



**MASSE MORO**

SONS OF NORWAY FIFTH DISTRICT NORWEGIAN HERITAGE CAMP

40 + Years

**Masse Moro**

**5<sup>th</sup> District Norwegian Heritage Camp**

**9 – 15 Year Olds**

**Fall Creek, Wisconsin**

**July 17 – 30, 2022**

**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 \$2000.00 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, Texas,  
California, Arizona, Maryland and Washington D.C.  
Meet new friends and develop friendships  
with others throughout the United States.  
Many opportunities await you!**





# 40 + years !!



## 2021 MASSE MORO STAFF



Masse Moro Directors:  
Geir and Ramona



Assistant Administrators: Chris "Anja" Elwell  
and Sandra "Marit" Olson,  
Sons of Norway District 5 Youth Director  
and Masse Moro Administrator





## 2022 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.



Wood Carving



Flag Raising

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



Lefse Making



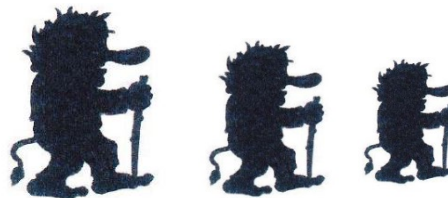
Folk Dancing



Singing & Bonfires



Rosemåling





## **How can your Local Lodge, District 5 (or District 1) and the Sons of Norway International help you with Camp costs?**

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

**District 5 Matching Grant  
up to \$150**

**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](http://www.sonsofnorway5.com) and on [www.massemoro.org](http://www.massemoro.org)
- Applications can found on the above District 5 and Masse Moro websites.

**If I can help, please contact me!**

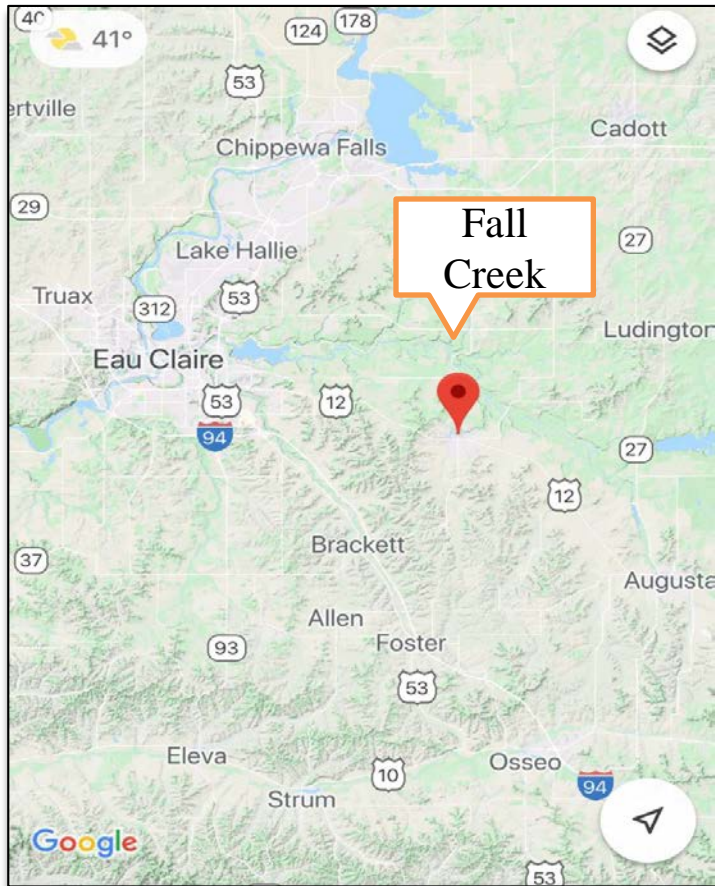
**Sandra Olson, District 5 Youth Director,  
phone: 651-208-3333 or email: [solsondist5@gmail.com](mailto:solsondist5@gmail.com)  
733 250<sup>th</sup> Street, Woodville, WI 54028**



# 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







Freyalings



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	LUNSJ 🥪
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 !!!**



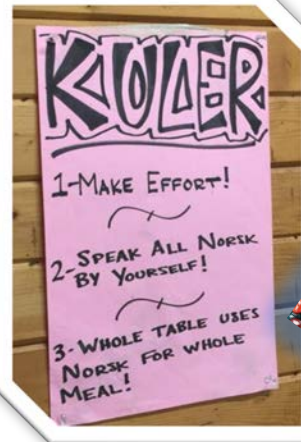
Lefse making with head cook, Linda  
& District 5 Youth Director, Sandy.



