



**SONS of  
NORWAY**

# THE <sup>SUPER</sup> SIXTH DISTRICT

CA—UT—NV—AZ—CO—HI—NM

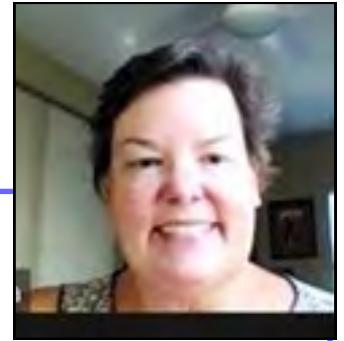
**WINTER / SPRING 2024**

**NEWSLETTER**

Website: [sofn6.org](http://sofn6.org)

Editor: Stephen Rosenthal, District Six PRO

## **A MESSAGE FROM** **THE DISTRICT SIX PRESIDENT**



Happy New Year!

The new year means new boards and board members. Welcome to all who have stepped into leadership positions in their lodges and those who continue to lead the way. We will have some openings on the District Board, so be sure to apply if you are interested and reach out to the District Board members or District Nominating Committee with any questions.

We begin this year with the closing of two District Six lodges: Hvite Fjell #151 in Reno, Nevada and Vinland #159 in Temecula, California. I am sorry to see these lodges close, but hopefully their members will continue to remain active and join a nearby lodge.

In January, the District Board had our first in-person meeting at the Tuscany Suites & Casino in Las Vegas, Nevada. We met with some members of the Vegas Viking Lodge convention committee and toured the convention space. I was happy with the accommodations and convention rooms – it is a good location and we plan to have a great convention.

A new year also begins with upcoming deadlines for essential form submissions. My goal is for each lodge to submit their D17, IRS 990 and other forms timely. Please reach out if you need assistance.

As we transition into Spring, embrace Friluftsliv and enjoy the outdoors wherever you are.

Fraternally,

Lis



*It may not look like it, but we will have some openings on the district board as some members will be falling off.....*

**GREETINGS FROM THE DISTRICT VICE PRESIDENT—LAURIE MITTELSTADT**

Greetings,

We have so much to look forward to in 2024! Zone 8 already had their in person all-Colorado Member Workshop, but other zones will again be Zoom meetings, with four date options. Thanks to our International Director, Luella Grangaard, we can have an in-depth look at the state of the Sons of Norway that all can attend without travelling.

**Jan Stiggins** has stepped up to be the Zone 3 Director! We are sisters and I am grateful to be able to work closely together. We are lucky to have her on our board.

The planning for the District Six Convention is reaching high gear. I am excited to go to Las Vegas and celebrate our inner Vikings! Please consider being a delegate from your lodge. The convention is like a reunion but includes new connections, and exploration of cultural traditions along with business. The Membership Committee will provide information about recruitment and retention at the convention.

And then full-tilt summer with Camp Norge, including Camp Trollfjell, Folkehøgskule, Kretsstevner, and Camp Oldfjell! Save the date for Camp Oldfjell: September 21 to 24, 2024. The self-organized committee will begin planning soon, and that is half the fun to me. Thanks to all who work so hard to organize these events, and everyone in our extended community who attend.

Fraternally, **Laurie Stromsheim Mittelstadt**

*Oldfjell participants, 2023.*





PHOTOS FROM 2023 OLDFJELL



NOTE! →

CAMP OLDFJELL



2024

Saturday, September 21  
to  
Tuesday, September 24

**SAVE  
the DATE**

Visit [sofn6.org](https://sofn6.org) for the latest information.

**District Six 2024 Convention and Lodge meeting coming up!**

## **WHAT IS OUR CONVENTION ALL ABOUT?**

The District Six Convention and Lodge meeting takes place in Las Vegas, Nevada, **June 21-June 23** at the Tuscan Suites Hotel and Casino. This event is co-hosted by Vegas Viking Lodge 6-152 and the District Six Board.

This event offers cultural seminars on Friday, June 21 with numerous topics primarily focusing on Viking history, society and culture. Friday also includes a Viking Dinner (Viking costumes encouraged!) with a program and an opportunity to have your photo taken while beside or in the Vegas Viking long boat!



***Vegas Viking Lodge Viking Longboat.***

Saturday starts with leadership/membership seminars with topics to assist lodges to be successful. These topics include marketing, strategies for recruiting younger members, and presentations from the International Office (IO) on financial, fraternal, and foundation updates. Saturday afternoon will feature the memorial service with acknowledgement of our fraternal family members who have passed since our last meeting. Then the District Lodge meeting begins with seating of the delegates.

Sunday continues with the District Lodge meeting and the Recreation Center meeting. This is also the time to elect your District Board for 2024-2026. Sunday concludes with the president's reception and banquet.

This is an opportunity to wear your Viking gear on Friday. Network with other lodges. Share ideas. See old friends, make new ones and to enjoy your fraternal family. As a member of Sons of Norway District Six, you may attend even if you aren't a delegate. **We hope to see you! - Luella Grangaard, Convention Committee**

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**If you are coming a few days earlier or staying in Las Vegas after the convention, you may need some help on what to do (besides gamble). Fortunately, the Vegas Viking Lodge has assembled a list of attractions where we modern day Vikings can rummage a bit and spend our Viking silver penningars! See "Lots to do in Vegas" on the 2024 Lodge Meeting and Convention website: <https://2024.sofn6.org/lots-to-do-in-vegas/>. (In the Mob Museum, look up Frank "Lefty" Rosenthal...)**



## **ADDITIONAL IMPORTANT CONVENTION INFORMATION**

From the District Six Bylaws, Article V, paragraph 12: *Every lodge within the district shall be entitled to two delegates for the lodge and one for every fifty members or major fraction thereof, based on the last semi-annual (membership) report prior to the election.*

**2024 District Six Convention** at Tuscany Suites Hotel and Casino, Las Vegas, Nevada     June 21 – 23

Thursday, June 20 – evening Board and Committee meetings

Friday, June 21 – Viking Cultural Presentations and Workshops, Vendors, and Viking Style Dinner & Viking Costume Fashion Show!

