

Sons of Norway The SUPER Sixth District

California, Utah, Nevada, Arizona, Colorado, Hawaii, and New Mexico

2024 - 2025 Winter Newsletter

Fra Presidenten

A huge TUSEN TAKK to everyone involved with the District Six Convention: Chair Luella Grangaard, the convention committee, Vegas Viking Lodge, the district board, delegates, cookie bakers and volunteers! It was a lot of work, but I think it was a great success.

The Viking/Cultural Day presentations were wonderful with interesting topics and knowledgeable speakers. The Viking theme was so much fun, with the opportunity to take a photo with the Viking Ship, wear Viking garb, witness a battle and eat a delicious Viking meal followed by a raid of the Vegas Vikings.

During the Recreation Center Meeting, I was impressed that so many candidates chose to step forward to run for the Recreation Center Board. It was a reminder that we have something very special in our district that we must ensure is cared for so that future generations can continue to enjoy it.

The planning for the next convention in 2026 has begun with the search for a hotel and meeting space, ideally near enough to be able to have a day at Camp Norge. I'll be reaching out for members to serve on the convention committee.

I hope that you have had a wonderful summer and look forward to all the good things this fall and winter have to offer.

Fraternally,

Lis Barca



**SONS of
NORWAY**

District 6



District Six Secretary

(Reminder for Lodge Secretaries & Presidents)

As we approach the end of the year, please take a moment to complete the D63 Lodge Officer Update. This is a requirement from Headquarters, and it's essential even if your lodge officer positions remain unchanged for 2025. Timely submission of this information is critical for the District Six Directory & Resource and helps ensure accuracy across our records.

Additionally, please encourage lodge members to check and update their profiles on the Sons of Norway website. While I may receive new officer names, outdated contact information can limit effective communication. Your attention to these updates helps us all stay connected and organized.

For further guidance, please refer to the Sons of Norway Leadership Resource Newsletter: October 2024 email from October 8, 2024, or click on this link: [D63-Officer-Updates-for-2025-1.pdf](#).

Thank you for your cooperation and support in keeping our information current!

Nancy Madson

District Six Secretary

Public Relations Officer

My name is Teri Morken, I'm your new Public Relations Officer. I became a member of Solheim Lodge in Stockton/Lodi, California, in 2011. I've been active in my lodge ever since. In 2003, I became disabled and have been unable to continue working. I can't bend at the waist, lift, carry, sit, or stand for extended periods, but I can type from my zero-gravity chair—so I do. I became our lodge's editor. It was, and still is, a challenge to transition from technical writer to content creator. I found that I enjoyed writing information rather than instructions or disclosures. It gave me the opportunity to learn new skills, as well as discover the events and activities offered by District Six and Camp Norge.

When the opportunity arose to work with Judy Immel on starting a Cultural Newsletter, I jumped at the chance. That presented new challenges—my audience was outside my personal orbit, and once again, I needed to adjust my writing style. Next, I worked on creating the course catalog for Camp Oldfjell, followed by the revival of the Camp Norge Newsletter. Now, I've agreed to take on communications for District Six. I am happiest when I'm learning, and I hope you all don't mind being part of the next phase of my personal journey. I look forward to representing Sons of Norway's District Six as its P.R.O.

Hilsen,

Teri Morken



CAMP OLDFJELL
Classes are filling up fast!
Register now by clicking [HERE!](#)

2024 COURSE CATALOG
Registration closes on 9/8/24

LODGE CALENDAR

November 08	Celebration (one poster)	Location TBD
December 07	Julebord Christmas Celebration	
January 10	Business Meeting	

GARBORG Lodges
LUTEFISK DINNER
Saturday, the 20th serving from 3:30-4:30
211 Bodem St, Modesto, CA
Tickets: \$22

DELTA VIKING
SONS OF NORWAY LODGE #609 OCTOBER 2018

SOCIALLY SPEAKING
Fall! So much going on! I'm all "revved" up after attending the Hallinglag in Osceola, Iowa at the Hesterheim Norwegian-American Museum. I joined my sister and 4 relatives for 4 days of Norsk Culture, music, art and food. Be sure you read about all of the activities listed in this newsletter. Invite friends to join us and share our fun. Our Christmas party will be announced soon. Our Julebord is special. An email will be sent with the details as they become available. Mark your calendar! Come!

Joyce Morken
Social Director

PRESIDENT'S MESSAGE
ON VACATION!
See you in November.

NOVEMBER CELEBRATION
November 8th will be a very special program for Solheim Lodge. We will be celebrating Joyce Morken's 50th birthday as well as welcoming Kirby Aasen from Vikings of the Lake Lodge for a presentation on Genealogy. We are hosting a pot luck dinner and will be looking for "finger food". As of today the menu consists of Meatballs, Almond cakes, drinks and a birthday cake. Please contact Patsy Lithco at 334-5400 to let her know what you can contribute to our celebration.

