

Sons of Norway
The SUPER Sixth District

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

Summer/Fall 2026 Newsletter

Vice President's message:

Our convention last month was a tremendous success, bringing together members from across the district for several days of fellowship, business, and celebration of our shared Norwegian heritage. From the opening leadership sessions with Lis Barca, Randy Sundeen and Lynn Skrukrud to the closing banquet, the enthusiasm and camaraderie reminded us why we enjoy coming together.

I'd especially like to thank the dozens of people on the Convention Committee who put such great care into every detail of the program and materials. Working together toward a shared goal is how we strengthen our community. Our fraternal organization is fortunate to include members with a wide variety of talents and skills.

Some of my favorite convention memories include Fred Hymans and Janie Kelly serving as our pioneer hosts on the buses to Camp Norge, the exuberance of the Folkehøgskole students as they launched one another into the air during their Sunday luncheon dance performance, and, of course, the cookies! I also enjoyed learning more about our partner organization, BetterLife. Working together highlights the values and heritage we share while helping us look toward the future.

Delegates also completed the important business of the convention by electing a new Board of Directors.



We are fortunate to welcome two new Zone Directors, Joy Albertson and Kirby Aasen. Congratulations as well to Craig Dill on his new role as Cultural Director. And to Tove-Lise Miller, who is stepping down after many years of dedicated service as Zone 1 Director—tusen takk for your commitment to District Six. The Membership Committee will soon begin work on new initiatives and activities to attract and retain members, as well as prepare for Membership Seminars early next year.

Planning is already underway for our next District Six Convention, which will be held in two years. We hope to announce the location by the end of this year. In the meantime, we have Kretsstevner and Camp Oldfjell to look forward to.

Thank you again to everyone who attended, volunteered, sponsored events, and worked both in front of and behind the scenes to make this convention such a success.

Fraternally,

Laurie Mittelstadt, District Six V.P.
vp@sofn6.org

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Public Relations Officer

Communication Builds Stronger Lodges

Thank you to all of the lodges that submitted entries for the Communications Awards presented at the biennial District Six Lodge Meeting and Convention. It was inspiring to see the many ways our lodges connect with their members and communities.

The Communications Awards recognize far more than newsletters. Every way your lodge communicates makes a difference. Whether you maintain a website, post regularly on social media, send emails, make phone calls, publish public service announcements, or remember members with birthday, get-well, and sympathy cards, each effort helps strengthen your lodge and keeps members informed and engaged.

This year, we also recognized the dedicated individuals who work behind the scenes to ensure members stay up to date on district news, lodge activities, and upcoming events. Your time, creativity, and commitment are appreciated more than you know.

In May, District Six introduced PhotoCircle, a simple app that allows lodge members to upload photos directly into a shared online album called a Circle. It's an easy way to preserve memories, showcase your lodge's activities, and provide a collection of photos that can be used in newsletters, on social media, and other promotional materials. Best of all, these images help introduce prospective members to the fellowship and fun that make Sons of Norway so special.



Not every lodge has started using its Circle yet. Ask your lodge leadership to share an invitation to your lodge's Circle and start uploading your photos. Every member can help tell the story of your lodge. Share pictures from meetings, cultural programs, Camp Norge, district events, and community activities with friends and family. A picture is often the best invitation to become involved.

In her article, Laurie mentioned the wonderful dance performance by alumni of the 2025 Folkehøgskule and Camp Trollfjell sessions.

If you'd like to relive that special moment or see it for the first time, you can watch the videos by joining the 2026 Convention PhotoCircle. Simply scan the QR code to join the Circle and enjoy photos and videos from the convention.

If you'd like to learn how to use PhotoCircle, watch the training video at sofn6.org/photocircle-training/ or have your lodge leaders contact me to schedule a Zoom presentation for your lodge.

I look forward to seeing how your lodge continues to share its story and connect with members in the year ahead.