Saturday, June 22 – Leadership Workshops, Memorial Service, Opening Ceremony, District Lodge Meeting, Vendors, Folk Art Exhibition

Sunday, June 23– District Lodge Meeting, Recreation Center Meeting, Folk Art Exhibition, evening President's Reception, Installation of New Officers, Banquet and Awards

Monday, June 24 – morning meeting of the newly elected District Board of Directors, including outgoing board

Delegates are required to be in attendance for the entire Saturday and Sunday District Lodge Meeting sessions. Come early for the fun Viking Cultural Sessions on Friday and the Viking style dinner and Viking Costume fashion show. Remember, any lodge member may attend as a guest. Check out the Convention website often as information is added periodically - [2024.sofn6.org](https://2024.sofn6.org)

Costs are a key concern for delegates and lodges. Now might be the time to start a discussion about special fundraising to assist in sending delegates to the Convention. [The delegate package is \\$325 \(\\$275 if received and paid by April 15\); guest package is \\$285. Room costs at the Tuscany Suites Hotel and Casino are \\$79 for Thursday and Sunday nights and \\$179 for Friday and Saturday nights - plus 13.38% occupancy tax, roughly \\$146.26 per night average if attending four nights. The hotel rooms are large suites; sharing is encouraged. The \\$79/night rate applies to pre/post reservations based on availability.](#) Assistance with finding a roommate will be available – note such request on your online registration. Use the Sons of Norway hotel reservation code or link when it becomes available. The \$39/day resort fee is waived for our group with this code or link.

If you are running for a district office or otherwise planning on assisting in convention activities, you should notify your lodge so that you can be elected as a delegate. Attending a District Convention is fun and educational: you learn more about Sons of Norway; you are updated and informed about the state of District Six; you meet folks from other lodges; you gain insight from cultural sessions and leadership sessions; you help chart the course of our organization; and of course, you enjoy seeing wonderful entries in the Folk-Art Exhibition and the electronic program submissions. Delegates come back enthused with new ideas to help lodges grow and thrive. The convention includes more heritage and culture, but be assured, there's business to attend to as well. This convention will be full of fun, heritage, and culture as well as the business of our future. We hope to see you there.

## **INTRIGUING CONVENTION EVENT:**

### ***The Real Valkyrie: The Hidden History of Viking Warrior Women* Speaker Nancy Marie Brown at the District Six Convention**

The 2024 District Six Convention will offer a Culture and Heritage Day. Nancy Marie Brown will present a webinar at the convention on one of her latest books, *The Real Valkyrie: The Hidden History of Viking Warrior Women*.

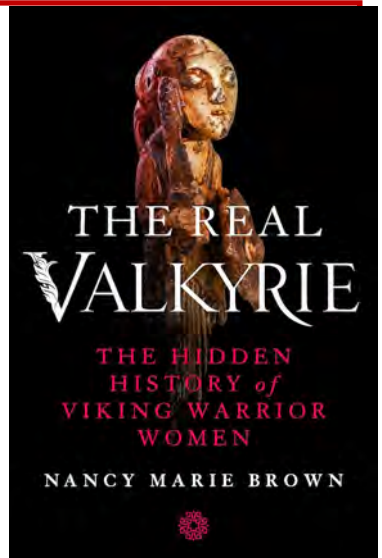
This book is based on archeology of the Birka grave Bj581, which was originally thought to be a male warrior grave. However in 2017, DNA revealed that this Viking warrior of high status was actually a woman.

The author uses science, history, and sagas to weave a story of who this Viking woman might have been and what her story could have been. Brown challenges the reader to think of women during Viking times based on the history and the evidence in the science versus nineteenth-century Victorian biases. Brown quotes in her acknowledgements, Ulrich Raulff in *Farewell to the Horse* (Liveright, 2018), “History is written in the indicative mood, but lived and remembered in the optative—the grammatical mood of wishful thinking. That is why historical myths are so tenacious.

It’s as though the truth, even when it’s there for everyone to see, is powerless—it can’t lay a finger on the all-powerful myth.” *The Real Valkyrie* is my attempt to lay a powerful myth to rest: The myth that Viking women stayed at home, keys on their belts, while Viking men, carrying swords, raided, and traded from North American to Byzantium, Baghdad and beyond.

Anyone may attend the convention Culture and Heritage Day, and even if you aren’t a delegate, you may attend the District Six Lodge meeting as a guest. On Friday June 21, 2024, there will be the webinar by Nancy Marie Brown, author of *The Real Valkyrie*; history of the Vikings by Jaan Calderon; experts on Viking textiles and clothing; Norwegian architecture; the Sons of Norway Cultural Skills literature program with a Viking focus; and more. Consider attending these special events. There will be a nominal fee for the Culture and Heritage Day attendees.

The District Six Convention and lodge meeting will be held at the Tuscany Suites and Casino in Las Vegas Nevada from June 21-June 23, 2024. - ***Submitted by Luella Grangaard***



## CONVENTION COSTS EXPLAINED

Many of you might be wondering about the costs to attend the District Six Lodge Meeting and Convention. At my first couple of conventions, I was appalled at the cost of a lunch as a separate line-item choice – \$25-\$35 for lunch (a number of years ago!). Are you kidding! So, I skipped the group convention lunch and went to the hotel restaurant for a \$5 cup of soup. Smart, eh? Not so much. Not only did I miss out on fellowship during lunch, but in-effect, I was cheating the convention committee/host lodge. We no longer offer separate meal items for just that reason.