LODGE CALENDAR

November 08	Celebration (one poster)	Location TBD
December 07	Julebord Christmas Celebration	
January 10	Business Meeting	

I ♥ LUTEFISK

CAMP NORGE EVENTS

Northern California Kretstevne September 2, 3 & 4, 2023
Spend the weekend, or just a day with us for a great time! We'll have fun activities for everyone, and good food provided by some of our local lodges. All of the meals will be served in the Heritage Hall. Click [HERE](#) to pay online or you can choose to mail in your form and check, click [HERE](#) for the form. **Meal registration deadline is August 25.** See page 9 for a copy of the flyer.

74th Rosemaling Seminar September 23-24, 2023
Make your reservations for Penny's Rosemaling Seminar at Camp Norge NOW! The cost of the seminar is \$140. Our teachers are Karen Nelson and Onya Tolmasoff. We will be painting a wooden cradle box with turned spindle handles on each end. The box, made by Lusk Scandia Woodworks in Coon Valley, Wisconsin, measures 12" long x 6" wide x 5" tall. Classes are open to adults, 18 years and older. Class size is limited to twenty-one (21) students per class. A short waitlist will be established. Book classes meet the limit.
NOTE: If you have been wait listed but do not make it into class, your check will be refunded, not returned. **STROKE CLASS:** Karen will be offering a stroke class from 9:30 - 7:30 p.m. on Friday. The cost of the class is \$5, payable directly to Karen.
Karen Nelson's project is a charcoal telemark design on a charcoal background.
Click [HERE](#) for the flyer and the registration form.

Camp Oldfjell September 30 to October 3, 2023
Camp Oldfjell, Folkehøgskule for Vokane (Folk School for Adults), will be held at our beautiful Camp Norge. Classes are filling up fast, check out the full catalog by clicking [HERE](#). To register click [HERE](#). The Camp Oldfjell fee covers classes and meals. Material fees are paid to the instructors. Lodging fees are paid directly to Camp Norge. Click [HERE](#) for lodging information. Classes are filling up fast, sign up today!
Please note: The catalog will be updated when classes are full as will the registration form.

CULTURAL NEWS
September 2023
SONS OF NORWAY DISTRICT SIX
Edition #009

HILSEB FRA KULTURDIREKTØREN
Greetings from your Cultural Director:

When I think of fall, fresh apples come to mind. I can easily envision juicy apples, apple pie and Norwegian Applekake. Nothing is better than Applekake. I have been wondering how long apples have been around and remembered the folklore of Johnny Appleseed in North America. But how long have apples been part of Norway? We know that Norse Gods and Goddesses go back to the time frame before Christianity arrived in Norway.

In the book, "Norse Gods and Goddesses" by Jeff A Menges which was published in 2004 by Dover Publications, Inc, there is a goddess named Idunn. Idunn is the goddess of spring and immortal youth. She represented the return of strength and vitality after a long winter. Idunn kept a grove, like an apple orchard, from which came the apples of youth. She shared these with all who visited her grove. As a result, all were rewarded with long and vigorous lives. Idunn's basket was never empty of fruit, because whenever she picked an apple another one appeared. Ben Franklin is credited with saying "An apple a day keeps the doctor away." This is just another example of the healthy benefits of eating apples. Apples go good with cheese, in salads, in desserts and just eaten. Look for the recipe for Applekake in this edition of the Cultural News.

I have been working on some traditional Norwegian items to use as gifts for the holidays. Several of you have also been working on items. A "Zoom" share session was held on July 26, 2023. Many members shared what they were working on. Some of the pictures are included in this edition of the Cultural News. Thank you Luanella for hosting the Zoom meeting.

Fall leads to the tradition of holidays and they seem to be approaching quickly. The December edition of your Cultural News will have ideas to incorporate some Norwegian traditions into your holidays. So, stay tuned for that.

I hope everyone is doing well during this unusual time. I can say that it's been a little trying for me and my family, but we are all keeping in touch and sharing our precious moments electronically and by small meet. Hope you are able to do the same.

Happy Fall everyone!

Zone 2

2024 Convention Highlights

At the 2024 convention, a key takeaway emerged during our breakout lunch about marketing our lodges. Our Zone 2 delegates agreed the presentations were informative, but most of our lodges lack the resources to implement many of the suggested actions due to limited personnel and an aging membership.

Key solutions discussed included:

1. **Collaborative Marketing:** Forming a Zone 2 committee with representatives from each lodge to tackle marketing strategies collectively, using shared resources.
2. **Joint Events:** Collaborating across Zone 2 lodges for events like lutefisk dinners, where we could pool resources and manpower. Jointly hosted "Zone 2 events" were also proposed.
3. **Cross-Promotion:** Sharing ideas and presentations between lodges to foster membership growth and engagement.
4. **Competitions for Engagement:** Introducing friendly competitions between lodges to boost participation, such as event attendance, volunteering hours, or new member recruitment.
5. **Communication Improvement:** Addressing communication issues by considering a centralized Zone calendar to prevent scheduling conflicts and improve coordination.

