

Sons of Norway The **SUPER** Sixth District

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

Spring 2025 Newsletter

Vice President's message:



To begin, thanks so much to the various committees and boards that work hard during the year to prepare our events. These include the zone directors creating the Member Seminars, the Youth Camp Committee, and the 2026 District Six Conference Committee. We need these resolute volunteers who continue to make a significant impact to Sons of Norway.

We have already begun planning for the June 2026 District Six Convention in Sacramento! We are planning to travel to Camp Norge in Alta for an afternoon during the convention. It promises to be a special gathering.

We are starting a fresh Membership Committee to welcome new members and help to keep all our lodges sustainable. Please let us know if you would like to participate. We will be looking at best practices of lodges in how they provide opportunities for fun, learning, and leadership for their members, monitor the membership of the district looking for trends, and support all lodges in recruitment and retention efforts.

Looking ahead to the summer, please consider sending young family members to camp at Camp Norge! No better way exists to share our culture with our youth and ensure lifelong bonds. Also visit camp yourself! Learn more about the Memorial Day weekend which is a laid-back family event, Northern California Kretsstevne, Rosemaling, and our camp for adults who are young at heart, Camp Oldfjell on September 20-23, 2025.

Let us know what events you are planning!

Fraternally,

Laurie Mittelstadt, District Six V.P.



Laurie Mittelstadt shows off her custom Norwegian homestead painting by Jana Peterson of Desert Fjord #133 in Scottsdale, AZ. janapeterson@cox.net



District Six Youth Half Camperships 2025

The District provides ½ camperships to youth in our district for Camp Trollfjell ages 8-13 and Trollfjell Folkehøgskule ages 14-17. Camp is held at the Recreation Center Camp Norge, Alta, CA. There are a limited amount of camperships. Do not assume that your child will automatically receive one. Also the child must be a heritage or family member of Sons of Norway. The amount of the half camperships is half of the registration cost. The application form is available on the District Six Website. All applications must be received by May 1, 2025.

Please send the applications to District Six Campership Committee c/o Lis Barca, 403 Decanter Circle, Windsor, CA 65492-6664 or e-mail, president@sofn6.org.

Public Relations Officer

Viking Magazine Photo Submissions

I've seen so many fantastic photos in your newsletters and on your Facebook pages—now it's time to share them with a wider audience! I invite you to submit your photos to your lodge leaders for a chance to be featured in the *Viking* magazine. The submission deadline is the 15th of every even-numbered month. For example, photos submitted by April 15th could be included in the July/August edition.

Please remember, only unedited photos will be considered (no cropping) and they must have a minimum resolution of 1500x900 pixels. If you're unsure how to check your photo's resolution, most apps or programs will display the photo's properties or details. Click on the icon representing the image file, right-click on it and select "Properties" and then "Summary" or "Details." The information that you are looking for are the pixel dimensions. As a general rule, the larger the pixel dimensions, the better the quality of the photo.

District Six Newsletter & Cultural Newsletter Submissions

In this newsletter, you'll find articles from some of our lodges showcasing their recent events. If you have an event you'd like to highlight, we'd love to feature it! Simply send photos and a narrative to pro@sofn6.org. Share the details of your event, how you organized it, what inspired the theme, and anything else that made it special. By sharing your experiences, you might just inspire another lodge to host a similar event!

Fraternally, Teri Morken, District Six P.R.O.

Zone 1

Greetings from Zone 1



I cannot believe this, but I have been Zone 1 Director on and off since 1996 and I am also current President of my local lodge, Roald Amundsen Lodge in Sacramento, home of the 2026 District Six Convention. It is being held in Sacramento, but help will be needed from all the closest lodges.

I have visited all the lodges in my zone over the years, but unfortunately it has been a long time since I have made a visit to Eureka. I hope to do that soon.

I had a very nice visit in January with Vikings of Lake for their 20th anniversary, where several of their charter members were in attendance. I always enjoy visiting their lodge.

Thank you to all the officers and members who work so hard to keep their lodges going, It is a challenge as we all have a difficult time involving the younger generation.

Looking forward to future visits to all my lodges.

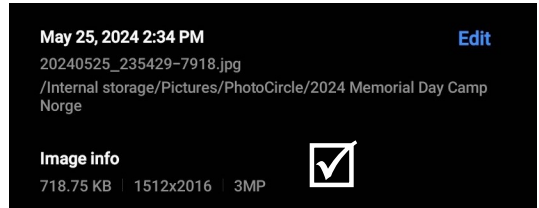
Hilsen
Tove-Lise Miller, Zone 1 Director.

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Convention Site Visit
L-R: Jason Morken, Teri Morken, Peggy Hyde, Kathy Bennett, Tove-Lise Miller, Laurie Mittelstadt, Diane Niggli

Zone 5



The lodges in Zone 5 continue to promote Norwegian culture and heritage through their many activities and lodge functions.

