

CULTURAL NEWS

March 2022 SONS OF NORWAY DISTRICT SIX Edition #015

HILSEN FRA KULTURDIREKTØREN

Greetings from your Cultural Director;

As we all look to spring; we can look forward to Syttende Mai, followed by the District Six Convention, in June. If you've been working on folk art projects over the 4 years since the last convention; you might consider registering your project for display in the Folk Art Exhibition. Everyone will enjoy seeing your project; some will be inspired to try something new.

If you are looking to explore learning something new or to refresh some cultural skills, you might think about going to Camp Oldfjell in the wonderful setting of District Six's beautiful Camp Norge, in September. I was quite inspired, attending in 2019 and again last year. I truly enjoyed the classes and even earned some cultural skills pins!

Judy Purrington

OLAF AWARD

The District Six Board approved a new award, called the "Olaf," kind of like the "Oscar," to recognize members who have developed virtual culture programs that have been utilized by a lodge either by ZOOM or at a face-to-face meeting. This media could include PowerPoint, YouTube, film, etc.

Criteria

- ✂ Creativity
- ✂ Quality
- ✂ Format and clarity
- ✂ Relevance to Norwegian and/or Scandinavian Culture and Heritage

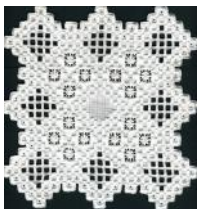
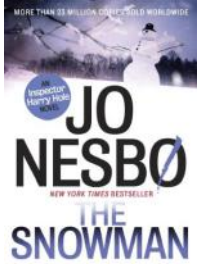
This award will be presented at the District Six Convention and meeting in Mesa, AZ 2022.

Submissions will include:

- ✂ The program title and topic
- ✂ Lodge name
- ✂ Name(s) of person or persons who created the electronic program
- ✂ Length of program
- ✂ Date the program was presented to the lodge
- ✂ And the program must be submitted

Submission process:

- ✂ All submissions will be submitted electronically by May 1, 2022.
- ✂ Submissions will be sent to the District Cultural Director.
- ✂ A committee of 3-5 members will review the submissions.
- ✂ The committee will be appointed by the District President.
- ✂ The submission will be presented at the District Biennial Convention.
- ✂ The award will be presented at the District Six Convention in Mesa, AZ.





Every Monday

9:30 AM-12:30 PM PST

VICTORY LODGE ROSEMALERS

Victory Lodge 43 Rosemalers meet every Monday from 9:30 AM to 12:30 on Zoom. We paint our own projects and share project and class information. We support each other, give help when asked, and of course, we visit. You are welcome to join us and paint. If you are interested, please send your name and email address to Lotte Sather at rgransather@aol.com.

Third Thursday of the Month

4:00 PM PST

SOLSKINN LODGE BOOK CLUB

Solskinn Lodge 150 has an active book club, reading books by Norwegian and Norwegian American authors. The participants read the designated book, and the group meets on Zoom the third Thursday of the month at 4:00 pm to discuss the book. If you are interested in joining, send your name and email address to Luella Grangaard at morongo2@verizon.net. **Book list** for the remainder of 2022: **Mar**-Heritage of Darkness by Kathleen Ernst, **April**-The Almost Nearly Perfect People by Michael Booth, **May**-The Sea Wolves, A History of the Vikings by Lars Brownworth, **June**-Child Wonder by Ray Jacobsen, **July**-The Sandman: A Novel (Joonas Lina Book) by Lars Kepler, **Aug**-For the Love of Cod by Dregni, **Sept**-The Mercies by Kiram Millwood Hargave, **Oct**-Scandinavian Ghost Stories—Edited by Joanne Asala, **Nov**-The Stranger from the Sea by Paul Binding, **Dec**-Return to the Future: An Escape to Freedom by Sigrid Undset

March 30 & April 6

\$125

6:30-8:30 PM CT

LINEWORK AND STROKework IN ROSEMALING

Challenge your rosemaling skills and hone your linework skills by exploring your freehand painting abilities in a fun Easter-themed project. We will push aside patterns and use examples provided by the instructor as inspiration while you develop your linework and strokework. Register [HERE](#).