Teri Morken
District Six Public Relations Officer
pro@sofn6.org





Roald Amundsen
6-048 Zone 1



Fridtjof Nansen
6-009 Zone 5



Vegas Viking
6-152 Zone 6



Trollheim 6-110 Zone 8 cleanup crew



Nordahl Grieg 6-052 Zone 3



Solheim 6-069 and Garborg 6-058 Zone 2



**Celebrate your
lodge's events,
awards, outings,
or the dugnad,
(community
service) you
perform for your
lodge and
community.**

**Use your
PhotoCircle!**



Bjornstjerne Bjornson 6-014 Zone 2



Norseman
6-091 Zone 5



Trollheim
6-110 Zone 8



Peer Gynt 6-022 Zone 5



Trollfjell Folkehøgskule



Victory 6-043 Zone 2



Camp Trollfjell

Viking Magazine Submissions for April and June 2026

Zone 2



1) **Solheim 6-069 in Stockton/Lodi, CA:** 25 Members from 6 different lodges came together to prepare District Six's Recreation Center, Camp Norge, for the 2026 Season

2) **Solheim 6-069 in Stockton/Lodi, CA:** At the District Six Convention, three Folkehøgskule students from the 2025 Language and Heritage Camp assisted with the flag ceremony at Camp Norge, District Six's recreation center. Pictured left to right is Henrey Lynn, Torbyn, and Anika Ronning.



3) **Garborg 6-56 in Modesto, CA:** At Spring Around the World, a community cultural event,

Garborg Lodge members Linda Silva, Nikki Hesse, and Thomas Johnson shared Norwegian culture with attendees.

Zone 3

4) **Nordahl Grieg 6-52 in San Jose, CA:** Kalia Freitas (front left), dance instructor for District Six's Language and Heritage Camps, poses with dancers who performed at the District Six Convention. The 12 dancers were alumni of the 2025 Folkehøgskule and Camp Trollfjell programs and represented three lodges: Nordahl Grieg, Roald Amundsen, and Guldalen.



Zone 5

5) **Norrøna Lodge 6-050 in Van Nuys, CA:** Picture of Kransakake class participants and instructors taken at Norrøna Lodge for Zone cultural skills session

Zone 8

6) **Stein Fjell 6-114 in Loveland, CO:** Easter Greetings Community Service Project: The "Cards for Seniors" project, organized by Stein Fjell member JoAnn Kison, is an on-going project that delivers hundreds of hand-written cards, at Christmas, Easter and Valentines Day, to seven senior assisted living communities in Loveland, Greeley and Ft Collins.



7) **Stein Fjell 6-114 in Loveland, CO:** Mead-KriegerMeadery, home of Old Norse Mead, welcomed Stein Fjell for a fun and informative tour and mead tasting.



Greetings from the Zone 2 Director

I am honored to serve as the new Zone 2 Director for District Six.

I first became interested in Sons of Norway when I attended several pancake breakfasts – as a guest of long-time member Dagny Bills and her granddaughters – at the Bjørnstjerne Bjørnson Lodge Hall in the late 2000's. A few years and several pancake breakfasts later I joined. I have been a member of the lodge since 2012, thanks to the encouragement of long-time lodge members, Karl and Nancy Eikeberg, and Glenn Riddervold. Since that time, I have served in several lodge officer positions, including my current role as president.



I am looking forward to serving as the Zone 2 Director and am excited to visit lodges in my zone to get to know other members and participate in cultural activities. I served as a delegate at the June convention in Sacramento, where I spoke with several Zone 2 delegates about lodge membership, activities, and collaboration between lodges. I would like to continue these conversations and find out how I can best support Zone 2. Please send me your lodge meeting and event schedule so I can plan to attend.



