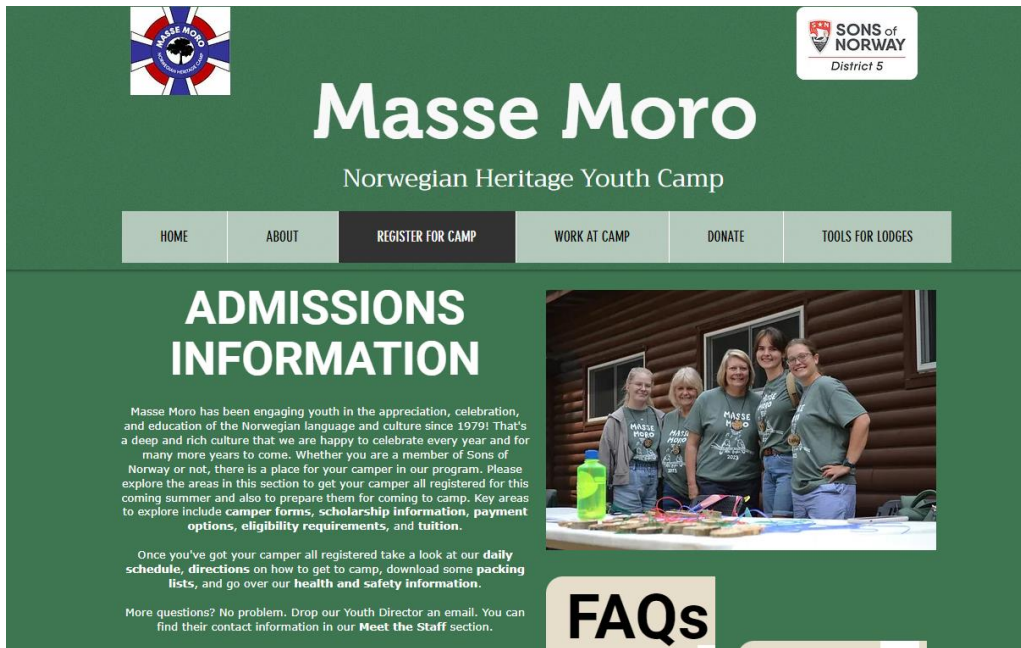


Sons of Norway District 5 - Friendly Fifth Friday News May 31, 2024 A District Weekly Newsletter to Keep Us Up to Date!

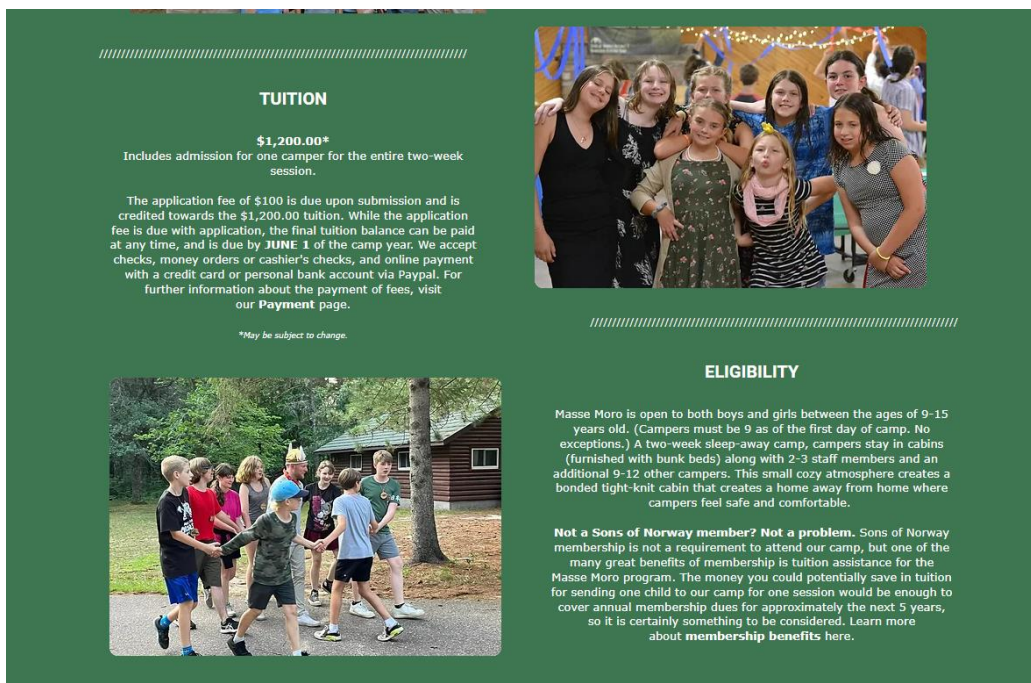
Hotel check in reminder for convention!

Convention Reminder: check-in time at the Indianapolis Crowne Plaza Airport Hotel is 4pm.

Do you have youth interested in Masse Moro? Members or those in your community? <https://www.massemoro.org/admissions-info>



The image shows the top portion of the Masse Moro website. On the left is the Masse Moro logo, a circular emblem with a globe and the text 'MASSE MORO Norwegian Heritage Youth Camp'. On the right is the Sons of Norway District 5 logo. The main heading 'Masse Moro' is in large white font, with 'Norwegian Heritage Youth Camp' below it. A navigation bar contains links for HOME, ABOUT, REGISTER FOR CAMP (highlighted), WORK AT CAMP, DONATE, and TOOLS FOR LODGES. Below the navigation is a section titled 'ADMISSIONS INFORMATION' with a paragraph of text, a photo of staff members, and a 'FAQs' link.