Moving forward, improving communication will be key to addressing many of the challenges we face. As discussed during the convention and in subsequent conversations, the wide range of communication tools used by our members—email, social media, phone calls, and traditional newsletters—often leads to miscommunication and scheduling conflicts. To tackle this, we could create a centralized, online calendar for our Zone or include all of the Northern California lodges. This would help with preplanning events and avoid overlapping schedules, ensuring that our members can support multiple activities without conflict. By standardizing our communication efforts, we can strengthen collaboration, boost attendance, and enhance the overall experience for all members.

Continued informal talks have reinforced the importance of better communication and collaboration to strengthen our lodges.

Craig Dill

SofN District Six, Zone 2 Director



Zone 3

Hope that everyone had a great summer! My summer was a busy one!

In June was the District Six biennial Convention in Las Vegas. I was reelected as Zone 3 Director and I am so excited that I will be representing Zone 3 for another two years! It was so nice meeting lodge members from all over District Six. Sessions were informative and the Folk Art was amazingly crafted.

The annual All-Lodge Picnic was held by Henrik Ibsen Lodge on August 17. The Picnic was well attended with guests from Bjornstjerne Bjørnson, Snorre, Nordahl Grieg, Vigeland, Victory, Roald Amundson and our Henrik Ibsen Lodge. Although the weather wasn't the best, we had children's races, swimming, a bounce house, raffles, bingo, Kubb, cornhole, and food. All had a great time!

I had the honor of attending two events at Camp Norge in September - Northern California Kretsstevne and Camp Oldfjell. I was on the planning committee for both events and now know a lot about Camp Norge! All the campers were great and I enjoyed the warm days. It's a great way to meet people and learn about what other lodges are doing. Scandinavian people are very creative!

Overall, it was a wonderful summer!

Fraternally,

Jan Stromsheim Stiggins

SofN District Six, Zone 3 Director



“Outstanding Planning”

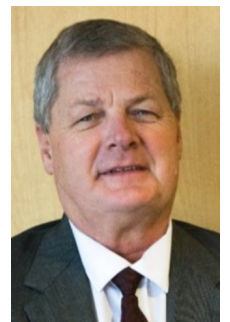
The Norwegians have always been great planners. Take for example, looking at the Vikings of over a thousand years ago, not only the world's first Marines, but also discoverers of the New World. Another example is Roald Amundsen, the Arctic and Antarctic explorer. It is just in the blood.

Recently, my wife Kari and I attended another impressive occurrence that has taken place for forty-three consecutive years. The Sons of Norway Stein Fjell Lodge in Loveland, Colorado, displayed what great planning can accomplish. This past weekend when they prepared and served four hundred hungry mouths at the Faith Evangelical Church in Loveland. Just think of it, peeling enough potatoes, cooking them, and then serving them to that large a crowd. Oh, did I mention the main item on the menu was Lutefisk. This together with eighty-one pounds of meatballs. What a tremendous feat, and such a wonderful time. It just goes to show what we can accomplish when we all work together.

Planning is the key to retirement transition.

Skal,

Kendall Kjerstad, Sons of Norway Agent 3218
Colorado's Sons of Norway Financial Benefits Counselor
kjerstadkendall@yahoo.com



CULTURAL NEWS

Hilsen fra kulturdirektøren

Greetings All, Bruce Fihe here. Because I was not a delegate to the 2024 District Six Convention, we had to jump through a few extra hoops before the Board could appoint me to the open position as District Six Cultural Director. That is all behind us now and I am fully installed in the position. Many of you may know me already as I have served as District Six Vice President, chair of the Social Media Support Committee and been heavily involved in the District Six Language and Heritage Camps (a.k.a. Trollfjell Folkehøgskule and Camp Trollfjell), and Camp Oldfjell.



I've had a long interest in various crafts, especially fiber arts, starting at the age of 5 when my Mom taught me knitting. After joining Sons of Norway, it was easy to use my knitting skills to earn all three level pins in the Cultural Skills Program, knitting unit. My involvement as a craft instructor for Trollfjell Folkehøgskule and Camp Oldfjell allows me to expand my craft skills teaching knitting, chip carving, tablet weaving, Viking wire knitting, and nalbinding. I have developed a particular interest in the Nordic crafts of the Viking era.



One of my goals for this coming year is to rebuild the cultural resources list. I will be looking for folks willing to visit other lodges and deliver programs or workshops in your area of interest. For example, I have a one-day workshop in tablet weaving and two short programs on stamp collecting that I have given to lodges in Northern California. I will be reaching out to the lodge cultural directors to help build up this resource list. I am also happy to hear from folks directly. Feel free to contact me if you have any ideas for or need help with cultural programs for your lodge.

Bruce Fihe
culturaldirector@sofn6.org
831-251-2236



CAMP OLDFJELL

Half Session: Saturday/Sunday September 20-21, 2025

Full Session: Saturday/Tuesday September 20-23, 2025



Vesterheim Museum Presentations for District Six

District Six has arranged for two additional live Zoom presentations from the Vesterheim Museum. The first on November 12, 2024, and the second on February 26, 2025, both at 6:00 Pacific Time.