The price of the delegate package has to cover food & beverage and numerous hotel and meeting costs. For the convention, we use one space for the meeting; another space for the meals; another for the Folk Art Exhibition; other rooms for the cultural sessions; and another room for cookies, decorations, and supply storage. We utilize hotel 'classroom' tables for the meeting. Other tables and linens are for vendors, registration, Folk Art displays, raffle displays, and the Century Club/Recreation Center. We utilize hotel staff for room set-up, water service, cleaning, and coffee service. Don't get me started on the cost of hotel coffee service. You think Starbucks is expensive – ha, order coffee service for a hotel convention. I'm a little peeved as a I don't drink coffee. Thank-you, more for you all. 😊

Audio Visual is probably the next highest cost after the actual cost of food & beverage. That AV equipment and expertise is not inexpen-



sive. Except in 2012, Bob Dahl, then Zone 7 Director from Sola Lodge in Yuma, AZ purchased a \$500 piece of equipment and did the AV himself. Technology has changed since then, and more is expected of an AV company. Think thousands.

**Remember, gambling losses are only deductible to the extent of one's winnings!**

Then we have our own costs, which we always try to keep to a mini-

mum. Printing and mailing of the Biennial Report Book is considerable, but the cost is to the district, not to the convention committee. We also have decorations, voting paddles, awards/ribbons, signage, name badges, and delegate gifts – some of which are partially or fully donated. We try to be frugal in all we do.

Another tidbit – Convention Services charges a service charge and tax on everything. So, for example, a 23% service charge and an 8.375% tax – you'd expect to be 31.375% overall. Not so. The service charge is applied first, then the tax is over that. For a \$100 item, you end up paying \$133.30 for an effective upcharge of 33.3%. Not a big difference, percentage-wise, but it sure adds up when the dollar amounts of services are higher – for the two included lunches, Friday Dinner, and the Sun-

*(Continued on page 8)*



## **REAL VIKING FASHION SHOW AT THE CONVENTION!**

Calling all Norsemen: Do you have Viking clothing? We are going to have a fashion show at the 2024 District Convention in Las Vegas. Friday will be Viking Day with an opportunity for pictures aboard the Ormen Korte, Vegas Viking's dragon boat. Dinner that evening will be an authentic Viking menu with some Viking entertainment including a Viking Fashion Show. If you have any armour, shields or the like, bring that along. You know you don't get very many opportunities to show off in this clothing!!

Participants should send me a picture of yourself in Viking gear. Indicate your name, phone number and lodge. Then tell me what you are wearing. Did you make it or purchase it? For what reason? Give some "color commentary" about the costume. We will put you in the spotlight and I will describe to our audience what you have on.

Please send your pictures and information to me at: [buttonbar43@yahoo.com](mailto:buttonbar43@yahoo.com). Deadline for registration to be in the fashion show is June 10, 2024.

**Barbara Farmer, Vegas Viking Host Committee**

### ***Convention Expenses (Continued from page 7)***

day Banquet.

We try to do a good job of keeping prices low for our delegates and guests. The 2024 negotiated room rates are a good value nowadays. (Be sure to book your room with our on-line link or group code for phone reservations.)

We know you will enjoy the Tuscany Suites Hotel and Casino; it's a lovely hotel with great suite rooms.

The delegate package is \$325 (\$275 if received and paid by April 15); guest package is

\$285. Room costs at the Tuscany Suites Hotel and Casino are \$79 for Thursday and Sunday nights and \$179 for Friday and Saturday nights - plus 13.38% occupancy tax – roughly \$146.26 per night average if attending four nights. The \$79/weekday rate applies to pre/post reservations based on availability.

Looking forward to seeing you in Las Vegas!

***Nancy Madson, District Six Secretary/  
Convention Committee member***

***(Article Summary: It costs a lot.)***



**ARE YOU A NEW LODGE OFFICER, OR DO YOU HAVE A NEW LODGE POSITION?**

Do you have a new office in your lodge? The District Six website has a self-subscribe function to the various email distribution lists. Consider the district secretary's job of communicating D63 requirements, American Fraternal Alliance information, delegate allowance information, convention information, the district directory, and much more to lodge officers for the 43 lodges in District Six. It's a formidable job even without yearly officer changes. Therefore, it is important to have lodge officer email distribution lists. Use this link to add yourself to the appropriate email distribution list. Click on the link, scroll down, then subscribe using the blue subscribe button on the right-hand side corresponding with your lodge officer position.



*Famous lodge officers of the past—Carney and Gleason—members of The International Order of the Friendly Raccoons...*

Email distribution lists have been created for presidents, vice presidents, secretaries, public relations officers, editors, cultural directors, and Camp Norge ambassadors.

Bring this to the attention of your lodge members as they might want to subscribe to the all-district-members list if they haven't received a recent email regarding the 2024 convention.

<https://sofn6.org/distribution-lists/>

Nancy Madson, District Six Secretary

**District Six Convention****BOOKING A CONVENTION ROOM TIP**

Some might try to book a convention hotel room through sites other than the convention group site. Yes, at first it might appear that rates are less expensive booking with other sites, but what is missing is the \$39.00 daily resort fee that is waived for our group. The resort fee is added after the fact to the separate bookings; it is not included in the advertised rates. I tried to book a convention hotel room choosing a low-rate site, and with the resort fee and the 13.38% room tax, our Sons of Norway rate is still \$8.32 less per night. Also, it is very important for delegates and guests to know that without booking hotel rooms through our group, we may not qualify for the meeting rooms. That could cost us thousands of dollars.



