



Traditional Norwegian Cooking

CULTURAL NEWS

December 2021 **SONS OF NORWAY DISTRICT SIX** Edition #014

HILSEN FRA KULTURDIREKTØREN

Greetings from your Cultural Director;

Camp Oldfjell was a great success! Even though the turnout was small, only 23 participants, a good time was had by all. My 4 students were wonderful. They got a great start on embroidery for embellishing articles of clothing in the Viking style. Some also made their first Viking bracelet.

After returning home, I came down with Covid-19. It sent me for a pretty nasty loop. My Dr. estimated my recovery to be at least 6 months. At this time, I am still recovering. As a consequence, I felt it necessary to resign my position as District Six Cultural Director. Your new Cultural Director will be Judy Purrington, from the bay area of California. She is a terrific person & knows a lot about Norwegian Culture.

Thanks to all of you who supported my Cultural efforts over the past 5 1/2 years.

Cordially, Judy Immel

2022 CAMP OLDFJELL

**Camp Oldfjell will be held from
Saturday, September 17th
to Tuesday, September 21st, 2022.**



**Nålbinding
Jana Peterson
& Bruce Fihe**



**Norwegian Klokkestreng
Earl Fuchs**



Tablet (card) Weaving



Rosemaling

CULTURAL NEWSLETTER

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Event and article submissions for Cultural Newsletter are due on the 15th of the month prior to the following publication dates:

March 1st June 1st September 1st December 1st

HILSEN FRA PRESIDENTEN DIN

Greetings from your President:

I would like to take this opportunity to thank Judy Immel for her service as District Six Cultural Director. Under her leadership, District Six initiated this Cultural Newsletter. With a team of our leaders, Judy was able to bring members together for two years of Camp Oldfjell, the first camp in September of 2019 and the post COVID camp in 2021. Judy stepped into the position when the elected director had to step down in 2016 under District Six President Mary Beth Ingvaldstad. Judy also directed the 2018 Folk-Art Exhibit and Competition at the 2018 convention. Thank you Judy.

Judy Purrington, Cultural Director of Nordahl Grieg and delegate to the 2018 convention, has stepped up to be the District Cultural Director until the 2022 convention. Thank you. In addition, I thank Karen Aaker for her service as the Zone 3 Director. Karen has stepped down as the Zone 3 Director. I bring her up here as a leader who is passionate about her Norwegian culture and heritage. She has taught cooking at both youth camps and at Camp Oldfjell. And of course, she loved visiting our lodges. Laurie Mittelstadt, the current President of Henrik Ibsen Lodge, has stepped up to serve as our Zone 3 Director. Thank you Laurie.

So what is happening in our District? A lot. We had a successful Camp Oldfjell in September. Many campers completed Cultural Skills units and received pins in cooking, rosemaling, genealogy, and weaving. And thank you to our teachers and campers who made this successful. We already have the dates for the next camp which will be September 17-21, 2022. Please mark your calendars. I hope you can attend.

The 2022 District Convention and meeting will have a number of opportunities to be involved in exploring and sharing your interest and love of Norwegian culture and heritage. First, on Thursday we will have a genealogy program with Jeff Sære from Family Tree. In addition, we will have members there to help you complete level one in genealogy to obtain a cultural skills pin, if you wish. If that doesn't interest you, we will be holding a literature class concurrently. The literature group will have two assigned readings and one of your choice for level one of the Sons of Norway Cultural Skills Literature program. Members will be able to complete the required forms for the pins and will receive the pin at the convention. Also, we will have a singing class. In the class, you will learn how to correctly pronounce the Norwegian words in our favorite songs.

As always, we will have the Folk-Art exhibit. The decision was made to not have this be a competition for 2022. Instead, there will be "Viewers Choice Awards" given with a certificate of participation. And for this event, the last 4 years of projects are eligible for the exhibit. So there is no competition. We want to see everything you have done during the pandemic to keep busy. Forms for this will be on the convention website and also sent to your lodge presidents.