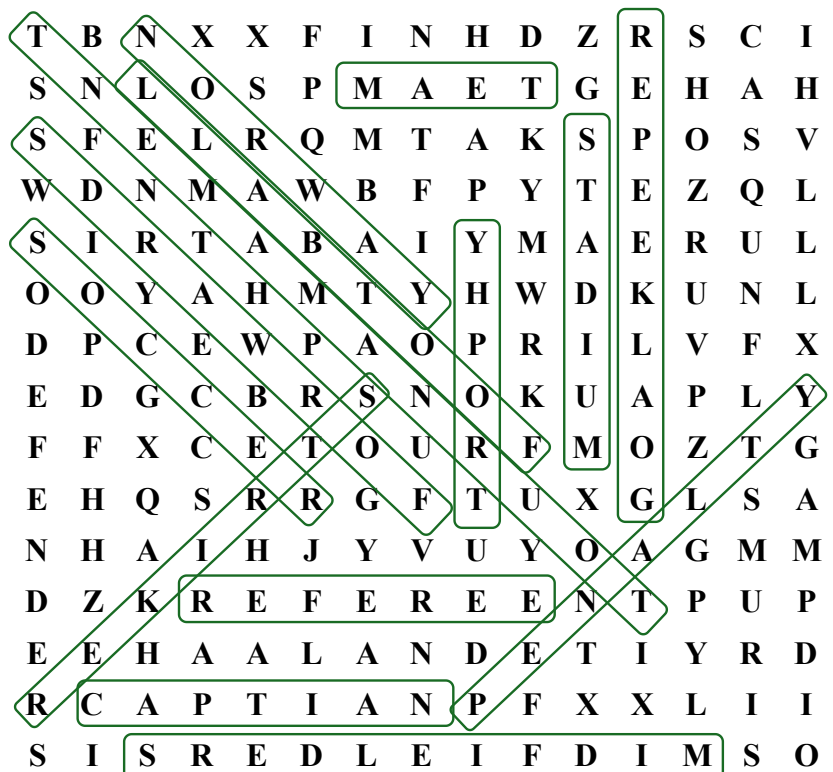
I am originally from Stanley, North Dakota, a small farming community in the northwestern part of the state. I have Norwegian roots on both sides of my family, with most of my great grandparents immigrating to the United States in the late 1800's to establish farms in North Dakota/Minnesota.

Growing up, I enjoyed my grandmother's lefse, klubb, and other Norwegian foods. After I graduated from North Dakota State University in 1989, I moved to the San Francisco Bay Area. I then earned my graduate degree from San Francisco State University, and I work as a wildlife biologist for the U.S. Fish and Wildlife Service in the Bay Area.

Thank you for your support in electing me as zone director. I will do my best to serve the lodges and celebrate our Norwegian heritage.

Hjertelig Hilsen

Joy Albertson
Zone 2 Director
zone2@sofn6.org





Son of Norway District Six Convention June 11-14, 2026 Sacramento, California

Local Lodges Make Convention Possible

A successful convention doesn't happen by chance. It is made possible by the dedication, creativity, and countless volunteer hours contributed by our local lodges and members.

From the earliest planning stages, volunteers helped select the venue, create decorations, and organize local excursions. During the convention, they welcomed attendees at the registration desk, coordinated the Silent Auction and Folk Art Exhibition, and kept everything running smoothly behind the scenes. One especially popular team was the cookie committee, which collected, organized, and replenished the delicious assortment of homemade Norwegian cookies enjoyed during every coffee break.

The spirit of volunteering continued at Camp Norge, where lodge members and Recreation Center Board members served as cooks, servers, tour guides, and activity leaders, ensuring everyone enjoyed a memorable visit to our recreation center. They were joined by several alumni from the 2025 Folkehøgskule program, who volunteered as dishwashers and helped with cleanup after lunch. Their willingness to pitch in is a wonderful example of the volunteer spirit that keeps Camp Norge and District Six thriving.

We would also like to recognize the generous support of several lodges. Members of Roald Amundsen Lodge 6-048 and Bjørnstjerne Bjørnson Lodge 6-014 donated the funds to provide the two buses to Camp Norge, while members of Henrik Ibsen Lodge 6-007 generously sponsored the convention bags distributed to attendees.