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)

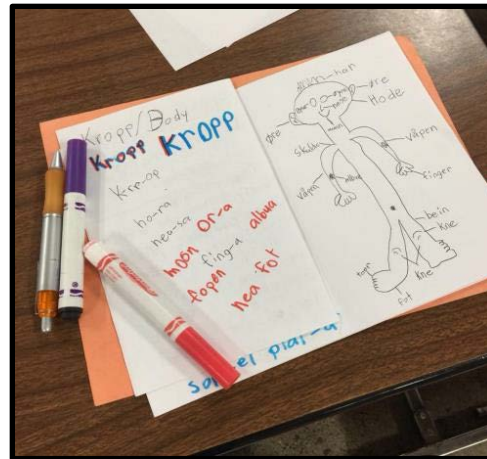


Mat presentasjon

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



Rosemaling Class



Cooking Class

Examples of Classes:

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



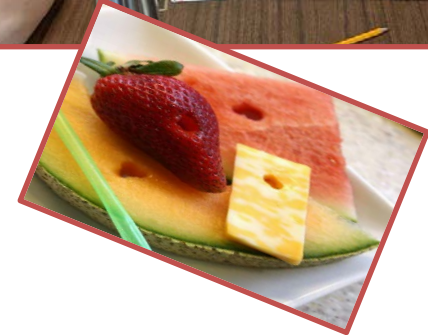
Folk  
Dancing



# 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



Spear Throwing  
"Spydkasting"





# Vikingleker – Viking Games



**Varpa – horseshoe  
(using rocks)**



**Stand up wrestling  
Ståbryting**



**Knattleik - Polo**



**Viking leg wrestling - Beinbryting**



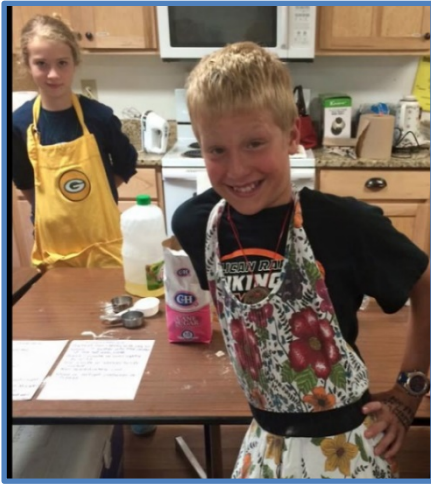


# “Lots of Fun” Activities at Masse Moro





# “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

## 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 idrottin: in 2 or more skill areas*  
(artistic, athletic, intellectual or weapon)  
*or 4 idrottir in 1 skill area.*

### 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 achievement 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 kategori. A camper who earned an idrott in a kategori while in the younger division (e.g. Boinbryting, kategori 20) may later compete in the older division, but is not eligible for another idrott in that kategori.

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 (s).

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

### Idrottikategorier ARTISTIC SKILLS

#### Musikk

- 1) *Vocal 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. Age theme would be acceptable.
- 4) *Composition*  
Compose and recite an original poem of at least 18 lines. Age theme would be acceptable.

#### 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.)



# Viking OL Trophy

Opening ceremonies for the OL



Closing ceremonies for the OL



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



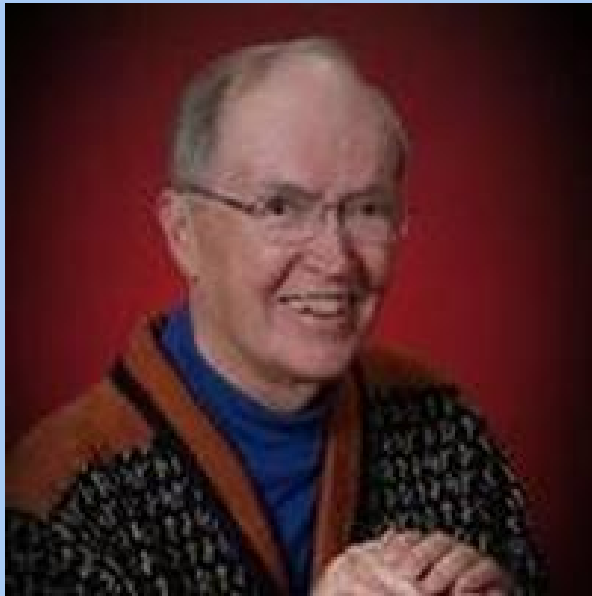
2021 Group Photo





# 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



2019  
celebrating  
40<sup>th</sup>  
anniversary



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733 250<sup>th</sup> Street, Woodville, WI 54028**





*District 5*

# **Masse Moro**

Norwegian Heritage Youth Camp

Join Us

July 17 – 30, 2022

Learn more at [massemoro.org](http://massemoro.org)

Celebrate your heritage with us.



## **Masse Moro Norwegian Heritage Youth Camp**

**July 17 – 30, 2022**

**Beaver Creek Reserve, Fall Creek, Wisconsin**

- Cost: less than ½ of other comparable camps
- **April 1, 2022:** Early Registration Deadline
- **May 17, 2022:** Lodge Grants & Scholarship Deadline
- **June 1, 2022:** Final Payment Deadline
- Check [www.massemoro.org](http://www.massemoro.org) for more details