The Norseman lodge in Thousand Oaks recently installed their new officers. Eloda Lineham was elected President and previously served as President of Fridtjof Nansen lodge. Their women's group, TOLAN continues to meet monthly.

The Fridtjof Nansen lodge in Long Beach will be celebrating their 95th Anniversary on June 14, 2025, at Christ Lutheran Church in Long Beach. Everyone is invited to come and celebrate with the lodge members.

Peer Gynt lodge in Hawthorne will be having a group excursion to the Scandinavian Festival in April. They will be having a Western night on April 19, 2025, with barbecue ribs and all the fixings. The lodge welcomes anyone who wants to come and have a good time.

The Ivar Aasen lodge in Santa Barbara will be having their annual film night on March 22, 2025. The lodge also will be preparing to host the Central California Kretsstevne in Santa Barbara next fall. Stay tuned for more information.

Noronna lodge in Van Nuys had their annual lutefisk dinner last November, serving over 300 meals in one evening.

Ulabrand lodge in Rancho Palos Verdes, unfortunately, is in danger of closing. The lodge would be celebrating their 99th birthday on May 29, 2025. A dwindling and aging membership, with no volunteers for leadership positions, makes the prospects of the club bleak.



Debbie Grubbs serving at the Lutefisk Dinner



Solbakken Lodge Walking Group

Solbakken lodge in Placentia has started a walking group. They meet at least once per month and walk in a nature preserve or big local park. Anyone is welcome to join them.

As mentioned, the Central California Kretsstevne, or CCK, is planning to be held in Santa Barbara this fall. This will be a one-day event with many planned activities and delicious home-cooked meals. It is hoped with the change of location that many more people can attend and interact with other lodges on a fun-filled day.

Submitted by Randy Sundeen, Zone 5 Director



2024 Central California Krettstevne

Ski for Light 50th Anniversary

Leif Erikson, 6-83, Salt Lake City, UT -- Donning t-shirts with the Ski for Light logo on front and Sons of Norway logo on back, lodge members and friends fanned out at the Salt Lake International Airport to greet and guide participants arriving for Ski for Light. This year's event, held January 25th through February 2nd at Soldier Hollow near Park City and in Provo, Utah, marked the 50th Anniversary of the Ski for Light program. Lodge members made many new friends as they greeted participants, walked with them to pick up baggage, guided them to the gathering area, or handed out snacks.



Ski for Light is an all-volunteer, non-profit organization founded in 1975 that teaches the basics of classic cross-country skiing to adults who are visually or mobility impaired, while giving participants who have already learned the basics of the sport the chance to improve their skills or to just have fun on the snow. All of this takes place during an annual week long event at a U.S. location that changes from year to year, and is made possible by the volunteer sighted and able-bodied experienced cross-country skiers who attend as guides and instructors.

For 50 years, Ski for Light has included a "Norway Night" program in honor of Sons of Norway's contribution in Ski for Light's early years as well as ongoing contributions by both the national organization and local lodges where events are staged. This year was no exception, as lodge members dressed in traditional attire were able to share a little bit of Norwegian culture. Participants were able to handle various Norwegian cultural items, including textiles, handicrafts, and clothing.

Lodge members were also able to visit with Norway's new ambassador to the United States, Anniken Huitfeldt, who was a guest speaker at the banquet held that night. After her address, the ambassador sat down and visited with Sons of Norway members, sharing her experiences so far as ambassador.

Submitted by: Stewart Shelline, Cultural Director for Leif Erikson 6-83



Top and Bottom: Sons of Norway Volunteers at the airport
Right: Lodge members Stewart and Heidi Shelline with Norway's ambassador to the United States, Anniken Huitfeldt.



What is an Annuity

Submitted by Len Carlson Financial Benefits Counselor

An Annuity is an investment designed for protection from market risk while offering you a guaranteed rate of return. An Annuity is a contract between you and an insurance company. Annuities, give you the option to simply let your money grow with interest, ability to access free withdrawals, or take systematic payments over a set number of years; there are even life time payment options. Annuities have many advantages:

- *Tax Deferral
- *Guaranteed Interest Rate
- *Protection from market risk
- *Access to Free Withdrawals
- *Diversification

With the right Annuity, Sons of Norway can help you reach your long-term goals. Please contact me so we can have a discussion about your goals.