The culture and heritage of Norway is what brought me to Sons of Norway. Take the opportunity to explore your heritage even if it isn't Norwegian. Find a recipe, a book, or some music to continue to learn.

Fraternally,

Luella Grangaard
President, District Six
Sons of Norway



District Six 2022 Convention

**Thursday, June 2nd
to Sunday, June 5th**

Click [HERE](#) for details.



EVENTS

on-Line events

January 2022

\$20

FAMILIEKLUBB: TRY KNITTING

Looking for a fun way to explore Norwegian culture with your family on your own schedule? February's Family Handcraft at Home is for you! You'll get to learn the traditional folk art of knitting as a family, and you can do it when it works for your family's schedule! This program is intended for families with kids. Registration deadline is January 17th, click [HERE](#) for more details.

February 2022

\$20

NORWEGIAN FAMILY LANGUAGE ADVENTURE: EXPLORERS

Join us this March for some family-fun and learn some Norwegian language along the way! Through hands-on activities, fun crafts, light-hearted games, and short videos, you and your family will learn and practice your new Norwegian skills. A kit will be delivered right to your home containing everything you'll need. Enrollment Deadline: February 15, 2022. Click [HERE](#) for more details.

Friday, March 04, 2022

\$10

7:30-8:30 PM PST

FRIDAY NIGHT LECTURE SERIES: EXPLORING NORDIC RUNES

Join Nordic Northwest and Debra Carus, talented NW artist of Elentari Handverk as she explores the meaning and history of runes in Nordic culture and shares her translation of them to modern jewelry. For information on the Friday Night Lecture Series, click [HERE](#).

in-person events

January 30- February 6, 2022 Granby, CO

THE 2022 SKI FOR LIGHT INTERNATIONAL EVENT

The 2022 Ski for Light International week will take place from Sunday evening January 30 through Sunday morning February 6, 2022, at Snow Mountain Ranch in Granby, Colorado, near Winter Park. Experienced, sighted cross-country skiers will find it fun and rewarding to share their love of skiing by being an instructor/guide for someone who can't easily have that experience on his/her own. For details click [HERE](#).

Saturday, February 26, 2021 Granby, CO

9:00AM – 9:05PM CT

2022 BARNELØPET

The Sons of Norway's District Six, Colorado Lodges are hosting a free, noncompetitive children's cross country ski race, the Barneløpet, for young people ages 0 - 16 years. For details click [HERE](#).

Immersive Van Gogh Exhibit: Have you ever dreamt of stepping into a painting? For details on San Francisco's exhibit and a listing of other locations click [HERE](#).

Please verify COVID-19 protocols before attending in-person events.



GET READY FOR 2022! Be sure to check the March edition for scheduled events. You can always keep abreast of current happenings at Camp Norge by visiting the website by clicking [HERE](#).

THE CENTURY CLUB REIMAGINED!

As many may have heard, the Century Club retired earlier this year. The Century Club was formed back in 1996 to provide much needed funds to support the ongoing maintenance at Camp Norge. The Century Club operated as its own entity and was formed out of a love for the camp. When the Century Club retired, members of the Recreation Center Board stepped up, recognizing the importance and value of the Century Club, and decided to form a committee under the Recreation Center Board so that the legacy of the Century Club could live on. This new committee will be taking on a larger role within the Recreation Center Board as the fundraising committee to help support Camp Norge.

Over the last few months, the committee has formed with six members who bring unique skill sets ranging from finance to fundraising to neuroscience. Several of the committee members grew up attending the youth heritage camps at Camp Norge or have kids who attended, which helped develop a deep love for their Norwegian heritage. This new committee brings a strong passion for the well being of the camp, and they look forward to honoring the groundwork that was laid out for them while also breathing new life into fundraising ideas. Watch this space for exciting new fundraising ideas for the Century Club and for Camp Norge!

“LET IT FLOW” FUNDRAISER

We know the weather is getting warmer and the West is experiencing yet another drought. During this past season, Camp Norge literally ran out of water FOUR times. The camp's primary source of water is a beautiful spring on the mountain above the property. But during drought conditions like we have been seeing more and more, the spring slows to a trickle. When this happens we end up having to turn off the water running to bathrooms, kitchens and campsites. Which means we have to cancel events.