You may join these Zoom presentations from your home via computer or smart phone, invite a group of friends for a watch party, or organize a watch party at your Lodge. We are limited by the number of connections (computers), not the number of viewers, so watch parties will allow more participants. If you are not able to attend to live presentation, a recording will be made available.

Sacred Symbols: The Folk Art of Norway

Date: November 12, 2024
Time: 6:00 PM Pacific
7:00 PM Mountain
8:00 PM Central Time

Speaker: Laurann Gilbertson, Chief Curator

Program Description: Learn about the many symbols that have come down from ancient times and how they were used in Norway in the nineteenth century. Many of the symbols, used on textiles, wood, horn, and other materials, fall into one of the following functions: good luck, fertility, protection, and linking the human and spiritual worlds.

Request Zoom link here: <https://sofn6.org/vesterheim-sacred-symbols/>



In Trunks, Hands, and Hearts:

What Norwegian Immigrants Brought to the United States.



Date: February 26
Time: 6:00 PM Pacific
7:00 PM Mountain
8:00 PM Central Time.

Speaker: Jennifer Kovarik, Collection Manager

Program Description: Between 1825 and 1980, nearly one million Norwegians left for new lives in America. Consider the reasons for leaving, what they brought, and where they settled. Explore the immigrant experience through stories associated with artifacts in Vesterheim's collection.

Request Zoom link here: <https://sofn6.org/vesterheim-trunks-hands-hearts/>



Crossings 200 Resource Websites

Crossings 200 (USA)

crossings.norwegianamerican.com

Crossings 200 (Norway)

utvandermuseet.no/2025

Slooper Society of America: sloopersociety.org

Sons of Norway: sofn.com/blog/crossings-200th-anniversary-of-norwegian-migration

Wikipedia page: no.m.wikipedia.org/wiki/«Restauration»

Northern California:

Website dedicated to

Jakob Anderson and his journey to Napa, California:

<http://www.wheelerfolk.org/sloop.htm>

Friends of Restauration – News about events surrounding the upcoming voyage in 2025: restauration.no

Facebook: facebook.com/Restauration1825

YouTube: youtube.com/@restauration1825

Instagram: instagram.com/restauration_ship/



Trollheim Lodge #6-110 (Zone 8)

Ready for Sweater Weather in the High Country of Colorado

Fall is a gorgeous season in Colorado, and many of us have beautiful Norwegian sweaters we enjoy wearing this time of year. Recently, several Trollheim Lodge (#6-110) members joined with a number of former-members from Storfjell Lodge to create an eye-catching display of Scandinavian sweaters. The sweaters were exhibited in a couple of libraries in the Grand County Library District (west-northwest of Denver).

The show contained 18 sweaters, as well as various mittens and gloves, that covered an entire wall in the library's community room. In September, the display was at the Fraser Valley Library, in Fraser. Then the exhibit was moved to the Granby Library in Granby, about 15 miles north of Fraser, for the month of October. At each location, the library's patrons were invited to vote for their favorite sweater of the expo.

Storfjell Lodge recently merged with Trollheim Lodge. This event was a unique way to express fraternity between the members of those lodges.

Submitted by Jane Janssen of Trollheim Lodge #6-110 in Lakewood, Colorado



The librarians at Granby Library in Granby, CO, admire the October Scandinavian Sweater display sponsored by Trollheim Lodge #6-110. The display was put up by Barb Stemple, Diane Molter, Jane Janssen, and Jack, the librarian on the far right (who loved the lusekofte just over his head).

Let us know what's happening!

Start planning now! We challenge you to participate in an event that brings visibility to your lodge and the Sons of Norway organization. Be sure to have members take pictures and send them to our Public Relations Officer, Teri Morken, at pro@sofn6.org. Qualifying pictures will be submitted to the Viking Magazine for the Happenings pages, and others may appear in our District Six Newsletter.

Reminder that the guidelines and submission form can be found on the website by following these links:

[Happenings Photo Guide](#)

[Photo Submission Form](#)

Word Search Key

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

Solheim Lodge #6-069 (Zone 2)

Stockton's Solheim Lodge enjoyed a special program in August. Dale Goodman from the Vesterheim Museum presented his visual program on The Restauration for us. It was an amazing story of truly hardy people! The Restauration took 52 passengers on a 98-day journey from Stavanger, Norway, to New York City. The presentation followed the story from its roots in the Napoleonic Wars, through the voyage itself, the reception in New York City, and finally to the first Norwegian settlement in the United States. It was a small sloop, 54 feet long and 16 feet broad, and should have had no more than 16 passengers. There was even a baby born during the voyage. Probably the cask of wine they found floating helped! When they arrived in New York, the captain was fined because only 16 passengers should have been on that size ship. They had to sell the sloop to pay the fine. But all survived and stayed in America.

We had a good number of guests that enjoyed the program and our Norwegian goodies. It was also special to meet Dale Goodman's family from Lodi.