*A room at Tuscany Suites*

Nancy Madson, District Six Secretary

**A message from the editor****PHOTOS — WE ALWAYS NEED THEM**

If you are a lodge officer such as President, Vice President, Cultural Officer, Public Relations Officer, Editor, or whom-ever your President designates, please remember to submit photos to the editor [rosen@winfirst.com](mailto:rosen@winfirst.com), (me) for possible use in the **Viking Magazine** "Happenings" section or the online "Happenings Extra" section on the Headquarters' website. (We submit almost all documented photos that we receive, but Headquarters ultimately decides where to use photos, or whether to use them at all. Also we occasionally use some in this District Six newsletter.)



With any such photo submission we need certain data. There is a form for this on the Headquarters' website, but if the submitter just gives me the following, I can work with it:

**Name, phone and email of the submitter**

**Lodge name with lodge number, and location**

**Name of photo file and resolution or size in kb or gb**

**Event information – purpose, location, date of event, etc.**

**Suggested photo caption (preferably not more than two lines)**

**Do not edit the photo.**

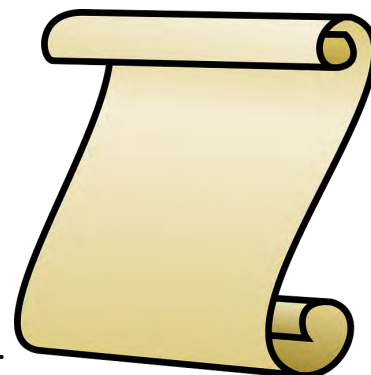
**If there are minors in the photo, please confirm with a parent that it is ok to use the photo and their names.**

I am still getting photos with little or no information and I don't always have time to chase down the needed data, which is a shame. – Editor.

**SUBMITTING A RESOLUTION TO THE DISTRICT LODGE MEETING**

Any lodge may submit a resolution for consideration for the District Lodge Meeting that has been approved at a lodge meeting and signed by the lodge president and secretary. Any resolution suggesting a new program or cost must identify the source of funding. All resolutions must be received by the district secretary no later than March 15<sup>th</sup> of the convention year. - **Nancy Madson, District Secretary, 760-238-8819, norsknm@gmail.com.**

Due to the lateness of this newsletter, you do not have much time...  
- Ed.



## **ELECTION OF CONVENTION DELEGATES**

Every lodge within the district shall be entitled to two delegates for the lodge and one for every fifty members or major fraction thereof, based on the last semi-annual report prior to the election. All members in good standing, with at least three months membership in a lodge, are eligible as delegates. In lodges not in existence for three months at the time of election, all members are eligible, regardless of length of membership.

**Paragraph 12 of District Six bylaws:**

<b>Up to 25 members</b>	<b>2 delegates</b>
<b>26 – 75 members</b>	<b>3 delegates</b>
<b>76 – 125 members</b>	<b>4 delegates</b>
<b>126 – 175 members</b>	<b>5 delegates</b>
<b>Etc.</b>	

The 2023 year-end membership numbers are used to determine the number of delegates to the 2024 District Six Lodge Meeting and Convention. *A letter was sent to each lodge indicating the number of allowed delegates from the lodge.*

Delegate responsibility extends beyond the actual meeting dates in June. The delegates remain District Six Lodge members for a biennium (2024 – 2026). These delegates (District Lodge members) may be called upon to vote (web-based voting) on a referendum during the next biennium.

The District Six Lodge Meeting and Convention will be held at the Tuscany Suites Hotel and Casino in Las Vegas from Friday, June 21 through Sunday, June 23, 2024. Board and committees meet on Thursday, June 20. The newly elected board will meet with the outgoing board members Monday morning, June 24.

**Nancy Madson, District Six Secretary**







## 2024 FOLK ART EXHIBITION GUIDELINES

### ELIGIBILITY

Any Sons of Norway member of District Six is eligible to enter the Folk Art Exhibition to be held during the District Lodge Meeting and Convention.

- I. Entries must fall into one of the following categories:
  - 1) Rosemaling
  - 2) Weaving w/Norwegian design
  - 3) Hardanger Embroidery
  - 4) Klostersøm, Klokkestreng, and other traditional needlework w/Norwegian theme
  - 5) Hand Knitting w/Norwegian design
  - 6) Crocheting and Tatting
  - 7) Figure Carving w/Norwegian motif, including spoon carving
  - 8) Acanthus Carving or Relief carving w/Norwegian motif
  - 9) Chip Carving
  - 10) Bentwood/Tine Box or other woodworking w/Norwegian motif
  - 11) Other Media w/Norwegian theme including photography, painting, felting, kolrosing, etc.
  - 12) Viking
  - 13) Digital/Virtual Cultural Program
- II. There are three classes within each category of exhibition.
  - 1) Youth – up to age 18.
  - 2) Adult Amateurs – persons who engage in the activity as a pastime or hobby only.
  - 3) Adult Professionals –persons who engage in the activity for gainful reasons, i.e. instruction or sales.
- III. All items submitted must have been made by the entrant and must have been finished within the past two years.
- IV. An entrant is allowed to enter a maximum of two items in each category. Fill out and attach one identification label to each item.
- V. All items must be delivered to the Convention Folk Art Committee during the opening of the convention. Since the entrants may not attend the convention, delegates from the lodges may bring the entries of fellow lodge artists to the convention. Each item must have an identification label as provided in this packet.
- VI. It is very important that all entries be registered in advance. The Convention Folk Art Committee needs to know types and quantities of items in advance in order to properly plan the exhibit and prepare the certificates of participation.
- VII. The Convention Folk Art Committee retains the right to disqualify items which are soiled, stained, damaged or inappropriate in any way.

### SALES

All entries should be checked either for sale or not for sale. If item is for sale, indicate the price on the entry form and on the label.

### RETURN OF ITEMS

Items not picked up by the owner or designated person by the specified time at the convention will be returned COD surface rate.