April 1, 2022

\$10

7:30-8:30 PM PST

FROM FOLKDRAKT TO BUNAD: NORWEGIAN HISTORY THROUGH FOLK DRESS

In this hour-long presentation, we will discuss the history of Norwegian folk dress and the birth of the bunad. Learn the strong political significance of this tradition and explore several regional styles and their unique construction. View pieces from 19th century Norway that pre-date the bunad tradition as well as examples of the modern folk dress that has gained traction in recent years. Feel free to wear your own folk dress for an informal social show & tell after the presentation. For information on the Friday Night Lecture Series, click [HERE](#).

VESTERHEIM FOLK ART SCHOOL

Click [HERE](#) for a complete list of online folk-art experiences. Classes sell out quickly, so check back often!



April 9-10, 2022

Las Vegas, NV

\$15

9 AM – 5 PM PST

THE LAS VEGAS HIGHLAND GAMES

The Las Vegas Celtic Society is proud to present their 2022 Celtic Gathering and Highland Games at Floyd Lamb Park, located at 9200 Tule Springs Rd, Las Vegas, NV 89131. Come out to listen to live music, taste traditional food, check out Heavy Athletics, Dance, and Bagpiping competitions! We are so excited to be back in-person, and this year will be bigger and better than ever--so to stay up-to-date on participant registration, entertainment schedule, and vendor information, visit their **WEBSITE** or **FACEBOOK** page for additional information.

June 2-5, 2022

Mesa, AZ

DISTRICT SIX 2022 CONVENTION

The 2022 District Six Convention will take place at the Sheraton Mesa Hotel at Wrigleyville West. The District Six Board invites all members to participate in the 2022 District Convention Folk Art Exhibition. Participation in the Norwegian Cultural Skills Program continues to be a favorite activity of members. We hope that many of you will take advantage of this exhibition to add to your accomplishments in achieving Cultural Skills pins. For detailed information click **HERE**. For information on registration, rooms, and the raffle, click **HERE**.

NOTICE: It is our intention to have an in-person District Six Lodge Meeting and Convention in Mesa. However, COVID-19 has surprised us before and we do have alternate plans for a Zoom replacement for the in-person event. In the event that we are required to shift to a Zoom event, refunds will be made for all payments.

June 4-5, 2022

Thousand Oaks, CA

\$15

10 AM – 6 PM PST

45th SCANDINAVIAN FESTIVAL

The 45th Scandinavian Festival will be held at the California Lutheran University located at 60 West Olsen Rd, Thousand Oaks, CA 91360. Adult Tickets are \$15 and kids 12 and under are FREE. Parking is free. This is the largest Nordic-themed event in Southern California. Celebrate the cultures and traditions of Denmark, Finland, Iceland, Norway, Sweden and the Sami people of the Arctic regions of Scandinavia. For more information please click **HERE**.

October 15, 2022

Sacramento, CA

\$5

9 AM – 5 PM PST

SACRAMENTO SCANDINAVIAN FESTIVAL

NEW DATE!

We are happy to announce that the 2022 Sacramento Scandinavian Festival is still coming! We've updated the date and location for the upcoming festival: October 15, 2022, at the Lutheran Church of the Resurrection, located at 6365 Douglas Boulevard, Granite Bay, CA 95746. Updated details are available on our **FACEBOOK** page.

Please verify COVID-19 protocols before attending events.



TROLLFJELL FOLKEHØGSKULE CAMP TROLLFJELL

Suspended for 2022

The Language and Heritage Camps will be suspended this summer. Between now and the summer of 2023, we will seek input from members of District Six, current and past campers, counselors, and staff. Any comments or ideas are welcome, please email the Executive Director of the Language and Heritage Camps, Bruce Fihe, at vicepresident@sofn6.org.

MEMORIAL DAY

Cancelled for 2022

The Recreation Center Board has decided not to host an event on Memorial Day Weekend. Both the Recreation and District Boards will be focusing on the District Six Convention being held in Mesa, AZ the following weekend. You can keep up to date with Camp Norge events by visiting their website by clicking [HERE](#).

WORK PARTY

Coming soon!