This has happened in the past. That's why 20 years ago, we created a backup plan and dug a deep well located in the meadow. But our 20-year-old well pump is all worn out. We urgently need to replace the pump and add a new storage tank in order to protect us from having to cancel events this coming season. The new system will cost us \$15,000. That sounds like a lot of money, but it is a fraction of what the camp stands to lose if we have to cancel rental groups who keep our revenue flowing.

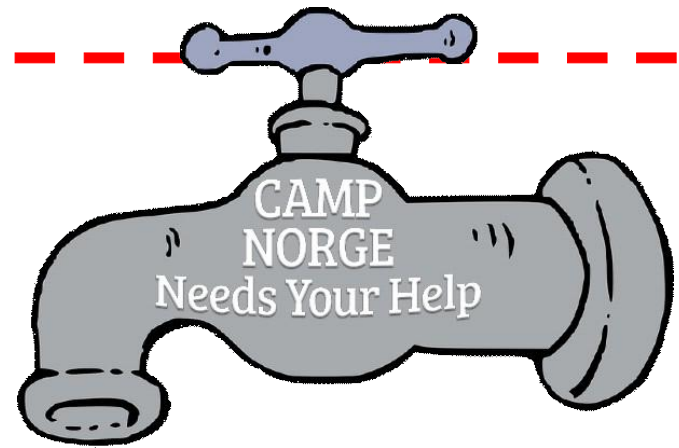
That's where YOU come in. We need water to flow, even when the drought causes the mountain spring to dry up. With your support, we can bring our water system up to date. But we need the funds no later than March 1st so we can be ready for the 2022 season. This "Let It Flow" campaign will only run through the end of February. How can you help? Add Camp Norge to your Holiday gift list today and donate to this campaign today. Tell your friends and family to think about Camp Norge in their Holiday giving.

If you have questions, please contact Fred Hymans or any member of the Sons of Norway, District 6, Recreation Center Board for details. Click [HERE](#) for Camp Norge's contact information.

Make your donations to the "Let it Flow" fundraiser online by visiting the Century Club's [WEBSITE](#), or visit our page on [GOFUNDME](#). For donations made by check, make the check out to Camp Norge with Let it flow in the memo line, and mail the check to:

Camp Norge
PO Box 622
Alta, CA 95701

The recent drought has been very hard on CAMP NORGE.



During this past season, the camp *ran out of water four times*. But there is a solution to the problem! We need to replace the **20-year-old** back-up well pump and bring the Camp into the 21st century. That's where *you* come in.

We need \$15,000 to bring the system up to date.



Add Camp Norge to your Holiday Gift List

Today, go to our GoFundMe Page here

<https://gofund.me/e5da7570>

Or if you prefer, make your check payable to Camp Norge and send to P.O. Box 622, Alta, CA 95701 and put "Let it Flow" on the memo line. Questions? Contact Fred Hymans at (916) 412-3797 or fred.hymans@campnorge.org



2021 CAMP OLDFJELL



The pandemic restrictions and mandates were relaxed enough for District Six to host its second "Summer Camp" for adults, Camp Oldfjell. For four days in September, the 18th to the 22nd, 23 members of District Six traveled to our "Jewel in the Sierras", Camp Norge, to participate in this unique program. We had representation from 10 different lodges and 2 states. They worked hard learning new skills, and brushing up on old favorites. Most, not all, of the classes offered are a part of the Sons of Norway Cultural Skills Programs. Our 2021 participants earned a grand total of 26 Cultural Skills pins and 3 of our instructors earned Mentor pins. In addition to the scheduled classes Jana Peterson taught an impromptu dance class in the evening. Kirby Aasen was the designated cook, and as always fed us well! The cooking class provided us with Norwegian treats and other Norwegian dishes. Everyone worked hard on their projects and spent some quality time with new and old friends!