### AWARDS AND CERTIFICATES

All entrants will receive a Tusen Takk certificate. A People's Choice ribbon(s) will be awarded based on viewers' votes. The Youth Class will have a separate People's Choice ribbon(s).

## VIKING LITERATURE CLASS AT CONVENTION

**Luella Grangaard** will be presenting a Level One Literature Class at the convention. Completion of the class will qualify a participant for a Level One Reading Pin through the Sons of Norway Cultural Skills Program.

Prior to the convention, participants must read three books by Norwegian or Norwegian North American authors from the Viking list on the convention website at <https://2024.sofn6.org/viking-literature/>.

Also prior to the class, they must complete one Reader Response Form and write a review of one of the read books for your lodge newsletter and forward the review prior to the class. Send these item to Luella at [morongo2@Verizon.net](mailto:morongo2@Verizon.net) and be prepared to discuss the book you reviewed for your lodge newsletter.

Finally, attend the class at the convention.



From Town Crier to AI?

## COMMUNICATIONS AWARDS TO BE PRESENTED AT 2024 CONVENTION

The District Six **Communication Awards** are created to recognize the merit and creativity of Local Lodge members who create, publish, and post multi-media communication products for their lodges. Communication is the key to recruiting new members and retaining current members, and this can take many different forms.

The lodge newsletter is still at the forefront of communications for many lodges, but more and more, communication is taking other forms through various media sources (websites, Facebook postings, flyers, postcards, calling trees, community publications, public service announcements, banners, posters, etc.). The District Six Communication Awards are intended to honor lodges and all of their individual members who share the varied responsibilities of communicating, promoting, and marketing Sons of Norway to their current members, prospective members, and to their community at-large. Of course, the award process is open to all lodges in District Six.



***Accuracy is the hallmark of good communication.***



## GET YOUR FANA READY FOR 2024 LODGE MEETING AND CONVENTION



*Typical Fana display*



*The Fana made by Luella Grangaard  
for her lodge.*

Does your lodge have a “Fana”\* or banner? Many lodges have made or purchased Fanas over the past years to show their lodge pride. What is a Fana? They are often about 3’ by 4’ and they usually have the lodge logo, location and name. They are usually made on some type of wrinkle-proof fabric. It would be great if all the lodges brought Fanas to the convention. But they must have their own stands. Luella Grangaard made one for her lodge out of PVC pipe that was inexpensive and easy to assemble.

You have time to plan and complete a Fana for the 2024 convention. Show your lodge pride.—***Submitted by District Six 2024 Convention Committee***

*\* No, “Fana” is not short for fanatic...*



**Soldalen Lodge Fana**



## **CONVENTION DELEGATES MAY NEED FINANCIAL ASSISTANCE**

It's time again to consider the election of delegates to the District Six Lodge Meeting and Convention. In fact, many lodges elect their delegates at their March meetings. Potential delegates and lodge leaders might want to consider some of these ideas for fundraising to assist with sending delegates to Las Vegas in June of 2024.

### **Activity by Delegates to raise funds:**

- \*Donate items for a raffle basket – craft items, heirloom/cultural items, baked goods, etc.
- \*Bake sale by delegates
- \*Lodge lunch or dinner put on by delegates
- \*Silent auction of services or goods provided by delegates – lefse upon request, cake made for special occasion, prepare a meal, “taxi” service to & from event, donation of other business or personal service
- \*Work-a-thon by delegates where others pay/donate to have delegate do the donor's usual job

### **Activity by Lodge to raise funds to assist delegates:**

- \*50/50 raffle at one or more meetings
- \*Bake sale by all, to assist delegates
- \*Group yard sale
- \*Lodge lunch or dinner put on by usual workers with a portion or all profit going to assist delegates
- \*Collect cash-refund recyclables for several months
- \*Organize a group outing, getting a group discount, but charge full amount – difference for delegate fund
- \*Engage a Cultural Skills group (Hardanger, Knitting, etc.) to make small items to sell

Many lodges do want to help their delegates financially and no doubt there are many other ways to accomplish this.—Nancy Madson.





## Help build the “Hygge Hus” at Camp Norge!

The Recreation Center Board is excited to announce the launch of our 2024 fundraising campaign to build the “**Hygge Hus**” (Cozy House) cottage adjacent to Heritage Hall at **Camp Norge**. This duplex unit will consist of two apartments, each featuring a bedroom, bathroom, kitchen, and a front room for hanging out. **Importantly, these fully accessible units will ensure inclusivity for individuals using wheelchairs and walkers.**

For decades, we've shared the heartache of our aging and disabled guests who, due to terrain and room limitations, are unable to join us at Camp. We want to turn that around.

### **But we need your help!**

Our vision includes constructing the **Hygge Hus** in the parking area behind Heritage Hall, connected by a level, paved walkway, so our older or disabled guests can join the fun.

**But here's where you come in! We're seeking your generous support** to make our effort a success. The fundraising campaign will run throughout the year, culminating at the District Six Convention in Las Vegas this Summer. Let's come together to build the **Hygge Hus** and make **Camp Norge** a haven for all, regardless of age or ability.

**Watch for more news about the Build the Hygge Hus Campaign.**

Contact any member of the Camp Norge Board, or Fred Hymans: [fred.hymans@gmail.com](mailto:fred.hymans@gmail.com)

## One in a series of life insurance articles

### **DO YOU NEED LIFE INSURANCE AFTER YOU RETIRE?**

'It depends' is the simple answer. Assuming your estate is sufficient to not create a hardship or burden to your survivors, you may not need to keep an existing life insurance policy. On the other hand, if you had a child late in life or have a relative with special needs who is dependent on you for income, it makes sense to keep paying the premiums on your policy.