Ongoing

The Camp Norge Recreation Board is preparing a new program for preparing Camp Norge for the summer months, and closing Camp for the winter. Instead of a specific weekend for a work party, members will be welcome to come anytime. You'll contact Susan Winje, our Camp Manager, and complete specific tasks in exchange for your lodging. Typical chores needed to prepare camp consist mostly of landscaping and cleaning with some basic and skilled maintenance. We welcome your assistance, come up with your lodge, or your entire family. For more details on how you can get involved - email Susan at campnorge2@gmail.com, call her at (530) 389-2508 or visit the work party page by clicking [HERE](#).

CAMP OLDFJELL

September 17-20, 2022

Camp Oldfjell will be held from September 17th to 20th at Camp Norge. Our second year was an exciting one. Our 2021 Camp Oldfjell participants earned a grand total of 26 Cultural Skills pins and 3 of our instructors earned Mentor pins. We're working on adding new classes to our classic classes. To keep up to date with the details, check the Camp Norge website by clicking [HERE](#). We will also publish more information in the June Cultural Newsletter.



PRE-DISTRICT SIX LODGE MEETING SESSIONS PG 1

These sessions will be held Thursday, June 2, and Friday, June 3 prior to the start of District Six Biennial Lodge Meeting on Friday afternoon. Come early for Culture, Camaraderie, Inspiration, and Fun. Start planning now to attend these sessions either as a delegate or guest.

Cultural Programs Thursday, June 2

1:00 - 5:00 pm - Genealogy Sessions

\$25

Norwegian Genealogical Research: How Things Have Changed in 125 Years of Norwegian Research
Norwegian Research Records You May Not Be Using – But Should

Genealogy guest presenter, Jeff Svare, was born in Minnesota and raised in North Dakota. An employee of Family Search since 1987, he has been involved with records acquisition in Asia, the Pacific Islands, Europe, and Scandinavia. Previously, he was manager of Family Search's Scandinavian collection. He has presented at Brigham Young University's genealogical conferences, local genealogical conferences across the United States, the Family History Library, as well as teaching and creating courses of study for the Salt Lake Institute of Genealogy.

1:00 – 3:00 pm - Literature Cultural Skills Program, Unit 2

\$15

Introduction: Norway's literary tradition spans centuries, from the poems and sagas of the Viking Age to the explosion of the romantic era, to 20th century Nobel Prize winners to the hugely popular crime literature of today and beyond. The vast corpus of Norwegian literature documents the country's complex progression through time. Along with the works of native-born Norwegian writers, we can also include those Norwegians who left Norway for the New World and their descendants in the US and Canada. As times have changed in Norway, literature has borne witness to – and at times influenced – this unique, dynamic people.

Participation: The purpose of this session is to acquaint you with Norwegian literature and to obtain a Cultural Skills level one pin in literature. Prior to the session:

- You should have read three books, and be prepared for an informal discussion
 - *Defiant Courage, A True Story* by Astrid Karlsen Scott and Dr. Tore Hauge
 - *Norwegian by Night*, by Derek Miller
 - You will pick the third book from the approved list in the Cultural Skills unit on Literature, which is on the international website. If you need help, contact Lotte Sather by email for the list.
- Written a book review, of one of the books, which has been published in your lodge newsletter or presented orally at a lodge meeting. Proof of publication or presentation must be provided.
- Print the Pin Application Form and Unit Evaluation Form from the website, sofn.com. We can help fill out the form during the session. If you need assistance with this contact Lotte Sather at zone2@sofn6.org.

Presenters: Lotte Sather, Zone 2 Director, and Luella Grangaard, District Six President



PRE-DISTRICT SIX LODGE MEETING SESSIONS PG 2

3:15-5:00 pm - Music Cultural Skills Program

\$10

Introduction

This course will weave the learning of the songs, pronunciations of song words, and the history of Norwegian music and musicians into a meaningful and fun experience while beginning to work on Level 1, Unit 14, Music and Musicians of Norway.