We'd like to thank Judy Immel for organizing Camp Oldfjell and her dedication in recruiting quality instructors for both the inaugural session in 2019 and the current year's camp in 2021. We'd also like to thank Judy's team: Mary Beth Ingvaldstad, Teri Morken, and Bruce Fihe.

2021 CAMP OLDFJELL ALUMNI



L-R Front Row Kris Andre-Stocker, Nancy Madson, Ellen Aasen, Jana Peterson, Judy Immel, Joyce Morken, Carl Peter Ingvaldstad, & Teri Morken. **Middle Row:** Luella Grangaard, Linda Huber, Judy Purrington, Karen Nichols, Emily Nichols, Laurie Peterson, and Lotte Sather, **Back Row:** Jodi Nelson, Kirby Aasen, Bruce Fihe, Earl Fuchs, Ronald Dill, Craig Dill, and Mary Beth Ingvaldstad

CAMP OLDFJELL CLASSES



Rosemailing

The Rosemailing Class was taught by Lotte Sather. The 2021 Camp Oldfjell Rosemailing class, Emily Nichols, Karen Nichols, Kris Stocker, Craig and Ronald Dill, earned 5 skill bars and they completed all of the requirements for Part 1: Basic Strokes, Flower Form, and Scroll. They were joined by Linda Huber who already has all 3 skill bars, but was looking forward to a trip out of town. Lotte also earned her Mentor Pin and her level 1 bar for Rosemailing.



Tablet (Card) Weaving

Tablet (Card) Weaving was taught by Bruce Fihe. Teri Morken (left with Bruce) and Ellen Aasen (right) earned their Cultural Skills shield, weaving bar and their first level bar.



Norwegian Klokkestreng

There is not a recognized skill in the Cultural Skills program for Klokkestreng, but this a distinct Norwegian style of embroidery and it's easy and fun!



Norwegian Klokkestreng: Jodi Nelson instructor Class Photo (L-R) Judy Purrington, Nancy Madson, Earl Fuchs, Laurie Peterson & Jana Peterson



Hardanger Embroidery

To earn the first level for a Cultural Skills pin in Hardanger you need to demonstrate some of the 7 basic stitches used in Hardanger. This requires more time than allotted at Camp Oldfjell. The instructor for Hardanger was Nancy Madson (L), and her students were Joyce Morken (R: left) and Mary Beth Ingvaldstad (R: right).



CAMP OLDFJELL COOKING CLASS

This recipe for Kvæfjord Cake, aka the world's best cake, was prepared by the 2021 Camp Oldfjell Cooking Class. Mary Beth Ingvoldstad, was the instructor, and her assistant was Kris Andre-Stocker. They taught Karen Nichols, Craig Dill, Ronald Dill, Jodi Nelson, Judy Purrington, Earl Fuchs, and Jana Peterson. The cooking class was very ambitious, making twelve recipes during Camp Oldfjell's four days. The class shared their masterpieces with all of the Camp Oldfjell attendees. The cake was especially popular, Teri Morken took pictures of the cake and by the time she put her camera away, it was all GONE! Five members of the cooking class received a Cultural Skills pin, a skill bar, and a level 1 bar. Three others also received the cooking skill bar and a level 1 bar. Everyone except Jodi Nelson, who only attended 2 of the 4 days, also received their level 2 bars. Mary Beth and Kris also earned their Mentor pins and bars for levels 1 and 2.

KVÆFJORD CAKE

½ cup margarine
½ cup sugar
4 egg yolks
⅔ cup flour
1 teaspoon baking powder
3-4 tablespoons milk
4 egg whites
1 cup sugar
3 ½ tablespoons chopped almonds
1 (4oz) package rum or Vanilla pudding mix
1 ¼ cups whole milk
1 ¼ cups whipping cream

Preheat the oven to 350°F

Beat margarine and sugar until light and fluffy. Beat in the egg yolks, one at a time. Sift the flour with the baking powder and add alternately with the milk.