Please contact me for more details: Len Carlson FIC CLU 651-253-1943 or lencarlson253@gmail.com

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
AZ	Len Carlson	651-253-1943	lencarlson253@gmail.com

Lodge ANNIVERSARIES

2025 Milestones

Years	Lodge	#	Location	Date
20	Vikings of Lake	166	Lake County, CA	January 23
30	Fjelldalen	162	Denver, CO	June 24
35	Vestafjell	146	Grand Junction, CO	June 12
35	Solskinn	150	Palm Desert, CA	October 27
40	Sol Byer	134	Sun City, AZ	March 23
50	Stein Fjell	114	Loveland, CO	December 13
70	Solheim	069	Stockton/Lodi, CA	April 2
75	Norge	060	Vista, CA	October 14
95	Fridtjof Nansen	009	Long Beach, CA	June 6
115	Fram	013	Eureka, CA	March 26
115	Bjornstjerne Bjornson	014	Oakland, CA	April 14

Don't Get Fooled by SCAM or Phishing Emails

Essential Tips to Keep Your Information Safe

SCAM and phishing emails continue to be a prevalent threat in today's digital world. Recently Sons of Norway members have been targeted. These deceptive messages aim to trick recipients into divulging personal information, such as passwords, credit card numbers, or other sensitive data. Or try to trick you into sending them money. To safeguard yourself against these malicious attempts, follow these essential tips:

Verify the "From" Address

One of the simplest ways to detect a phishing email is to scrutinize the "From" address. Cybercriminals often use email addresses that appear similar to those of legitimate contacts, but there are usually subtle differences. Always compare the email address to the known address of the apparent sender. If there are inconsistencies, it is likely a phishing attempt.

From: Lis Barca <d88765342@gmail.com>
Sent: Monday, February 10, 2025 6:18 AM
To: ALFRED HYMANS <fred@efsplanning.com>
Subject: Sons of Norway District Six

Hello Fred
Are you available to assist? I am quite unavailable now and I've got credence in you to take care of this. I would have called your phone but I presently do not have access to my mobile phone
Sons of Norway District Six needs some gift cards for donation to California Wildfire Victims. I have decided to make it a personal duty. I will be responsible for the reimbursement. Need more info?

Assess the Wording and Tone

Phishing emails often contain language that seems out of character for the supposed sender. Ask yourself if the wording sounds like the person you know. If the email seems unusually urgent, contains grammatical errors, or uses unfamiliar phrases, it may be a red flag indicating a phishing attempt.

Call to Confirm

If an email instructs you not to make phone calls, be wary. Cybercriminals use this tactic to prevent you from verifying the email's legitimacy. If in doubt, call the sender anyway using a known and trusted phone number to confirm the email's authenticity.

Avoid Purchasing Gift Cards

A common phishing scam involves requests to purchase gift cards. These emails often create a sense of urgency or use emotional manipulation. Remember, legitimate organizations and individuals will not ask you to buy gift cards as a form of payment or verification.

Exercise Caution Online

The internet remains a frontier fraught with risks, much like the wild west. Always use caution when navigating the digital landscape. Be mindful of the websites you visit, the links you click, and the information you share.

By following these guidelines, you can significantly reduce the risk of falling victim to phishing emails. Stay vigilant and protect your personal information from cyber threats.

Submitted by: Bruce Fihe

Chair, Social Media Support Committee



Together We Are the Future 2024-25 Campaign Results

Thanks to the generosity and support of our members, lodges, and districts, Sons of Norway Foundation exceeded its goal and raised an impressive \$154,447.03! This total reflects the collective strength of our community coming together to support the vital work of the Foundation.

Campaign Highlights:

- Total Raised: \$154,447.03 (Goal: \$150,000)
- Total Gifts: 840
- Major Contributions:
 - Two \$10,000 gifts—one from an individual donor and one from the Island Viking Lodge in Alaska
 - Five \$5,000 gifts (2 from individuals, 3 from lodges/districts)
- Fifteen gifts in the \$1,000 - \$4,000 range (5 from individuals, 2 from organizations, 8 from lodges/districts)
- Fourteen \$1,000 gifts (7 from individuals, 7 from lodges/districts)
- Average Gift Size: \$184.08

District Six Lodges who made contributions to the campaign:

Sola Lodge 6-168
Valhall Lodge 6-025
Norrøna Lodge 6-050
Solskinn Lodge 6-150

Leif Erikson Lodge 6-083
Vegas Viking Lodge 6-152
Bjornstjerne Bjornson Lodge 6-014
Roald Amundsen – 6-048

Sol Byer Lodge 6-134
Solbakken Lodge 6-64
Fjellheim Lodge 6-107
Stein Fjell Lodge 6-114

Together, we are shaping a brighter future for our community, our heritage, and our next generation. Thank you for making the 2024-2025 campaign such a success!

The District Six Lodges will receive recognition from Sons of Norway headquarters by mail.

Best regards,

Jim Adams, District Six Foundation Director

Grant Name	Applications
Community Partnership	31
Lodge Cultural & Heritage	15
Helping Hands to Members	1
Helping Hands to Children	12
Lodge Vitality	15
Total Applications	74



What's new at Camp Norge

We have a new day use policy for camp. Details can be found here: campnorge.org/site/reservations-rates/

Stay tuned for online booking, coming this spring!