- Roots of Norwegian Music
 - Introduction to musicians that helped preserve the roots
 - Genuine folk music of Norway
- Songs of Norway
 - Pronunciation and definition of words in popular songs sung at Lodge events/Conventions
 - Practice the melody of the songs with piano: Ja vi elsker, I Jesu Navn, Hils fra meg der hjemme,
- Listen to music
 - YouTube selections from Sons of Norway and CDs to hear various genres from different periods
 - Use examples from Nordahl Grieg Spelemannslag, Hanne Krogh, Ole Bull, Grieg, Sissel, and Julesanger
 - Dance and Movement – Per spelman, Jeg gikk meg over sjø og land
 - Rounds---Ro, Ro, Ro din båt, Fader Jakob
- Prepare for performance/demonstration at convention
- Complete paperwork to earn Level I of the Cultural Skills program in Music if desired

Presenters: Mary Beth Ingvaldstad, International Director and Tove-Lise Miller, Zone 1 Director

Leadership Programs Friday, June 3

\$10

8:30-9:45 am - Marketing your Lodge

Find ways to promote your lodge to your community and beyond.

Presenter: Connie O'Brien, Director of Fraternal Development

9:45-10:00 am - coffee break

10:00-11:30 am - Communications Panel Discussion

Communication is more than a newsletter. Communication within and outside a lodge can be accomplished using a number of resources: mailings, calls, telephone trees, websites, and Facebook. Learn how to improve your lodge communication not only to your lodge members but to potential new members.

Moderator: Lis Barca, District Six Public Relations Officer (PRO)

11:30 am -12:15 pm - Generational Differences

Are you a Baby Boomer or a Millennial? What is important to you and what makes you feel appreciated may be different from someone younger or older than you. Learn to communicate well to your fraternal family regardless of age.

Presenter: Luella Grangaard, District Six President

1:30-2:30 pm - Newsletter Presentation

This presentation will focus on sharing resources, discussion of common problems, content ideas, computer programs for newsletter production, printing/distribution, and how to get (timely!) submissions.

Presenter: Kristen Hunsbedt, Newsletter Editor Nordahl Grieg Lodge #52

FOLK ART EXHIBITION

The District Six Board of Directors is pleased to invite all members, adults, and children, to participate in the 2022 District Convention Folk Art Exhibition. Participation in the Norwegian Cultural Skills Program continues to be a favorite activity of members. We hope that many of you will take advantage of this exhibition to add to your accomplishments in achieving Cultural Skills pins.

The District Board has decided to have only an exhibition at the 2022 Convention, foregoing the competition. Every participant will receive a certificate of participation. There will be several ribbons awarded to People's Choice items.

We look forward to a great convention and a wonderful display of Folk Art. Enjoy working on your folk art item(s), and thank you for your participation and for sharing your talent and heritage. "Celebrate Your Roots" by sharing your heritage items.

You can download the Folk Art Rules, Waiver Form, and the Labels by clicking [HERE](#).



SAVE THE DATE

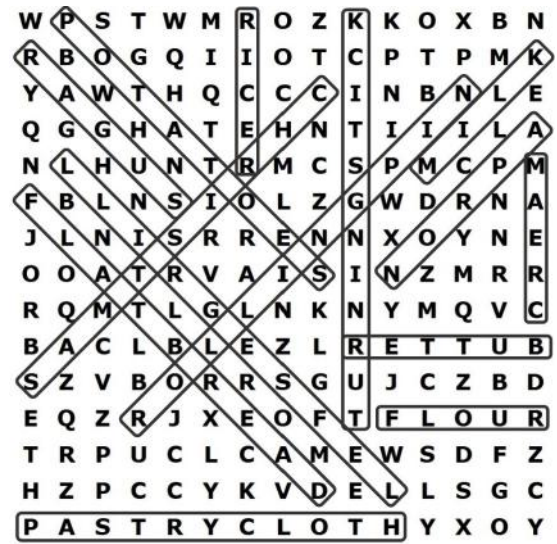
District Six 2022 Convention

June 2022						
Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		




Sheraton Mesa Hotel
Mesa, Arizona

WORD SEARCH KEY



Cultural Newsletter Staff

Cultural Director & Editor: Judy Purrington
 culturaldirector@sofn6.org

Graphics & Layout: Teri Morken
 solheimlodge@gmail.com

Submissions for Newsletter articles and events are due on the 15th of the month prior to the publication dates:

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

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.