Submitted by: Joyce Morken, Solheim Lodge's Cultural/Social Director



2025 marks the 200th Anniversary of the first organized emigration of Norwegians to the United States. The single mast sloop, Restauration, left Stavanger July 4, 1825, with 52 people on board. Often referred to as the “Sloopers,” they arrived in New York City harbor October 9, 1825. The coordinated undertaking for the 200th anniversary has been identified as “Crossings, Norway & North America, 1825-2025,” and is managed by a group of dedicated professionals representing numerous organizations that include the Norwegian American Historical Association (NAHA), Vesterheim Norwegian-American Museum, Norway House, The Norwegian American newspaper, with representation from Sons of Norway and the Sons of Norway Foundation.

Sons of Norway Involvement: Sons of Norway lodges and other cultural organizations and educational institutions have an opportunity to partner to create exceptional, entertaining, and memorable programming in recognition of this anniversary. It should be noted that 2025 is being referred to as a commemoration, not a celebration: immigration brought opportunities to new arrivals, but also negatively affected existing nations.

Sons of Norway Foundation: The SofN Foundation has made a financial contribution to assist in the communication efforts for Crossings as this milestone is beneficial to many of our lodges. Now is the time for Sons of Norway lodges to consider their options, potential partners, and begin planning for 2025. The Sons of Norway Foundation grants and scholarships program is a funding resource for lodge projects and programs. Grants reach grassroots communities across the county and Norway, and scholarships bolster education and cultural exploration domestically and internationally. 2025 projects related to the 200th anniversary will be given preference for grants. There are also grants available to non-Sons of Norway groups. Learn more at www.sofn.com/foundation/grants/.

Vegas Viking (Zone 6)

Sons of Norway Recognizes a Rising Star

In 1950 the Mills Brothers recorded “Daddy’s Little Girl.” Nothing could be truer than the young woman who took all the marbles this year in the Sons of Norway Scholarship competition.

Jenna Becker received a Vegas Viking Scholarship for \$650, and the District Six scholarship for \$2,000. It is the first time a local student has won both scholarships. One of the evaluators said her application “was the best application he’s ever evaluated.”

Just applying for scholarships was not her only exposure to the Sons of Norway. Her mother, Kim, serves on the Marketing Committee of the Vegas Vikings Lodge 6-152, and Jenna developed several promotional posters for the Lodge. In her scholarship application, she noted that she plans to continue her SofN activities by taking her interest in art and architecture to study abroad. In addition to contributing flyers for the Vegas Vikings, her art has been shown at Las Vegas Art in the Park and the Las Vegas Summerlin Festival of the Arts.

She has won Hederspris Outstanding Sports Achievement Award, and the Idrettsmerke Sports Hero Medal, both from the local lodge

Now she is off to Augustana College, Rock Island, Ill. where she received several additional scholarships including an art scholarship, her major, and for softball, the reason to go there in the first place. She will major in art with a minor in psychology. Why Augustana College “I liked the coach and his philosophy in teaching the fundamentals of the sport,” she said.

Jenna’s other high school sports activities and recognitions stretch the length of a very long arm. They include the Heisman High School Scholarship, NIAA All-State Academic tennis team, Nevada Preps All-Southern Nevada Softball Team, All-league First Team Softball (two years), National Fast pitch Coaches Association All-America Scholar Athlete, Dorall Academy Red Rock Varsity Softball Player of the year (two year) and many more.

“My goal was to have my first year’s tuition paid for before stepping on the campus,” Jenna said with confidence. “I also received a lot of scholarship offers that I won’t be able to use because I didn’t select any of those schools.” In fact there were either applications to or offers from 24 schools across the country.

Her community service work included collecting eyeglasses for the Lions Insight Foundation, Kids’ Food Basket, Arthritis Foundation, and Arthritis National Research Foundation’s Be Strong Nevada State Representative.

And if all that wasn’t enough, she was on the National Honor Society, held several positions in student government, including serving as a mentor to students and an intermediary in problem resolutions..

When asked where she sees herself 10 or 20 years from now, she replies with all the confidence of a success story. “I want to be happy. I know I will be successful.”

Now what about Daddy’s Little Girl? Her father, Richard, has been an assistant coach her entire softball career, starting in elementary school. Their next big road trip will be when he drives her to Augustana College in late August.

Daddy’s little girl is now all grown up!

Submitted by: Luella Grangaard, International Director



L-R: Connie O’Brien, V.P. of Fraternal & Foundation Development, Jenna Becker, and Luella Grangaard.

Announcing the 2025 Dates for District Six's Annual Language and Heritage Camps!

We are excited to share the dates for our 2025 youth camps, held at beautiful Camp Norge in the Sierra Mountains:

Trollfjell Folkehøgskule
Dates: June 29 – July 12
Ages: 14 to 17 years old

Camp Trollfjell
Dates: July 13 – July 26
Ages: 8 to 13 years old

Since 1967, our camps have provided youth with a unique opportunity to celebrate and embrace Norwegian heritage. Attendees immerse themselves in cultural experiences, learning the Norwegian language and practicing traditional crafts like rosemaling, tablet weaving, and wire weaving. Campers also enjoy Norwegian folk dancing and making classic treats such as lefse and traditional cookies, while exploring Norwegian history and Nordic mythology.