Our sincere thanks go to the volunteers from Roald Amundsen 6-048, Gulldalen 6-128, Vikings of Lake 6-166, Bjørnstjerne Bjørnson 6-014, Victory 6-043, Freya 6-062, Solheim 6-069, Henrik Ibsen 6-007, and Nordahl Grieg 6-052. We also extend our appreciation to the 2025 Folkehøgskule alumni who generously gave their time to help at Camp Norge. Your time, talents, and generosity helped make the 2026 District Six Convention a tremendous success.



A Day at Camp Norge

Convention attendees traded the city for the Sierra foothills as they boarded buses for a memorable day at Camp Norge, District Six's recreation center.

The welcome was pure Norwegian hospitality, complete with refreshments and the lively sounds of a bluegrass band. Throughout the day, everyone had the opportunity to explore Camp Norge in their own way. Activities included guided property tours, scenic hikes, hands-on crafts, a pool party, and a fascinating presentation on Snowshoe Thompson by History Expeditions.

Of course, no visit to Camp Norge would be complete without great food. Kirby Aasen, the chef for Camp Trollfjell and Camp Oldfjell, prepared a delicious lunch that was enjoyed by all.

One of the day's most meaningful moments was visiting the future home of the **Hygge Hus**, Camp Norge's planned mobility-friendly cabins. Seeing the site firsthand offered an exciting glimpse into the camp's future and the many opportunities it will provide for generations of Sons of Norway members.

The day was filled with fellowship, laughter, and a renewed appreciation for the special place we all call Camp Norge.



2026 Convention

The Business of District Six

Following a day of fellowship at Camp Norge, delegates gathered to conduct the important business that guides District Six for the next two years.

Convention is where representatives from our lodges come together to shape the future of the district. Delegates review reports from district officers and committees, receive financial updates, consider policy and bylaw changes, vote on resolutions, and elect the leaders who will serve during the next biennium.



This year's leadership sessions featured author Liese Greensfelder, who shared the story behind *Accidental Shepherd*, along with presentations on building successful lodge socials and engaging younger generations. These workshops provided attendees with new ideas and practical tools to take back to their home lodges. If you weren't able to attend—or would like to revisit the material—the presentations on successful lodge socials and engaging younger generations are available at 2026.sofn6.org/presentations/.

The Recreation Center also held its annual meeting, where members received board and financial reports, elected board members, and supported Camp Norge through generous donations.

While the business sessions may not be as visible as the celebrations, they are essential to the success of our organization. Every discussion, vote, and shared idea helps ensure that District Six remains strong, financially sound, and ready to serve our members for years to come.



Memorial Service

One of the most meaningful moments of the convention was our Memorial Service, where we paused to honor and remember the District Six members who passed away during the past two years. Together, we celebrated their lives, reflected on their contributions to Sons of Norway, and held them in our hearts as their legacy continues through the lodges they helped strengthen.



2026 Convention

Fellowship Beyond the Meetings

One of the greatest benefits of a District Six Convention is the opportunity to reconnect with friends, meet members from other lodges, and build new relationships across the district. While the business sessions are important, the time spent together between meetings is what often creates lasting memories.

This year's convention offered something for everyone. Attendees explored historic Old Sacramento, browsed vendor displays, admired the Folk Art Exhibit, and supported the silent auction. Delicious meals provided time for conversation, while evening entertainment and dancing brought everyone together for fun and fellowship. We also took time to recognize the outstanding accomplishments of our lodges and members during the awards presentations.

A special highlight of the convention was Sunday's luncheon, when twelve alumni from Camp Trollfjell and Folkehøgskule treated us to a wonderful performance showcasing the music and dance traditions they learned through the youth programs. Their enthusiasm and talent were a reminder that investing in our youth helps ensure a bright future for Sons of Norway.

To see videos from the performance, use the QR code to join the Convention's PhotoCircle.



