceremony



The four Viking families compete against each other in games and skills that they learned throughout the two weeks of camp.

It is very competitive and Lots of Fun !

Each Viking family has a leder (leader). The leader decides who in their family is the best competitor in each event

The second week ends with the big Viking OL followed by the final banquet and awards ceremony.

Final Day At Camp



Program



Parents and Sponsors



2021 Group Photo



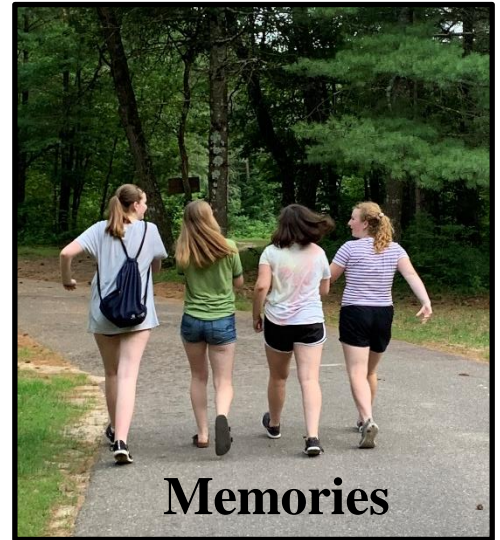
Memorial to Doug “Dag” Rossman

Douglas A. “Dag” Rossman | 1936 - 2015 |



Dag was one of the co-founders of Masse Moro. He was a member of Sons of Norway, and was a counselor and story-teller at Masse Moro for many years. Dag first attended Masse Moro in 1979 and felt that it marked a major turning point in his life. Over a two week period of evening storytelling, he created the “World of Norse Mythology”, peopled it, and carried it through to Ragnarok. Dag returned almost every year sharing Old Norsk Tales of Thor and Odin. Dag is remembered at Masse Moro each year for his vision, dedication and creativity. Tusen Takk Dag.

Friends Forever



Memories



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**Lisa Rove-Williams, District 5 Youth Director,
email: rovewilliams@comcast.net**



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Masse Moro

Norwegian Heritage Youth Camp

Join Us

July 16 – 29, 2023

Learn more at massemoro.org

Celebrate your heritage with us.



Masse Moro Staff

Masse Moro Norwegian Heritage Youth Camp

July 16 – 29, 2023

Beaver Creek Reserve, Fall Creek, Wisconsin

Cost: less than ½ of other comparable camps

- **April 15:** Early Registration
- **May 17:** Lodge Grants & Scholarship Deadline
- **June 17:** Final Payment Deadline

Check out www.massemoro.org for more details

JOIN US FOR LOTS OF FUN!!



MASSE MORO

SONS OF NORWAY FIFTH DISTRICT NORWEGIAN HERITAGE CAMP

Join us for a unique Norwegian experience:
July 16 - 29, 2023

[Click to Learn more](#)

Give the
gift of
heritage

FOR YOUTH AGES 9 - 15 YEARS

Masse Moro is a **Norwegian heritage cultural immersion camp** where campers will learn the language, eat the food, listen to the music, make the crafts, and tell the myths of Norway.

Learn more at www.massemoro.org