Stay up to date and follow Camp Norge on social Media

- facebook.com/campnorgeofficial
- [@campnorge](https://instagram.com/campnorge)

Submitted by: Lynn Skrukrud, District Six Recreation Center Vice President



Barneløpet – A Classic Nordic Ski Race for Children

One hundred and eight children chose to ski 1K, 2.5K or 5 K distances on groomed tracks at Snow Mountain Ranch on Saturday February 22, 2025 . The Barneløpet (Children's Race) continues the tradition brought by Scandinavian immigrants to the U.S. and Canada during the 20th century. The non-competitive events introduce newer skiers under the age of seventeen to Nordic cross-country skiing, and encourage them to try a new healthy outdoor activity by providing free lessons, equipment, trail passes and lunch. Each participant earns a medal, a flag and lots of encouragement for finishing the non-timed events. Snow Mountain Ranch YMCA has been a Grand County Barneløpet sponsor for more than ten years, along with Colorado Sons of Norway lodges, plus national and District funding support..



Thanks to all the volunteers who served as registrars, trail marshals to keep skiers headed in the correct direction, food preparation and clean up duties, and ski instructors so the children have fun and learn new skills. Come join us in February 2026 as we recreate another classic memory.

Submitted by Pamela Hanson of Storfjell #169. Photo curtesy of Bev Moe of Fjelldalen #162.

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.

- Norwegian Language Instructor
- Dance Instructor (for July 8-12)
- Rosemaling Instructors
- Crafts Instructors
- Counselor in Training (16+)*
- Counselor (18+)*

Professional Roles:

- Lifeguard (afternoon shifts)
- Open Water Lifeguard (1 day for each camp)
- Nurse (to support our current medical staff)

Requirements for Positions:

- 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!

CAMP NORGE ANNUAL EVENTS

Rosemaling Retreats

Penny's Rosemaling Retreats, held the last full weekend in April and September, have been held at Camp Norge for decades and are led by highly skilled teachers. There are two classes per session, with each class capping out with 21 people.

The retreat is open to painters of all skills levels. No prior experience needed. Registrations are accepted on a first come first serve basis and often sell out. For detailed information visit: campnorge.org/site/rosemaling/.

Work Weekends

District Six members chip in and help Camp Norge's board and Camp Manager prepare camp for each summer. Projects are available for all ages and abilities. We do tasks such as cleaning the decks, raking leaves, clearing brush, cleaning picnic tables, hauling yard waste, trail maintenance, and more. We'll provide lodging for the night, breakfast, lunch, and dinner. We ask you to bring your work gloves, tools, paint supplies, and cleaning supplies.

If you are proficient in a trade-skill such as plumbing, electrical, construction, etc., we welcome you and occasionally have special work parties. If you are willing to donate your services or consult as needed, please email our board president, Fred at fred.hymans@campnorge.org.

Memorial Day

The annual Memorial Day Weekend Campout at Camp Norge is a District-wide event for members of Sons of Norway and friends. It's a fun and relaxing weekend and serves as a great way to kick off the summer season! Activities include hiking, campfires, kids' games, pickleball, horseshoes, axe throwing, and more! Choose from staying in a dorm or cabin or bring your tent or RV. You can purchase meals in advance or provide your own meals. For detailed information visit campnorge.org/site/memorial-day/.

Language and Heritage Camps (Camp Trollfjell and Trollfjell Folkehøgskule)

Sons of Norway District Six Language and Heritage Camps offer participants a unique opportunity to deepen their connection with Scandinavian culture all while having fun in a traditional summer camp setting. Attendees enjoy field games, swimming, and hiking, but unlike other summer camps they also experience unique cultural activities including daily Norwegian lessons, rosemaling, axe throwing, folk dancing, and Scandinavian cooking. Each camp is two weeks, from late June to late July. For detailed information visit sofn6.org/arv.

California's Kretsstevner

Each fall District Six members in California get together to raise money for Camp Norge. The Northern California Kretsstevne is held over the labor day weekend at Camp Norge. The Central California Kretsstevne is held in the Santa Barbara area, and the Southern California Kretsstevne is held in Banning at the KOA Campground. For detailed information visit: sofn6.org, click events/news—Kretsstevner.

Camp Oldfjell

District Six members over 18 can attend their own Heritage Camp. Classes are offered in various Norwegian handi-crafts, many of which are eligible for Sons of Norway's Cultural Skills program. Typical summer camp activities are also available. For detailed information visit: sofn6.org/camp-oldfjell/.

Folkedans Stevne

The Nordahl Grieg Leikarring og Spelemannslag (NGLS) hosts a weekend of Scandinavian dance music and folk dances for dancers of all levels. Friday's evening meal is a pot luck with the remainder of the weekend meals included in the registration fee. For detailed information visit: campnorge.org/site/folk-dancers/.