KID'S PAGES

LEFSE DAY

by Kari Throop (Author), Heidi Smith (Author, Illustrator)

A must-have children's book for any family that cherishes or wants to learn more about the tradition of making lefse, a Norwegian flatbread. A simple story and stylish illustrations that take you through the steps of "Lefse Day." A one-of-a-kind gift that can be enjoyed by all as you introduce this tradition to members of the family. Ages 8-12 Available on **Amazon**.



Heidi Smith and Kari Throop are sisters who created a children's book based on their shared love for their Norwegian heritage, specifically the love of Lefse, a Norwegian flatbread. They had a vision for a simple, clean style that is young and modern. Heidi, the owner of Nordic Fox Design Co. (www.nordicfoxdesignco.com), designed the art for the book, simplifying traditional lefse-making images. The story takes you through the steps of making lefse, and they even included their family lefse recipe at the end of the book.

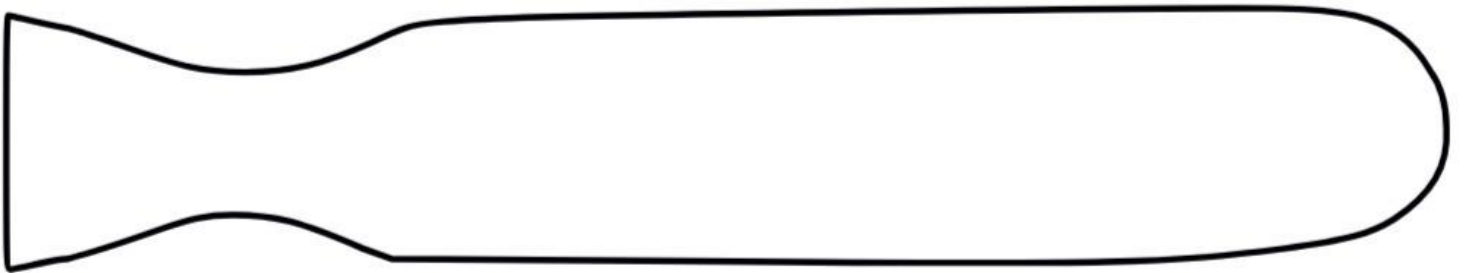
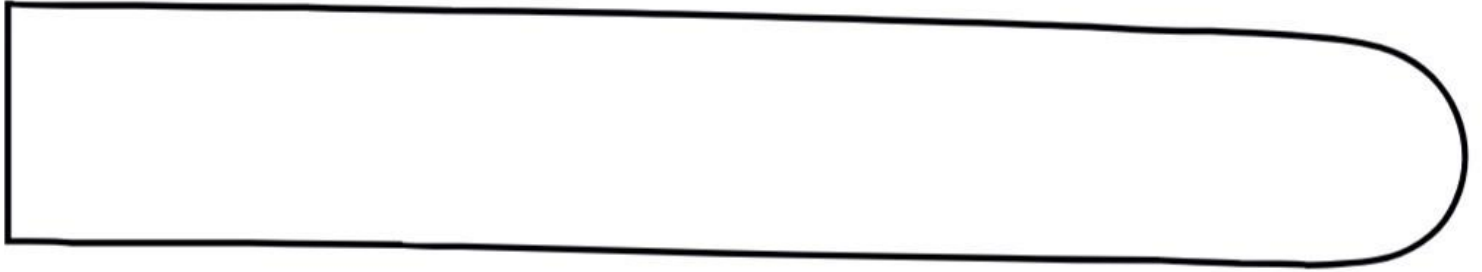
HOW DO YOU EAT YOUR LEFSE?

Do you roll it up with sugar and cinnamon? Do you scoop up some Chocolate-Hazelnut Spread, Strawberry Jam, Apricot Preserves, or Honey? How about cream cheese and lingonberries? Lefse could even be your lunch if you eat it with ham & cheese, a hot dog, or smoked salmon.



DESIGN YOUR OWN LEFSE STICK

Lefse sticks are a tool, but in some Norwegian kitchens they are also part of the decorations. How would you paint your lefse stick?





LET'S MAKE LEFSE!

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

MILK

RICER

CREAM

FLOUR

APRON

SUGAR

BUTTER

POTATOES

CHRISTMAS

FLATBREAD

LEFSE GRILL

ROLLING PIN

PASTRY CLOTH

TURNING STICK