2026 Convention



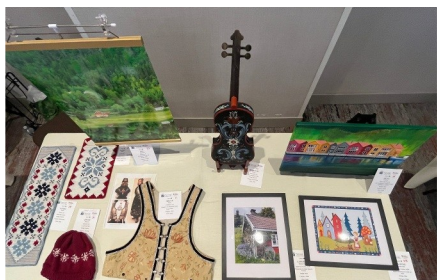
Folk Art Exhibition

The Folk Art Exhibition is always one of the highlights of the District Six Convention, offering members an opportunity to admire the beautiful work created throughout the past two years. Seeing these carefully crafted pieces up close is both inspiring and a wonderful reminder of the rich traditions that connect us to our Norwegian heritage.

This year's exhibition featured 52 entries submitted by 28 talented artists. The display included a variety of traditional folk arts, with several projects created at Camp Oldfjell, including Hardanger embroidery, knitting, and spoon carving.

The People's Choice Award was presented to Kristen Birkeland for her beautifully rosemaled Christmas tree, painted in the traditional Telemark style. To see more images of the Folk Art Exhibition join the PhotoCircle, see page 2.

Although the next District Six Convention is still two years away, now is the perfect time to begin your next project. Consider entering the Folk Art Exhibition and sharing your creativity with fellow members; you may inspire someone else to discover a new craft. If you're looking to learn a new skill, Camp Oldfjell offers a wonderful opportunity to explore Norwegian folk arts while creating your next exhibition piece.

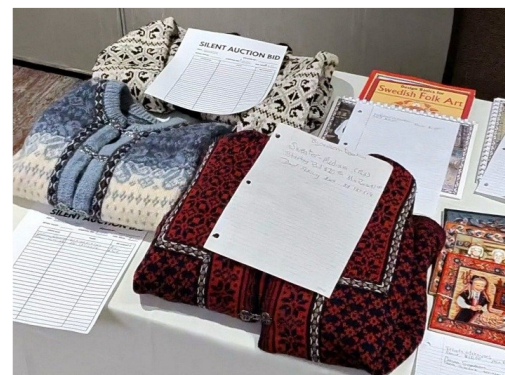


Silent Auction & Giving Back

One In the past, District Six conventions featured raffles to raise money for good causes. This year, we tried something new with a Silent Auction. While the method changed, the goal remained the same: to give back and support organizations that matter to our members.

Each convention, the proceeds are shared between Camp Norge and a local charitable organization. This year, District Six selected the CAL FIRE Benevolent Foundation in recognition of the outstanding relationship between the Alta CAL FIRE station and Camp Norge. Every summer, the firefighters welcome Camp Trollfjell campers for a memorable visit to the fire station, and over the years they have also visited the camp to share fire safety and demonstrate their equipment.

Thanks to the generosity of our members, \$1,654 was raised through this year's Silent Auction, with the proceeds being shared equally between Camp Norge and the CAL FIRE Benevolent Foundation. Thank you to everyone who donated auction items, placed bids, and helped make this year's fundraiser a success.



Foundation Report

Dear District Six Members,

Thank you to everyone who attended and supported the District Six Convention in Sacramento. The convention was exceptionally well organized, with excellent facilities, engaging activities, and a welcoming atmosphere that allowed delegates and members to efficiently conduct District Six business while enjoying fellowship with friends from across the district.

Special thanks go to the District Six Board of Directors, the members of Roald Amundsen Lodge #048, Bjørnstjerne Bjørnson Lodge #014, and the Board of the Recreation Center for their outstanding work in planning and hosting a memorable convention. Their efforts created an environment that was both productive and welcoming and contributed greatly to the success of the event.

Congratulations to Lis Barca on her reelection as District Six President. We look forward to her continued leadership and service to our members and lodges.

I am pleased to report that approximately \$2,600 was contributed to the Sons of Norway Foundation through Foundation activities and donations received during the \$60 for 60 years Anniversary Campaign. On behalf of the Foundation, thank you to our lodges, District leaders, Zone Directors, members, and friends for your generosity and commitment to this important work.