Pour into a greased 8x12" pan. Beat the egg whites until stiff but not dry. Gradually add the sugar and beat until stiff and glossy. Spread over the cake batter. Sprinkle with almonds. Bake 20-25 minutes. Cool and halve. Prepare the pudding according to the package directions, but use only 1 ¼ cups milk. Chill. Whip the cream and fold into the pudding. Spread one cake layer with cream, then top with the other cake layer.



CAMP OLDFJELL CLASSES



Genealogy

Kirby Aasen was the Genealogy instructor as well as our Camp Cook. In this class Carl Ingvoldstad, Earl Fuchs, Judy Purrington and Kris Andre-Stocker earned their Genealogy Cultural Skill bar and level one pins.

Wire Knitting & Embroidery Embellishment

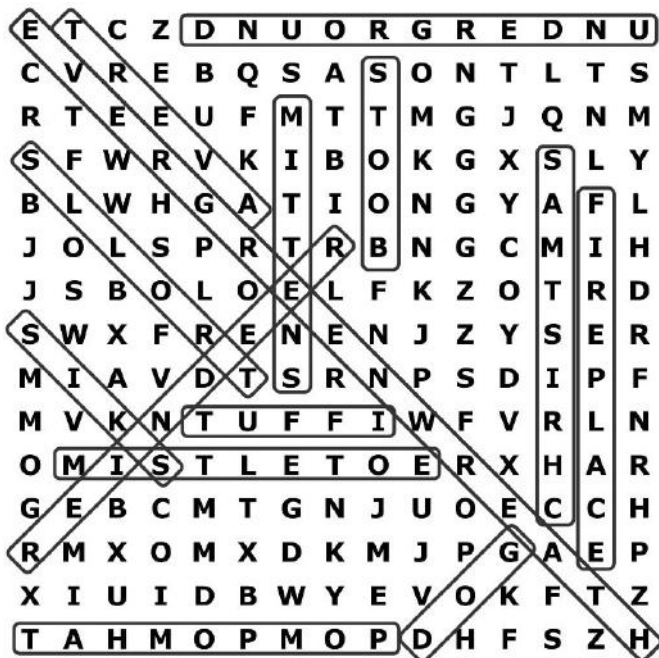
Judy Immel taught both classes. Like the Weaving class, these classes were small enough for some flexibility. Joyce Morken, for example, chose to work during both classes on Embroidery, while Linda Huber chose to work on both wire knitting and embroidery.



My Camp Oldfjell Experience

Camp Oldfjell was just what I needed after so many canceled gatherings. The classes were great, the spirited gatherings were fun. And we even got the folk dance right! Thanks to Jana Peterson's persistence! Don't miss the next Camp Oldfjell.

Submitted by Joyce Morken, Solheim Lodge #6-069 in Stockton, CA.



Sons of Norway Mission Statement

International

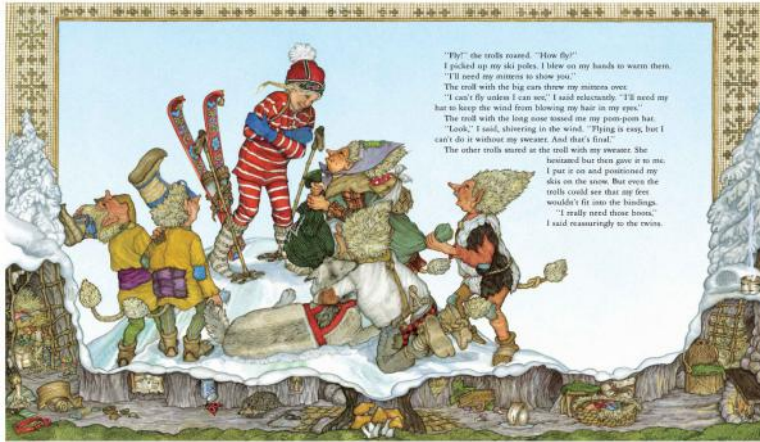
The mission of Sons of Norway is to promote and to preserve the heritage and culture of Norway, to celebrate our relationship with other Nordic Countries, and provide quality insurance and financial products to our members.