You also need to make sure your spouse's retirement income will not take a significant penalty when you die. Your spouse may lose your pension or annuity payments along with your social security income. If you find that your spouse will lose a significant portion of income upon your death, you may want to keep the life insurance policy to help make up the difference.

If you still have a mortgage or other large debts, you should probably keep your policy. But if your debt payments are a small part of your net worth that poses no risk of financial difficulty, then you may not need your life insurance policy.

Life insurance can also be a handy estate-planning tool as explained in a previous District Six Newsletter. If you own a business that you want to keep in the family and you don't have enough liquid assets to take care of the estate taxes or the heirs not receiving part of the business, a life insurance policy can help pay taxes and/or keep the inheritance equitable.

***On January 16, 1895, 18 immigrants from Norway met to formally establish Sons of Norway. The purpose of this group was to set up financial protection for themselves and their families in situations of sickness or death. One could say this would be a very early version of a life insurance group.***

Certain life insurance policies can be 'cashed in' for the surrender value if those funds are needed now or if the policy would not be needed by your survivors. Also, there are third-party companies that will 'buy' your policy in a 'life settlement' transaction.

If your finances, without your life insurance policy, will not create a hardship or burden on your survivors, you may want to consider keeping the policy for charitable endeavors. There are innumerable organizations and charities that would accept being the beneficiary of a life insurance policy. But in keeping in touch with your heritage, culture, and interests, your life insurance policy could be used to fund an endowment scholarship within the Sons of Norway Foundation. Even if your life insurance policy benefits are small or shared with others, consider leaving a portion to the Sons of Norway Foundation.

*Excerpts from The Savvy Senior by Jim Miller and edits and commentary by Nancy Madson.*



## FROM ZONE 1 DIRECTOR TOVE-LISE MILLER

Greetings from Zone 1! Hello everyone, time seems to get away from me. My intentions are better than my actions.

I would like to thank Shastafjell Lodge for a very nice visit to their 50<sup>th</sup> anniversary reception in October. I was very proud to present their 50<sup>th</sup> anniversary plaque to their **copresidents Larry Solberg and Linda Huber**. (See photo in "Happenings Extra" on the headquarters website.)



In December our District Six PRO Steve Rosenthal and I visited Gulldalen Lodge, where Steve, after investing in a boatload of lottery tickets, was lucky enough to win the door price. See picture where he is flanked by **President Lynn Skrukrud and Vice President Karen Nichols**.

So many of the lodges are struggling these days and it is sad when lodges decide to close. Unfortunately Hvite Fjell Lodge in Reno NV closed their doors at the end of 2023. That was especially sad for me as I was part of the installation ceremony when it was instituted in November 1991. Thank you **Trygve Larsen** for your hard work to try to keep it going.

Wishing my own, Roald Amundsen Lodge, Happy 95<sup>th</sup> Anniversary in May, to be celebrated on Syttende Mai. Also, several other major events that will be of interest to members in Zone 1 lodges and also lodges in other nearby Northern California zones: the Scandinavian Festival in Sacramento and the Stoughton (Wisconsin) High School Norwegian Dancers who will be performing in the Sacramento area, the San Jose area, and perhaps other San Francisco Bay area venues. See the next two pages.

Looking forward to see as many of you as possible at the District Convention in June.

Hilsen, Tove-Lise, ([Zone1@sofn6.org](mailto:Zone1@sofn6.org) , 916-508-5555)

*Shastafjell Lodge Members*





## Stoughton High School's Norwegian Dancers at Nordahl Hall

*Wednesday, March 27*

*Performances at 4:00 PM and 7:00 PM*

*Dinner at 5:30 PM*

*Solveig Club Boutique will be open!*

Come and experience the energy and enthusiasm of the Stoughton High School Norwegian Dancers from Stoughton, Wisconsin as they perform Scandinavian dances and music. Ten couples (twenty dancers) and four musicians will make the performance memorable.

Two separate donations will be taken at the event to cover food and to support the dancers and musicians.

If you plan to attend the 5:30 dinner, please RSVP at <https://nordahl-grieg.org/site/stoughton-norwegian-dancers/>.

If you want more information or are able to assist with set up or the meal, contact one of the coordinators listed below. We look forward to this very special performance!

Meg Laycock - [meg@jstub.com](mailto:meg@jstub.com)

LaVinnia Pierson - [lavpier@aol.com](mailto:lavpier@aol.com)

Jeannie Thomson - [jeannie352@me.com](mailto:jeannie352@me.com)

Sheryl Hawes - [sheryl.hawes@att.net](mailto:sheryl.hawes@att.net)



### SONS OF NORWAY ROALD AMUNDSEN LODGE #48

and

### DAUGHTERS OF NORWAY ELISE WÆRENSKJOLD LODGE #48

**Are pleased to present a performance of the famous  
STOUGHTON HIGH SCHOOL NORWEGIAN DANCERS**

**Of 2023-2024, Stoughton, Wisconsin**

Read about the group at <https://www.stoughtonnorwegiandancers.com/>



**Raffle winner at Gulldalen Christmas party flanked by President Lynn Skrukrud and Vice President Karen Nichols in order to keep winner from swaying.**



Performance at Orangevale Community Center, 6826 Hazel Ave., Orangevale, California, Saturday, March 23rd, 2024.

Performance begins at 3:00 pm. Please be on time!

The performance is FREE! However, good will contributions are encouraged and can be deposited at the door. Checks can be made payable to Stoughton High School Norwegian Dancers. (A 501(c)3 organization) All contributions will go to the Stoughton Dancers. This performance is part of their spring vacation west coast tour. For more information email

[rosen@winfirst.com](mailto:rosen@winfirst.com) or [kbartos1867@gmail.com](mailto:kbartos1867@gmail.com).