The image shows the 'TUITION' and 'ELIGIBILITY' sections of the Masse Moro website. The 'TUITION' section includes a price of \$1,200.00* and a paragraph explaining the application fee. The 'ELIGIBILITY' section includes a paragraph about age requirements and a paragraph about membership benefits. Both sections are accompanied by photos of campers and staff.

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. Learn more about **membership benefits** here.



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.Masse Moro.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: _____

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? _____ # _____

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!

Celebrate Norwegian Culture- Have the Cultural Trunks or Chest for your programs

"Sons of Norway is your destination for discovering and celebrating the rich tapestry of Norwegian culture . . . we have something for everyone." Sons of Norway website.

Nordic Trunk Information and Guidelines:

The District 5 Cultural Committee would like to encourage all Lodges to enhance their Norwegian culture experience by taking advantage of an opportunity for your lodge members. District 5 has a Norwegian Culture Collection in the form of three different containers (trunks), to assist you in discussing our heritage at your Lodge meetings. The trunks were created and made by Owen Christianson and contain examples of our Nordic heritage that have been donated over many years to these collections.

The three trunks are identified as: Viking Chest 2. Immigrant Trunk 3. Mini-Family Immigrant Trunk

The Viking Chest was the first trunk. In addition to the cultural items, it contains a written history of the creation of the collection and includes information about the Viking House located at the University of Wisconsin, Green Bay. Each trunk contains different items representing Norwegian culture such as rosemaling, Hardanger embroidery, books, recipes, tools, cooking utensils, and much more. Included in each trunk is a list and description of each item, a list of suggested activities for sharing the items, and a space to document and describe new contributions.

Change in Trunk Rotation:

Due to the changes in our By-laws regarding Zone Directors, the Committee is looking at a different process to deliver the trunks to our Lodges. The Cultural Committee plans to track the containers and be a clearinghouse for arranging their routing throughout the district. Members are asked to assist in moving the trunks from one lodge to another. Communication will be important between lodges. Our goal is to keep the travel distance as short as possible. This will be a challenge for the eastern and southern part of the district where lodges are quite far apart, but if several people who can drive can find meeting places, a trunk could be transferred with 3 or 4 drivers cooperating.

The Cultural Committee will do our best to provide all three trunks to your lodge over a period of time. The trunks will be reviewed and updated by members of the Cultural Committee at the Spring and Fall Board meetings.

Donating to the Nordic Container Collection:

- Lodges are encouraged to donate to the collection, write a description of their donation on the sheet in the trunk, and email a copy to the District 5 Cultural Director. All donations to the trunks will become the property of District 5, therefore **NOTHING IS TO BE REMOVED FROM THE COLLECTION.**

The Cultural Committee will distribute the donations among the trunks, so your donation may be found in one of the trunks other than the one in which it was originally donated.

Nordic Trunk Request Form:

To determine the routing proposal for the trunks, please complete the attached request form and email it to District 5 Cultural Director, Judith Ghastin at judy62ghastin@gmail.com. The Committee and or Director will then determine the best route to distribute the trunks. The Contact Person from your Lodge will be contacted to determine the best time and place to receive and transfer the trunk. Please contact Judith Ghastin, District 5 Cultural Director, if you have any questions or suggestions or comments.

Celebrate Norwegian Culture

Nordic Trunk Request Form

To enhance our Norwegian Culture and Heritage, our Lodge would like to request a Nordic Trunk. We have read and understand the attached Nordic Trunk Information and Guidelines. The contents of the trunk will be on display and the descriptions will be presented to members at our Lodge meeting. We realize that the District 5 Cultural Committee will do their best to provide our lodge with the trunk of our preference and help arrange the transfer in a timely manner. We ask that the Cultural Director contact the person indicated below:

Contact's Name: _____
Phone: _____ Email: _____
Address: _____ State: _____ Zip: _____
Name of Lodge: _____
Lodge Meeting Dates: _____ Time: _____

Indicate trunk preference: 1st Choice, 2nd Choice, 3rd Choice:
____ Viking Chest ____ Immigrant Trunk ____ Mini-Family Immigrant Trunk

Indicate date preference: 1st Choice, 2nd Choice, 3rd Choice:

2024 _____

2025 _____

Please email or send your request to: D5 Cultural Director, Judith Ghastin at judy62ghastin@gmail.com

***** ***** ***** ***** ***** ***** ***** ***** *****

For Office Use Only:

Name of Trunk to be transferred: _____

Name of Member responsible for the trunk (if not the same as above): _____

Location, Time, and Address to Transfer Trunk _____

To Receive: _____

To Return or Send on: _____

Calendar of Events, Deadlines, and Other Dates to Note (changes in red)

June 19-22- District Five Lodge Meeting and Convention in Indianapolis

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 for any member updates that need to be made.
- For anything fraternal- Connie O'Brien (COBrien@sofn.com) or Amy Tuchenhagen (ATuchenhagen@sofn.com).
- For matter like submitting a death, a change to a members address or other info please email cbs@sofn.com
- For issues with passwords or website use 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

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 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

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 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