Meet the Language and Heritage Camp Team

Co-Directors

Rebekah Strand has been an integral part of Camp Trollfjell for many years, starting as a camper and later transitioning into roles as a counselor, program director, and ultimately co-director. In her current role, she is responsible for overseeing the camp's programs and daily operations, bringing both her deep passion for Norwegian heritage and her expertise as an educator. Rebekah's dedication to the camp and its mission is evident in her work with District Six's Language and Heritage Camps. She is a dedicated member of Stein Fjell Lodge in Loveland, CO.

Jason Morken began his journey at Camp Trollfjell as a camper, eventually moving on to become a counselor and, later, co-director. As co-director, Jason manages the communication with families, develops the camp's budget, and spearheads outreach efforts. His leadership extends beyond camp operations, as he also serves as a board member for District Six's Recreation Center, Camp Norge. Jason is also an active member of Solheim Lodge in Lodi, CA.



L-R: Jason Morken and Rebekah Strand



L-R: Kalia Freitas, her grandmother and Aimee McKenney in 2024

Head Nurse

Aimee McKenney takes over head nurse duties from her mother, Christina Hanzel, in 2025. Aimee has been a nurse at Camp Trollfjell & Folkehøgskule since 2011. Aimee is a member of Vikings of Lake in Lake County, CA.

Instructor

Kalia Freitas attended Camp Trollfjell with Jason Morken in 2001. She returned to Camp Trollfjell in 2024 as the dance instructor. Kalia has been involved in Scandinavian Folk Dancing since she was young. Kalia and her family are members at Nordahl Grieg in San Jose, CA.

Cook

Kirby Aasen has dedicated over a decade to serving as the cook for both Camp Trollfjell and Trollfjell Folkehøgskule. In addition to preparing meals for campers and staff, Kirby actively shares his culinary skills with campers, enriching their experience. Last year, he taught campers how to make jam from the blackberries they picked themselves. Kirby is a member of Vikings of Lake in Lake County, CA.



Kirby Aasen, Kirby and Campers making blackberry jam



Baylee McKenney, upper center, with her 2024 campers.

Head Counselor

Baylee McKenney has been involved in District Six's Language and Heritage Camps since she was 8 years old. She attended Camp Trollfjell and Trollfjell Folkehøgskule. When she was 16 she was a CIT (Counselor in Training), and became a Counselor when she was 18. In 2024 she became the Head Counselor. Baylee is a member of Vikings of Lake in Lake County, CA



CULTURAL NEWS

The Great Viking Survey

Exploring Contemporary Perceptions of Vikings

The Great Viking Survey aims to inform the perception of Vikings and map the ways in which contemporary media view these ancient warriors. This online survey invites anyone, anywhere, over the age of 18, to share their thoughts on the iconic Viking warrior figure, as well as the enduring legacy and memory of the Vikings in the modern world.

Introduction

The fascination with Vikings—those formidable seafarers from the Scandinavian regions—has endured for centuries. From their legendary raids and exploration to their complex societies and cultural impacts, Vikings continue to capture the public imagination. The purpose of the Great Viking Survey is to delve into this fascination, examining how Vikings are perceived today and how media representations shape and spread these perceptions.

Purpose of the Survey

The survey's primary goal is to gather a diverse range of viewpoints on the Viking figure and their legacy. By collecting data from participants worldwide, researchers hope to gain a deeper understanding of the following:

- Current public perceptions of Vikings.
- The influence of modern media on these perceptions.
- The symbols and myths associated with Vikings that persist in contemporary culture.

Methodology

The survey is conducted online, making it accessible to a global audience. Participants need to be over the age of 18 to ensure that the responses are representative of adult perceptions. The survey consists of a series of questions designed to elicit detailed responses about:

- Personal views on Vikings and their historical significance.
- The portrayal of Vikings in films, television, literature, and other media.
- The impact of these portrayals on the participants' understanding and imagination of Viking history and culture.

Expected Outcomes

By analyzing the data collected from the survey, researchers aim to uncover patterns and trends in contemporary perceptions of Vikings. These insights will help to:

- Illuminate the ways in which Viking imagery is constructed and propagated in the public sphere.
- Understand the enduring appeal of Viking myths and symbols.
- Identify the educational and cultural implications of these perceptions.



Continued on page 12

The Great Viking Survey

Continued from page 11

Significance of the Research

The Great Viking Survey is significant for several reasons:

- It offers an unprecedented opportunity to gather large-scale, diverse data on the perceptions and current portrayal of a historical culture.
- It provides insights that can inform historical education and public history initiatives.
- It contributes to the broader understanding of how history and myth are intertwined in popular culture.