Amy Tuchenhausen, Director of the Sons of Norway Foundation, provided a comprehensive update on the many ways the Foundation is making a positive difference. Her presentation highlighted scholarships, grants, camperships, Helping Hands assistance, and other programs that strengthen our lodges, support our communities, and provide assistance to members and families in need. These accomplishments are made possible through the generosity of our members and the careful stewardship of a dedicated, transparent, and remarkably lean Foundation staff in Minnesota.

Convention attendees also received important updates regarding the successful partnership of Sons of Norway with BetterLife. International Chair Luella Grangaard and Connie O'Brien, Vice President of Fraternal & Foundation Development, were instrumental in explaining the details of the transition and addressing member questions. Their thoughtful presentations helped reduce concerns and demonstrated the careful planning that has gone into ensuring the long-term financial strength and stability of our organization.

I would also like to recognize Nancy Madson, Teri Morken, our Zone Directors, lodge leaders, and the many volunteers who contribute countless hours in support of District Six and the Foundation. Their dedication continues to make a lasting impact throughout our district.

As we celebrate the Foundation's first sixty years, it is important to remember that the Foundation's next sixty years will be shaped by the actions we take today. I encourage every lodge to begin planning fall fundraisers, explore grant opportunities that can strengthen local programs, and actively share scholarship information with young people and their families. The Foundation offers outstanding opportunities, but students must know about them early enough to prepare strong applications and take advantage of the many scholarships available.

Together, we are preserving our heritage, strengthening our communities, and creating opportunities for future generations.

Thank you again for your generosity, leadership, and commitment to the future of the Sons of Norway Foundation.

Tusen takk,

James Adams

District Six Foundation Director

Sons of Norway Foundation

Cell: 619-417-6300



**SONS of
NORWAY
FOUNDATION**

Celebrating 60 Years

1966-2026



**SONS of
NORWAY**

Create The Legacy You Desire

If leaving a legacy for your family is important to you, there are steps you can take to ensure that the legacy you desire becomes reality and your assets pass in an efficient way.

Single Premium Whole Life – an integral part of your overall wealth transfer strategy

You have worked hard to accumulate your wealth and you deserve to make the most of your legacy. Whether your dream is to help your child pay down college loans or leave a down payment on a new home, you decide how the funds are transferred. With single premium whole life insurance, you purchase the certificate with one payment and the death benefit will be paid to your loved one when you die.

A great reason to consider life insurance is because of its income tax-free death benefit status. The money will pass without taxes or probate in most cases. You control who will

receive the money and how much. Your simple one-time payment will purchase insurance with a guaranteed death benefit.

By reallocating other funds you have set aside, you can immediately increase your estate that will transfer upon your death.

- Ensure that your assets pass according to your wishes
- Minimize the reduction in value and delay in settling your estate
- Life insurance is one of the most effective ways to transfer wealth at death, with an income tax-free death benefit paid to the beneficiaries

Sons of Norway offers a life insurance policy that is both permanent and guaranteed. We know it is important to you that the coverage is easy to apply for and affordable.

You simply answer a few questions, and you may not even need to have a medical examination. With this policy the premium you select will determine the amount of your coverage and only need to be paid one time.

Single Premium Whole Life allows you to leave behind a greater legacy

This type of life insurance is a good option for those who:

- Want to maximize their estate
- Want between \$100,000 and \$200,000 in coverage to leave a legacy
- Desire an easy way to transfer a legacy while still having access to the funds
- Want guaranteed paid-up coverage for an entire lifetime
- Prefer to make a one-time payment vs. ongoing premium payments

Riders may not be available in all states, some require additional premium

In today's financial world of unknowns, having a solid foundation for financial protection and accumulating wealth is essential. You want to cultivate assets for your future needs and for leaving your legacy.