Join Our Team in 2025!

To make this incredible experience possible, we are seeking enthusiastic volunteers. Family who volunteer are eligible for discounts—up to \$500 off camp fees. Contact the Camp Director for more information.

To apply for any of the following positions, please email us at camp.director@sofn6.org.

- | | | |
|--|---|--|
| <ul style="list-style-type: none">• Norwegian Language Instructor• Dance Instructor (for July 8-12)• Rosemaling Instructors• Crafts Instructors• Counselor in Training (16+)*• Counselor (18+)* | Professional Roles: <ul style="list-style-type: none">• Lifeguard (afternoon shifts)• Open Water Lifeguard (1 day for each camp)• Nurse (to support our current medical staff) | Requirements for Positions: <ul style="list-style-type: none">• Successful completion of a background check• Mandated reporter training• California DMV driving report• First Aid and CPR certification* |
|--|---|--|

Help us continue the tradition of celebrating Norwegian culture at Camp Norge!

2024 Foundation News:

It is an honor to serve as the District Six Foundation Director. I have seen the benefit of the value of the Foundation in giving scholarships, grants and camperships. I saw many young people experience life changing education and experiences through these programs. Many lodges, organizations and individuals have received grants when it mattered most. Camperships really touch those who attend by learning by doing. Friendships in all these programs are strong and often last a lifetime.

There are thousands of nonprofit groups but if you check the Sons of Norway Foundation you will find that it is consistently rated in the top of all such groups, with four-star ratings and comments such as “100 percent fiscal and accountability integrity.” That says a great deal for an organization with a very small staff and volunteers who are elected to judge the selection of candidates for scholarships and camperships. I wish more of these applicants could be granted, but the structure of the Foundation organization ensures the best is done for as many as possible.

Please support the “Together, we are the Future” Campaign. Your tax deductible donation will make an impact. The Foundation is also eligible for Donor Advised Funds (DAF).

Finally, many lodges are struggling to find officers to serve as Foundation Directors. This role is important and adds value to the lodge. Some lodges are finding new members to serve in this role while others are having existing officers such as the Lodge Counselor serve both roles. I encourage all lodges to do their best to fill the Lodge Foundation role.

Best Regards,

James Adams
District Six Foundation Director

9 Facts About Social Security

By Fred Hymans, CFP® Financial Advisor

Social Security has been a fact of retirement life ever since it was established in 1935. We all think we know how it works, but how much do you really know? Here are nine things that might surprise you.

1. The Social Security trust fund is huge. It was \$2.8 trillion at the end of 2022. ^[1]
2. Most workers are eligible for Social Security benefits, but not all. For example, until 1984, federal government employees were part of the Civil Service Retirement System and were not covered by Social Security. ^[2]
3. You don't have to work long to be eligible. If you were born in 1929 or later, you need to work for 10 or more years to be eligible for benefits. ^[3]
4. Benefits are based on an individual's average earnings during a lifetime of work under the Social Security system. The calculation is based on the 35 highest years of earnings. If an individual has years of low or no earnings, Social Security may count those years to bring the total years to 35. ^[4]
5. There haven't always been cost-of-living adjustments (COLA) in Social Security benefits. Before 1975, increasing benefits required an act of Congress; now, increases happen automatically, based on the Consumer Price Index. There was a COLA increase of 3.2% for 2024, but there was an increase of 8.7% in 2023. ^[5]
6. Social Security is a major source of retirement income for 67% of current retirees. ^[6]
7. Social Security benefits are subject to federal income taxes – but it wasn't always that way. In 1983, Amendments to the Social Security Act made benefits taxable, starting with the 1984 tax year. ^[7]
8. Social Security recipients received a single lump-sum payment from 1937 until 1940. One-time payments were considered "payback" to those people who contributed to the program. Social Security administrators believed these people would not participate long enough to be vested for monthly benefits. ^[8]
9. In January 1937, Earnest Ackerman became the first person in the U.S. to receive a Social Security benefit – a lump sum of 17 cents. ^[8]

While social security payments may cease when a spouse passes away, life insurance proceeds can soften the blow of a reduced income for the surviving spouse. We know shopping for life insurance and investments can be confusing and sometimes described in terms that we just don't understand. So whether you are looking for insurance for yourself or a loved one, or wanting a second opinion about your financial situation, see your Sons of Norway Insurance Professional.

References

[1] SSA.gov, 2023

[3] SSA.gov, 2023

[5] SSA.gov, 2023

[7] SSA.gov, 2023

[2] Investopedia.com, September 18, 2023

[4] SSA.gov, 2023

[6] EBRI.org, 2023

[8] SSA.gov, 2023

District Six Insurance Professionals

CA	Fred Hymans	916-333-2086	fred@EFSplanning.com
CA/NV	James Donovan	908-276-5529	jdonovaninsure@gmail.com
CO	Kendal Kjerstad	970-697-1114	kjerstadkendall@yahoo.com
CA/NV	Adrienne Lincoln	530-263-6565	alincoln2048@comcast.net

As of 11/03/2024

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1. What is the Sons of Norway Foundation? The Sons of Norway Foundation is a 501(c)(3) non-profit charitable organization. This means that financial donations to the Foundation are fully income-tax deductible.