How to Participate

To participate in the Great Viking Survey, individuals simply need to access the online survey by clicking [HERE](#) or by scanning the QR Code. Participants will be guided through a series of questions that explore both their personal views and their awareness of Viking portrayals in various media. The survey ensures the confidentiality and anonymity of all respondents, encouraging honest and candid responses.

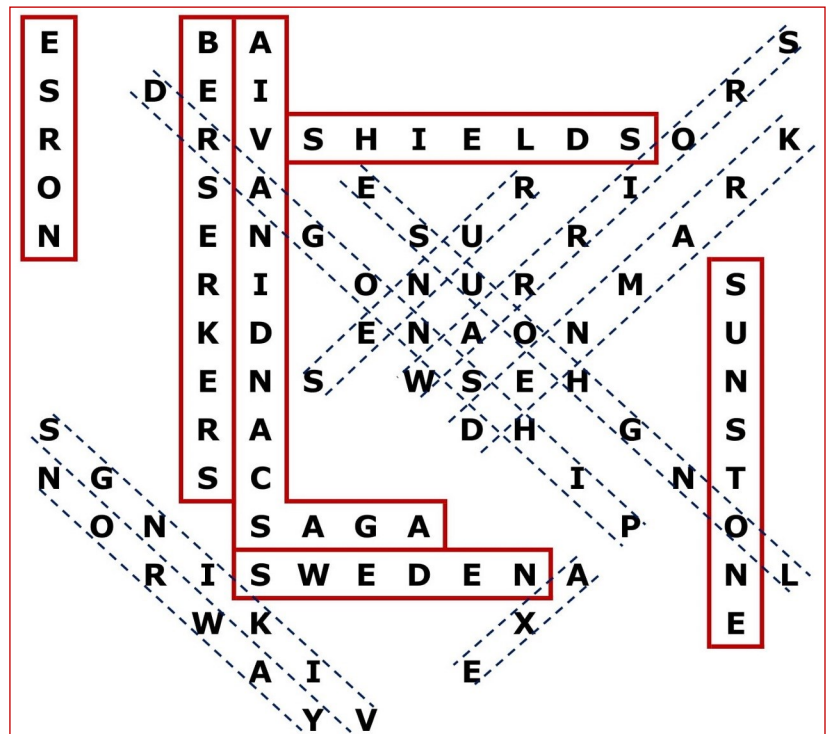
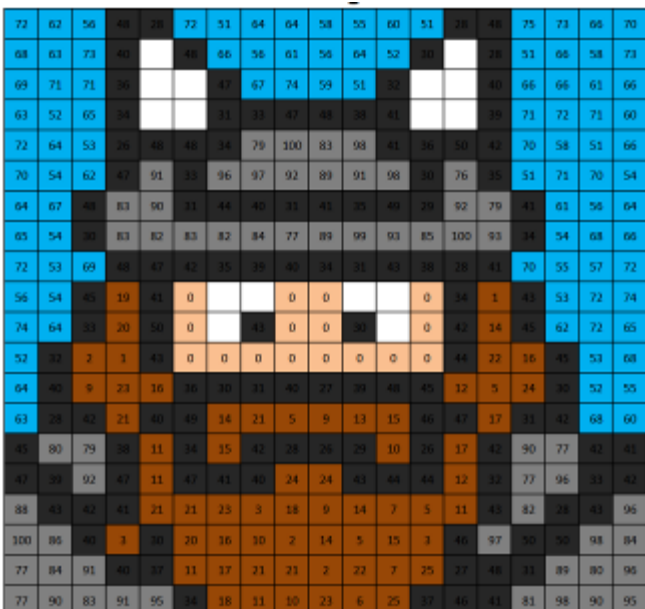
Conclusion

The Great Viking Survey is a groundbreaking initiative that seeks to map the modern world's perception of Vikings and understand how these perceptions are shaped by contemporary media. By participating in the survey, individuals contribute to a broader understanding of cultural memory and the enduring legacies of historical figures. The insights gained from this research will not only enrich our knowledge of Viking history but also enhance how we engage with and interpret the past in today's media-saturated world.

This initiative highlights the importance of public engagement in historical research, demonstrating that understanding our past is a collective endeavor that benefits from diverse perspectives and shared insights. Through the Great Viking Survey, we can better appreciate the complex interplay between history, myth, and media, and how they shape our views of iconic figures like the Vikings.