District Six

The mission of the District Six Board of Directors is to inspire the preservation of Norwegian heritage and support District Six lodges and members through communications, program resources, and opportunities.



KIDS PAGES



TROUBLE WITH TROLLS

Written and illustrated by Jan Brett

The trolls who live on Mount Baldy long for a dog. An empty dog basket lies in front of their fireplace next to a water dish, and dog pictures cover the dirt walls of their underground home.

There's only one problem. Where to get the dog.

And this is when Treva's trouble with trolls begins: when she sets off with her dog, Tuffi, to visit her cousin and the greedy trolls spot Tuffi.

Treva's never even seen a troll before. Yet this feisty heroine is not only brave but quick-thinking. Quick enough to outwit one troll after another until she reaches the very top of the mountain, where all five trolls are waiting, and THEY WANT DOG!

See if you can get this book from your local library! Or you can visit [AMAZON](#), [TARGET](#) or [WALMART](#), to purchase this book.

Check out Jan Brett's other books, coloring pages and activities by clicking [HERE](#) to visit her website.

REINDEER GIFT BAGS

You'll need a lunch bag, some construction paper, glue and scissors. If you want you can use googly eyes and a red pom pom instead of making your own.

Cut out your decorations

Fill your party bags with festive goodies.

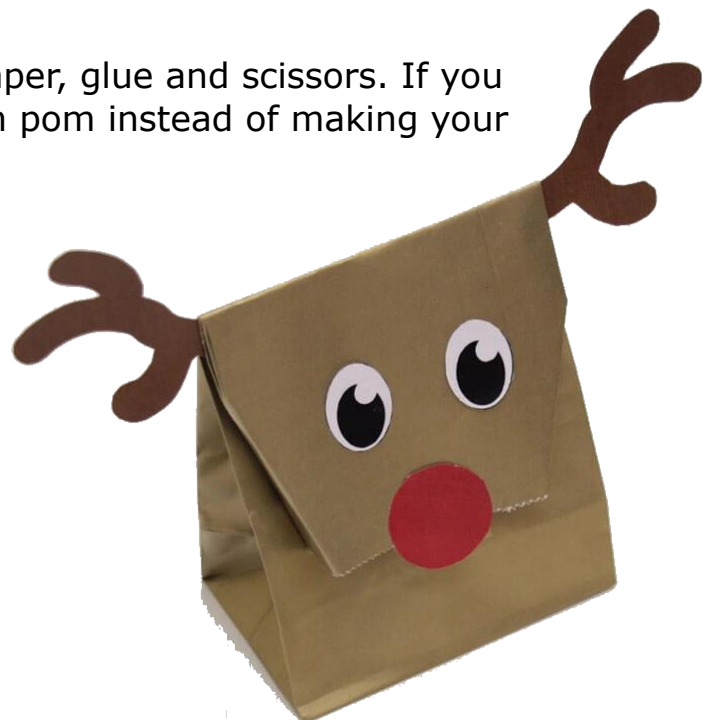
Make a fold about halfway down and tuck in a little on both sides to make the shape of the face.

Glue an antler inside the fold on each side of the bag.