Editor's note: We are publicizing this event because it is more regional than local. Persons from the several Northern California lodges may have interest. The participating Danish lodge is located in the SF Bay area.



**SATURDAY, APRIL 20, 2024**

**40<sup>TH</sup>**

**SACRAMENTO**

**SCANDINAVIAN FESTIVAL**

Elks Lodge #6  
6446 Riverside Blvd  
Sacramento, CA 95831  
(in Pocket area)

10:00 AM - 4:00 PM  
\$5 Entry (Cash)  
Under 12 are Free



- Scandinavian Food, Baked Goods & Merchandise
- Music, Entertainment & Prizes
- Scandinavian Folk Dance
- Kids Area with Arts & Crafts
- Viking Camp and Ship!

[facebook.com/SacramentoScandinavianFestival](https://facebook.com/SacramentoScandinavianFestival)

**Food & Admission - Cash Only**  
**Vendors Accept Credit Cards**



**GREETINGS FROM ZONE 2—CRAIG DILL, DIRECTOR**

Our Zone 2, District Six of the Sons of Norway lodges are busy making plans for the new year. Each Zone 2 lodge has informed their members of the annual Members workshop seminar scheduled with Zoom Meetings. This year, Zone 2 is actively pushing for joint lodge planning and participation for any upcoming lodge events and other nearby events of interest. These joint events will hopefully help smaller lodges with participation, event attendance, enthusiasm as well as with renewed community interest in the Sons of Norway.

Our Zone 2 members are also heavily involved with the Heritage youth camps, Memorial Day weekend activities, Kretsstevne weekend activities and Camp Oldfjell program. We have several lodge members that also annually attend these Camp Norge events. We are pushing for more members to attend these events. We are also looking forward to getting as many lodge members that we can to participate with the annual Camp Norge spring work party to get the camp ready for Summer. **Craig Dill**

**ZONE 6 HAPPENINGS FROM ZONE 6 DIRECTOR MAURY LEE**

Maury reports that, sadly, the Temecula California lodge is closing. (Temecula is a pleasant smaller town alongside I-15, about 60 miles north of San Diego. One of its more famous residents was Erle Stanley Gardner, writer of Perry Mason legal mystery books. He also wrote interesting books about Baja California. You will often find crossword puzzles that look for his first name because of its unusual spelling.—Ed.)

**SONS OF NORWAY MISSION STATEMENT**

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

**GREETINGS FROM ZONE 3—JAN STIGGINS, DIRECTOR**

Greetings,

Basically, by nature, I am one of those people who work in the background and watch. Now, after years of serving on Henrik Ibsen Lodge 6-007 boards, I am ready to step out and put to use what I have learned.

A couple of months ago, I was asked if I would assume the position of Zone 3 Director, and on November 5, 2023, I was approved at a District Six Board meeting. Since then I have been learning more about what Sons of Norway stands for and their goals for the future. In January, I attended a District Six Board Meeting in Las Vegas where the June District Six Convention will be held, and I met the rest of the Board members in person. I am very excited to dig deeper in my knowledge of Sons of Norway and to assist the Board in presenting the Sons of Norway mission and vision.

In January, I was also installed President of Henrik Ibsen Lodge 6-007. My family has been part of Henrik Ibsen Lodge from almost the beginning. Plus, my sister, Laurie Mittelstadt, has been President of the Lodge for the past five years. I am very honored to carry on traditions that my family has started.

There are six lodges in Zone 3, and I look forward to visiting them all this year. I am also looking forward to the convention in June where I can meet more people from District Six. I will also be involved at Kretsstevne and Camp Oldfjell at Camp Norge in September. So far, being Zone 3 Director has been very rewarding and I know the rest of the year will be great!

Fraternally, **Jan Stiggins**



*January Board Meeting, Las Vegas*

**FROM ZONE 5 DIRECTOR RANDY SUNDEEN**

At California Lutheran University May 18-19

**SCANDINAVIAN FESTIVAL—50th ANNIVERSARY!**

This will be the 50th anniversary of the Scandinavian Festival, which will be held May 18-19, 2024 at Kingsman Park, California, California Lutheran University, Thousand Oaks, California. Celebrate the cultures and traditions of Denmark, Finland, Iceland, Norway, Sweden, and the Sami people of the Arctic regions of Scandinavia.

Entertainment for the two days will include Scandinavian bands, songwriters, and an Abba tribute band. Entertainment each day will go from 11 am to 6 pm. There also will be a children's craft area, vendor, booths, exhibits, programs, and a Viking village.

The **Norseman Lodge** from Thousand Oaks will be selling their famous, homemade Lefse. **Norrøna Lodge** from Van Nuys will be selling various arts and crafts.

It is hoped that as many people as possible in District Six will attend this great event and celebrate its 50th anniversary!



For more information, the website is [scandinavianfest.org](http://scandinavianfest.org).



## **ZONE EIGHT HAPPENINGS FROM DIRECTOR DIANE MOLTER**



Diane reports that all of the Colorado lodges will be participating in the **Scandinavian Midsummer Festival** being held in Golden, Colorado June 14-16, 2024. The specific venue is Parfait Park, 719 10<sup>th</sup> St., Golden 80401. The website is <https://scandinavianmidsummer.com/>.

This event is a big fund raiser for **Vesterheim** (They offer for sale a whole year's supply of Lefse!). **Stein Fjell and Vesterheim** lodges sell baked goods, Norse arts and foods. **Fjelldahlen and Trollheim** lodge members volunteer at the Family Activity pavilion, demonstrate Rosemaling, make flower crowns, and help at the Beer Garden. **Vestafjell** members participate with the Living History Viking Village and sell Kransekake.