Bruce Fihe

culturaldirector@sofn6.org



Ole Bull Presentation at Vesterheim Lodge in Boulder, CO

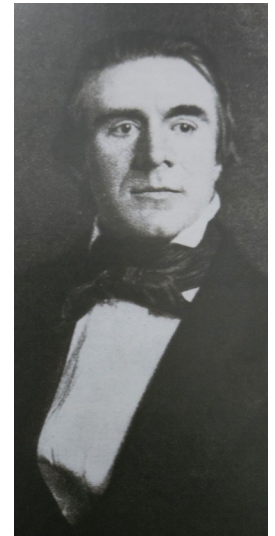
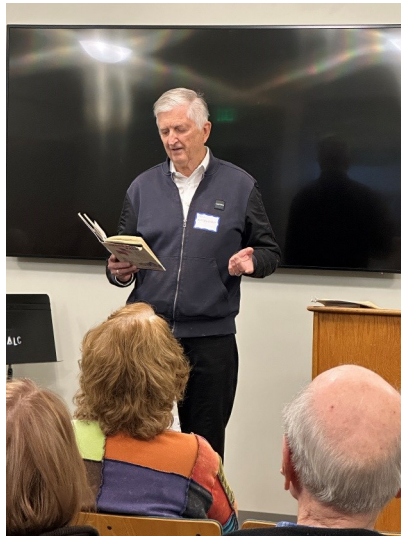
At the November membership meeting, President Erik Sirnes introduced Paul Engelstad who gave his well-researched presentation on Ole Bull, the renowned Norwegian violinist and composer. It was an enjoyable presentation and elicited many questions about the man and his music. In the past years, Paul has tracked down descendants of those Norwegians who believed so strongly in Bull's dream that they followed him to Oleana. Many of these immigrant families headed to Wisconsin and Iowa following the Colony's collapse, and they have shared their family stories with Paul. He continues to be fascinated by Bull's life, especially his role in promoting Norwegian nationalism.

Bull was the catalyst for the careers of Ibsen, Grieg, and Bjørnson. Paul has become familiar with the history on both sides of the Atlantic and has made contributions to book and film projects and held lectures both in Norway and the U.S. Paul worked with Violinist Arve Tellefsen and Actress Liv Ullman on their tour of Bull's music and life in America.

Paul retired from the Department of State having served as a U.S. Diplomat in Africa, the Middle East, and in Europe. He wrote the history of the beginnings of the Department's Cultural Division for its 75th Anniversary. With Vesterheim Lodge member Caryl Stalick, he co-authored a book on the architecture of James W. Woltz of the Cumberland Valley. A native of Washington D.C., Paul is currently residing in Pennsylvania. He is still involved in numerous historical research projects while enjoying being a grandfather to five young ones. Following the presentation, we shared pie and coffee organized by Lori McLean, while catching up on everyone's activities as we approach the holiday season.

Submitted by John Kennedy of Vesterheim #118

Photos: All photos were taken by John Kennedy on an iPhone. (1) Paul Engelstad with Cultural Director, Caryl Stalick, (2) Paul presenting his talk, and (3) Statue of Ole Bull in Bergen. The fourth picture, of Ole Bull, was taken from the presentation.



CAMP OLOFJELL

Classes from Saturday, September 20 to Tuesday, September 23, 2025

We're looking to expand our team of instructors. If you're passionate about leading, sharing your skills, and being a part of this special experience, we'd love to hear from you! Send an email to our Cultural Director, Bruce Fihe at culturaldirector@sofn6.org. We welcome instructors for various activities and we encourage anyone interested to reach out and express their interest. If you are only available on the weekend, you can teach a two day course on Saturday and Sunday, or teach a four day course from Saturday to Tuesday. We check in on Friday evening and you can chose to stay until after breakfast on Wednesday.

KID'S PAGES

72	62	56	48	28	72	51	64	64	58	55	60	51	28	48	75	73	66	70
68	63	73	40		48	66	56	61	56	64	52	30		28	51	66	58	73
69	71	71	36			47	67	74	59	51	32			40	66	66	61	66
63	52	65	34			31	33	47	48	38	41			39	71	72	71	60
72	64	53	26	48	48	34	79	100	83	98	41	36	50	42	70	58	51	66
70	54	62	47	91	33	96	97	92	89	91	98	30	76	35	51	71	70	54
64	67	48	83	90	31	44	40	31	41	35	49	29	92	79	41	61	56	64
65	54	30	83	82	83	82	84	77	89	99	93	85	100	93	34	54	68	66
72	53	69	48	47	42	35	39	40	34	31	43	38	28	41	70	55	57	72
56	54	45	19	41	0			0	0			0	34	1	43	53	72	74
74	64	33	20	50	0		43	0	0	30		0	42	14	45	62	72	65
52	32	2	1	43	0	0	0	0	0	0	0	0	44	22	16	45	53	68
64	40	9	23	16	36	30	31	40	27	39	48	45	12	5	24	30	52	55
63	28	42	21	40	49	14	21	5	9	13	15	46	47	17	31	42	68	60
45	80	79	38	11	34	15	42	28	26	29	10	26	17	42	90	77	42	41
47	39	92	47	11	47	41	40	24	24	43	44	44	12	32	77	96	33	42
88	43	42	41	21	21	23	3	18	9	14	7	5	11	43	82	28	43	96
100	86	40	3	30	20	16	10	2	14	5	15	3	46	97	50	50	98	84
77	84	91	40	37	11	17	21	21	2	22	7	25	27	48	31	89	80	96
77	90	83	91	95	34	18	11	10	23	6	25	37	46	41	81	98	90	95