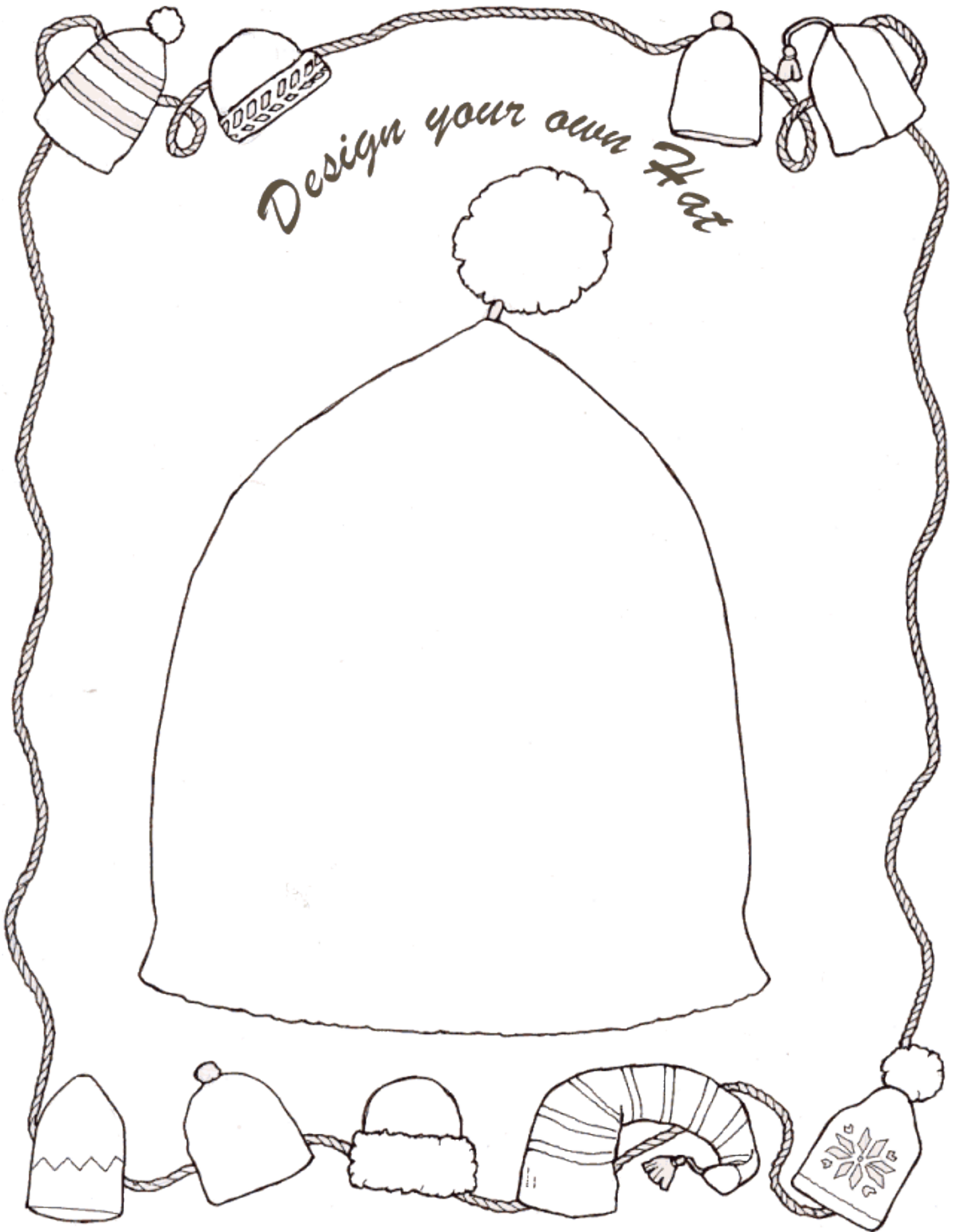
Glue the eyes to the bag.

Glue on the nose

After the glue has dried, you can share your goodie bags with your family and friends!



Design your own Hat



TROUBLE WITH TROLLS

E T C Z D N U O R G R E D N U
C V R E B Q S A S O N T L T S
R T E E U F M T T M G J Q N M
S F W R V K I B O K G X S L Y
B L W H G A T I O N G Y A F L
J O L S P R T R B N G C M I H
J S B O L O E L F K Z O T R D
S W X F R E N E N J Z Y S E R
M I A V D T S R N P S D I P F
M V K N T U F F I W F V R L N
O M I S T L E T O E R X H A R
G E B C M T G N J U O E C C H
R M X O M X D K M J P G A E P
X I U I D B W Y E V O K F T Z
T A H M O P M O P D H F S Z H



Dog Skis
Tuffi Trolls
Boots
Treva
Mittens
Reindeer
Fireplace
Mistletoe
Christmas
Evergreen
wreath
Under
ground
Pompom
hat