2. When was the Sons of Norway Foundation established? The Sons of Norway Foundation was established in 1966.

3. What is the mission of the Sons of Norway Foundation? The mission of the Sons of Norway Foundation is to celebrate Nordic culture and heritage through scholarships and grants to our members and communities.

4. How are the scholarships established? The scholarships are established by individuals, lodges, and districts who donate financial resources to the Sons of Norway Foundation to endow scholarships. Once the financial donation is made and the terms of the scholarship are agreed upon, the financial donation(s) is then invested.

5. What is an 'endowed' scholarship? An endowed scholarship is funded by financial resources donated for a charitable purpose, such as a scholarship fund. The financial resources are invested in an endowment fund and only the interest on these investments is used to fund the scholarship. Once the endowment has been established, the donor no longer has any control or rights to the donated funds. Those who donate their financial resources to an endowed scholarship do, however, determine the criteria for the scholarship.

6. Who is eligible to receive a Sons of Norway Foundation Scholarship? Applicants must be a current Sons of Norway member or a child or grandchild of a current Sons of Norway member. There are a few scholarships that accept applications from non-members.

7. Scholarships awarded 2021 - 2024
2021 29 scholarships awarded \$111,799
2022 37 scholarships awarded \$133,000
2023 38 scholarships awarded \$160,000
2024 33 scholarships awarded \$147,820

8. Where do I find information about Sons of Norway Foundation Scholarships? Sons of Norway Foundation scholarship information can be found at www.sofn.com, the Sons of Norway website. Click on the "Foundation" tab and scroll down and click on "Scholarships." Scholarships are open for application starting October 1.

9. What are Sons of Norway Foundation Grants? There are six Sons of Norway Foundation Grants: 3 for Heritage and Culture and 3 for Humanitarian purposes.

10. Heritage and Culture Fund Grants: Heritage and Culture grants are for projects that promote and preserve the Nordic culture and heritage, and to "give lodges a boost" in their operating budget that they would not likely receive from other sources.

When you donate to the Sons of Norway Foundation, you are helping to strengthen our Nordic legacy and keep our vibrant communities thriving for generations to come. There's more than one way to give. You can make a difference today! Learn more about the many ways to contribute at www.sofn.com/foundation/donate/!

11. Humanitarian Fund grants: Humanitarian Fund grants are to establish educational programming and/or mentoring for children, or to provide financial support for members whose homes are significantly damaged and are deemed unlivable for a period of time due to a natural disaster, or to provide assistance to members experiencing severe financial hardship from extreme medical illness or personal injury. To receive the natural disaster and medical Humanitarian Fund grants, the applicant must be a current Sons of Norway member.

12. Grants awarded 2021 - 2024
2021 28 grants awarded \$38,958
2022 42 grants awarded \$85,191
2023 39 grants awarded \$67,310
2024 55 grants awarded \$134,853



13. How are Sons of Norway Foundation Grants funded? The Sons of Norway Foundation grants are funded through generous donations from our members and lodges. Donors may direct a gift to a specific fund, such as the Humanitarian Fund, or not designate and the donation will go to a general fund which can be used for other grants.

14. Where do I find information about Sons of Norway Foundation Grants? Sons of Norway Foundation grant information can be found at www.sofn.com, the Sons of Norway website. Click on "Foundation" and scroll down to and click on "Grants."

15. How is the Sons of Norway Foundation governed? The Sons of Norway Foundation is governed by the Foundation Board of Governors whose terms, duties, and responsibilities are stated in their Bylaws. There is the Chair, Vice Chair, Secretary, Treasurer, and at-large members. Because of its close relationship to Sons of Norway, the International Chair can appoint members to the Foundation Board of Governors. Members of the Foundation Board of Governors serve without pay; however, expenses are paid.

16. Where do I find information about the Sons of Norway Foundation Board of Governors? For more information, go to the Sons of Norway website and under "Foundation," click on "Oversight and Governance."

17. What are the assets of the Sons of Norway Foundation? As of December 31, 2023, the assets of the Sons of Norway Foundation were \$11,686,356.

18. What is the relationship between the Sons of Norway and Sons of Norway Foundation? The Sons of Norway Fraternal Benefit Society is a 501(c)(8) insurance company that administers insurance and annuity products for our members. They also administer the Fraternal (heritage and culture) benefits, such as the Viking Magazine. The Sons of Norway Foundation is a 501(c)(3) non-profit charitable organization. The Sons of Norway Foundation is financially independent of the Sons of Norway Fraternal Benefit Society.

Information provided by your District Six Foundation Director, James Adams. Contact James at: foundation-director@sofn6.org



Sons of Norway's District Six Board of Directors pictured at the 2024 Convention and Lodge meeting.