**SUMMER ROSEMALING RETREAT:** Diane also reports that **The Colorado Rosemaling Retreat** will be held July 16-24, 2024. Some of the instructors include Louise Bath, VGM (Setesdal 14 in. plate); Toshiko Ogishi, VGM (Os 12 in. shallow bowl); Sallie DeReaus, VGM (Transparent Flowers and Scrolls); Diane Edwards, (Decorative technique on found objects and tips for different surfaces); Julie Anderson (Embellishments, stroke varieties); and Kirstin Lewis / Laria Lovec (Hallingdal flowers and color combinations, harmony and values).

To register and for more information contact Diane Edwards at [diaedwards@cs.com](mailto:diaedwards@cs.com). Class space is limited - register soon. **District Six painters are also welcome to contact Diane Molter for more information at [zone8@sofn6.org](mailto:zone8@sofn6.org).** (Also, see next page)

## **REPORT FROM CAMP NORGE PRESIDENT FRED HYMANS**

Fred reports that there will be events taking place on Memorial Day weekend. Concrete for the new building is being poured now and planning is underway. Also a Spring Work Party is scheduled for April 21st. Interested persons should contact Fred: [fred.hymans@gmail.com](mailto:fred.hymans@gmail.com), 916-412-3797.

**SAVE THE DATE NOTIFICATION****THE COLORADO ROSEMALING RETREAT**

Trollheim Sons of Norway Lodge  
6610 W 14th Ave.  
Lakewood, CO 80214

**Wednesday through Saturday, July 17 through July 20, 2024**

**Time: 9 a.m. to 4 p.m. daily**

**All Rosemalers who would like to paint and collaborate**

**INSTRUCTORS**

**Louise Bath, VGM  
Toshiko Ogishi, VGM  
Sallie DeReus, VGM  
Diane Edwards  
Kirstin Lewis  
Julie Anderson  
Laria Lovec**

There will be time for Open painting, finishing projects from classes and visiting with other painters.

**Cost: \$375, covers all classes, snacks, surfaces and background paint**

**Contact for Registration: [diaedwards@cs.com](mailto:diaedwards@cs.com)**

## **COLLEGE/UNIVERSITY SCHOLARSHIPS AVAILABLE IN NORTHERN CALIFORNIA TO STUDENTS OF NORWEGIAN DESCENT!**

Henrik Ibsen Lodge #7, Sons of Norway, is thrilled to have the **Peder P. Johnsen Education Fund Scholarships** available for full time undergraduate and graduate students of Norwegian descent.

Students who have permanent residence in Northern California and have demonstrated academic rigor, as well as involvement in the Norwegian-American community are encouraged to apply. A minimum grade point average of 2.7 is required. Applications will be available now and must be submitted no later than April 1, 2024.

We encourage you to notify students and their parents about this opportunity. The funds from the scholarship often assist students with books and fees and other expenses. Make application requests to: Karen Rogenes Rende, Secretary, Peder P. Johnsen Education Fund, Henrik Ibsen Lodge, #7. Email: [mormor154@gmail.com](mailto:mormor154@gmail.com). Or postal: 154 Devonshire Blvd. , San Carlos, CA 94070.

## **THE LAST ROUNDUP**

I am not standing for reelection as District Six PRO. This may be my last district newsletter. It's been rather fun – so many things going on! But it's time to hit the road, Jack.

Two thirds of the US electorate are unhappy having to pick between two old curmudgeons for President. It's obvious neither of them could write a newsletter, and I am an even older curmudgeon! Time to look for an earnest young gal or guy for the job who can at least get the dates of future events right.

The addled condition is setting in. Is it there or their? Hear or hear? Etc. Spell check saves me for now. What is my best friend's name? Can't remember it. Do I have a best friend?

I have got to take care of some other "stuff." My yard looks like sh—well, let's just say it looks like what it needs – fertilizer of a certain type. The large house is a pile of fuel. It contains all sorts of kitchen contraptions that my dear late wife used to use, but I am afraid to turn on. Her sewing room—how flammable is all that quilting material? The garage: three stalls, barely one car fits. (At least they still let me drive it.)

Whoever takes over can't help but shine. After all, they will be compared to the elder who went before them. Just like whoever finally succeeds our two dueling presidents. – Editor.

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But, after so many pages of information to digest, let's just take a little time to simply relax and think about beautiful Norway; here is a poem composed in 2012 by Arlene Kozub of Roald Amundsen Lodge upon her returning from a trip to Norway (next page):



## Oh Norway

Land of the midnight sun  
God blesses you with great beauty.  
Misty clouds hanging low in the mountains,  
Trees lush and so green, gently swaying in the breeze.  
Your lakes are so clear and blue  
Reflecting the land, rocks, and trees.  
The rushing rivers connect to the lakes which connect  
To the fjords which connect to the open seas.  
There is harmony between the land and the ocean.  
I look at the sky that is bright blue and white and  
Breathe deeply the pure clean air.  
The rushing river at the top of the world is frothy,  
White and azure blue falling into a clear lake that is  
A Mirror of the world around it.  
Waterfalls are so numerous as to be common to the people  
But to me they are a magical splendor.  
Your church is painted with blues and reds, rosemaled prints  
And home to graves from centuries past.  
Old empty farm houses are left for memories and a  
Monument to the generations of families that took care of the earth.  
Sod covered houses with grasses and flowers dot the countryside  
Giving charm and warmth to those below its eaves.  
Your barns are the gateway to the farms with fences of hanging hay,  
White and red houses, flower gardens and children playing.  
Green grazing pastures hang onto the bottom of the mountain  
And slope toward the river, home to luckiest of God's creatures.  
I will miss this beauty and forever it will remain in my heart.  
This is paradise for the mind, body, and spirit.  
I ask our ancestors how hard it must have been  
to leave such a place.

***Composed by Arlene Kozub of Roald Amundsen Lodge, upon returning from a trip to Norway in July 2012***