Key:

0	Tan
1-25	Brown
26-50	Black
51-75	Blue
76-100	Gray

*Blank squares are white

VIKING
Color by number

VIKINGS

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

AXE

SAGA

RUNES

VIKINGS

SHIELDS

NORSE

NORWAY

SWEDEN

DENMARK

LONGHOUSE

SUNSTONE

WARRIORS

DRAGONSHIP

BERSERKERS

SCANDINAVIA



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	1
Vice President	Laurie Mittelstadt	vicepresident@sofn6.org	2
Secretary	Nancy Madson	secretary@sofn6.org	3
Treasurer	Benny Jo Hinchey	treasurer@sofn6.org	5
P.R.O.	Teri Morken	pro@sofn6.org	6
Cultural Director	Bruce Fihe	culturaldirector@sofn6.org	7
International Chair	Luella Grangaard	luella.granaard@sofnboard.com	8

Zone Directors

Tove-Lise Miller	zone1@sofn6.org
Craig Dill	zone2@sofn6.org
Jan Stiggins	zone3@sofn6.org
Randy Sundeen	zone5@sofn6.org
Maury Lee	zone6@sofn6.org
Jonathan Walters	zone7@sofn6.org
Diane Molter	zone8@sofn6.org

Sons of Norway Headquarters

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Websites

Sons of Norway: sofn.com
 District Six : sofn6.org
 District Six Youth Programs: sofn6.org/arv
 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.



WORK DAY!

Help prepare camp for summer!

Saturday, May 3rd

9am- 5pm

Projects for all ages & abilities.

*Helpers can stay the night at camp for free!
Breakfast, lunch & dinner provided.*

Bring gloves, tools, paint supplies, and cleaning supplies.

Please RSVP — Email Fred at fred.hymans@campnorge.org

Spring Rosemaling Retreat

The Spring Rosemaling Retreat at Camp Norge in Alta, CA will be held on April 26 & 27.

Follow the link below to the registration form with details about the classes.

This is an all levels class - no prior rosemaling or painting experience is needed.

Onsite accommodations are available.

For this session we will be painting a beautiful jewelry box, with 1 drawer and a flip-up lid.

If you'd like to attend please fill out and return the form at your earliest convenience (email submissions are highly preferred).

Onya will be offering a Friday night stroke class on 4/25.

Great for all experience levels and highly recommended for beginners.

Please see the link below for more information on the stroke class. If you plan to attend the stroke class, please be sure to check the box on the registration form.

More information here:

[Registration Form](#) [Stroke Class](#)

Information provided by Lynn



Onya's design: Valdres Garden Jewelry Box



Sue's Design: Rogaland Jewelry Box



MEMORIAL DAY

At Camp Norge

Join us for a fun & relaxing weekend!

MAY 24-26

Swimming | Hiking | Campfire | Axe Throwing | Pickle Ball

STAY

Choose from: Main House, Dorms, or Cabins - or bring your RV or Tent

DETAILS

Come for the day or the whole weekend!
Tons of fun activities to choose from for all skills and abilities.
Meals provided or on your own.

SAVE THE DATE

Registration opens soon!





SAVE
THE
DATE

SONS OF NORWAY
HENRIK IBSEN LODGE
ALL-LODGE PICNIC

Saturday, August 16, 2025

11:00 am to 5:00 pm

HENRIK IBSEN PARK

WOODSIDE, CA

Mark your calendars!

If you would like to help plan the Picnic,
please contact Jan Stiggins at ibsenlodge@gmail.com

Fun for all!





Slektforskningklubb
Fjell dalen Lodge #6-162
Highlands Ranch – Fjell dalen.com



Slektforskningklubb

American / Nordic Genealogy

Spring 2025 Schedule

The Fjell dalen 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.



<https://www.fjell dalen.com/genealogy-class>

Spring 2025 Meeting Schedule:

- November 2nd How to use a Bygdebok (Farm Book Compilation)
- December 7th WikiTree and MyHeritage Web Sites
- January 4th No meeting
- February 1st Using Google Maps – Planning a Genealogy Trip
- March 1st Gamechanger – Family Search’s Full Text Search
- April 5th Gravminner, Find-a-Grave, Billion Graves
- May 3rd Slechtsveisperringer - Solving Your Genealogy Roadblocks
- June 7th DigitalArkivit’s Histreg.no - Historical Population Register

For questions or information - send an email to:

Genealogy@fjell dalen.com