Standing L-R: Jan Stiggins, Tove-Lise Miller, Craig Dill, Randy Sundeen, Maury Lee, Jonathan Walters, and Diane Molter. Seated L-R: Laurie Mittelstadt, Lis Barca, Nancy Madson, and Benny Jo Hinchey. Not pictured: Bruce Fihe and Teri Morken.

District Six Officers

President	Lis Barca	president@sofn6.org
Vice President	Laurie Mittelstadt	vicepresident@sofn6.org
Secretary	Nancy Madson	secretary@sofn6.org
Treasurer	Benny Jo Hinchey	treasurer@sofn6.org
P.R.O.	Teri Morken	pro@sofn6.org
Cultural Director	Bruce Fihe	culturaldirector@sofn6.org
International Director	Luella Grangaard	luella.grangaard@sofn6.org

Zone Directors

1	Tove-Lise Miller	zone1@sofn6.org
2	Craig Dill	zone2@sofn6.org
3	Jan Stiggins	zone3@sofn6.org
5	Randy Sundeen	zone5@sofn6.org
6	Maury Lee	zone6@sofn6.org
7	Jonathan Walters	zone7@sofn6.org
8	Diane Molter	zone8@sofn6.org

Sons of Norway Headquarters

1455 West Lake Street
 Minneapolis MN 55408-2666
 Phone: (612) 827-3611
 Toll Free: (800) 945-8851

Websites

Sons of Norway: sofn.com
 District Six : sofn6.org
 District Six Youth Programs: sofn6.org/ary
 Camp Norge: campnorge.org
 Century Club: century.campnorge.org

Facebook Pages

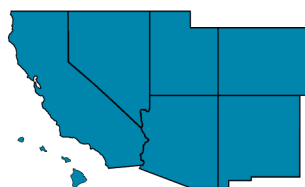
Group Page: [Sons of Norway District Six](https://www.facebook.com/SonsOfNorwayDistrictSix)
 Group Page: [Camp Norge](https://www.facebook.com/CampNorge)
 Camp Norge: [facebook.com/campnorgeofficial](https://www.facebook.com/campnorgeofficial)
 Group Page: [Trollfjell](https://www.facebook.com/Trollfjell)

International 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 Nordic countries.



District Six Mission Statement



The mission of the District Six Board of Directors is to inspire the preservation of Norwegian heritage; provide information on the Financial, Fraternal, and Foundation programs of Sons of Norway; and to support District Six lodges and members through communications, program resources, and opportunities.

KID'S PAGES



WINTER FUN

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

Skiing

Sledding

Ice Fishing

Snowshoeing

Mittens

Snowball

Ice Skating

Tobogganing

Curling

Snowman

Ski Jump

Speed Skating

Hot Chocolate

Cross Country

CAN YOU FIND THE SECRET MESSAGE?

Free Children's Cross Country Ski Event

BARNELOPET

1.0 Km, 2.5 Km & 5.0 Km for ages 0 -16

Saturday, February 22, 2025



Snow Mountain Ranch ~YMCA~ Granby,
Legett Hall

Sponsored by Sons of Norway

- Register at www.barnelopet.com or at 9:30 a.m. on the day
- Check in at 9:30 AM, Introduction XC Class 10:00-11:00 AM, Event begins at 11:15 AM
- Free ski rentals at YMCA Nordic Center
- After event reception with refreshments
- For further information contact co-coordinators:
Lois Hodne at (303) 324-1880, loishodne@gmail.com
or Jon Eirik Holm-Johansen
(970) 412-0433, tvchiro@gmail.com

Register here



Links featured in this image:

www.barnelopet.com loishodne@gmail.com tvchiro@gmail.com



Save the dates for 2025!

June 29 to July 12

Trollfjell Folkehøgskule

Open to youth ages 14 to 17 years old

July 13 to July 26

Camp Trollfjell

Open to campers 8 to 13 years old

**For all of the details on Sons of
Norway's District Six Language & Heritage
Camps, visit our website at:**

sofn6.org/arv/

Save the Dates!



Half Session: Saturday/Sunday
September 20-21, 2025

Full Session: Saturday/Tuesday
September 20-23, 2025

sofn6.org/camp-oldfjell/



2024 Attendees





Slektforskningklubb
Fjelldalen Lodge #6-162
Highlands Ranch – Fjelldalen.com



Slektforskningklubb

American / Nordic Genealogy

The Fjelldalen Slektforskningklubb - the *Sons of Norway Genealogy Club* - is involved with both Nordic and general genealogy and discusses how to find and use research tools while working on practical examples. Help sessions usually occur for the last half of each meeting.

All meetings are open to Everyone who wants to attend!

The Slektforskningklubb meets on ZOOM at 9:30 am on the first Saturday of the month.

Click on Genealogy (above) to see the current schedule and videos / handouts of prior classes.

For questions or information - send an email to:

Genealogy@fjelldalen.com



Link featured in this image:
genealogy@fjelldalen.com