Here is what your one-time \$10,000 premium payment would provide you in guaranteed death benefits:

Your age at purchase	Death Benefit (standard nontobacco)
65-year-old female	\$15,428
65-year-old male	\$14,602

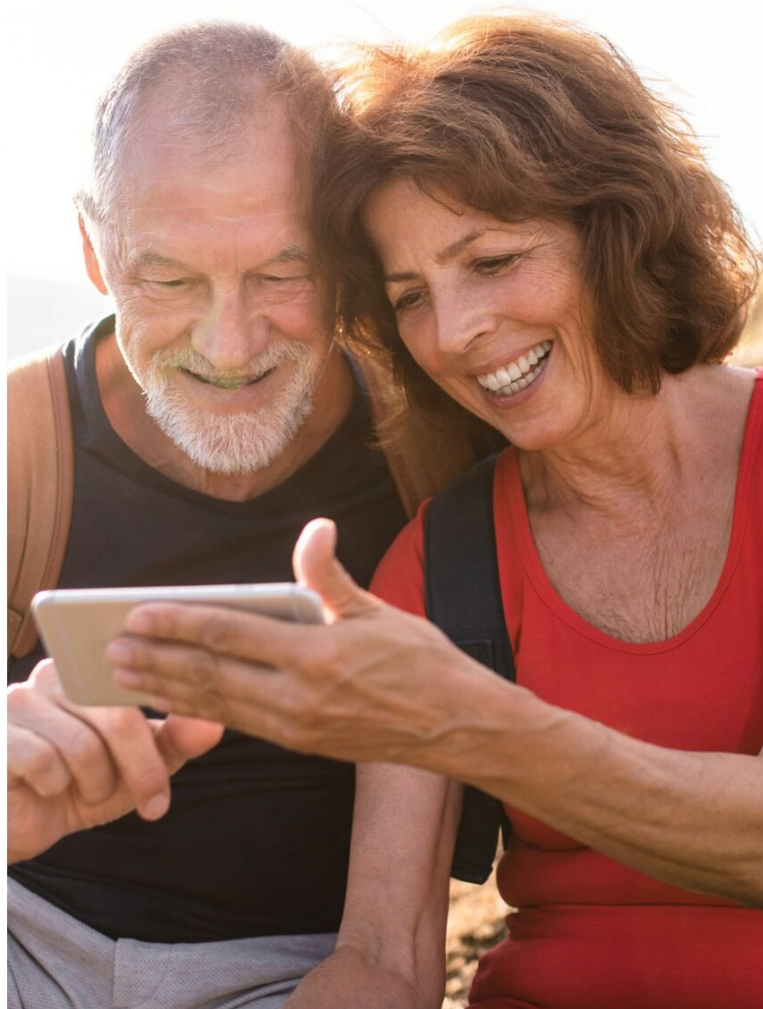
This death benefit will go to your beneficiaries without the cost of probate.

Not only do you have coverage until you reach age 121, you also may be eligible to earn dividends each year. You decide how best to use any future dividends, take them in cash or let them accumulate inside your cash value.

This certificate is a Modified Endowment Contract and distribution of dividends or loans against the cash value may be a taxable event. Contact your tax professional for details.

Customize your policy by using rider options that fit your personal needs¹

- *Children's Insurance Rider*
- *Terminal Illness Rider*



SONS OF NORWAY PRODUCTS

Life Insurance

Whole Life Insurance
Term Life Insurance

Annuities

Flexible Premium Deferred Annuity (FPDA)
Single Premium Deferred Annuity (SPDA)
Single Premium Immediate Annuity (SPIA)
Multi-Year Guaranteed Annuity (MYGA)



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Sons of Norway is a financial services organization, offering our members financial products that help provide real peace of mind. A portion of the revenues from these products is invested back into the organization and local lodges to support our shared heritage and values.

Members of Sons of Norway receive valuable member benefits, such as Viking magazine and access to discounts on a wide spectrum of products and services from local and national retailers.

^{*}Member benefits are non-contractual and subject to change without notice.

¹ Riders may not be available in all states, some require additional premium.

Sons of Norway, 1455 West Lake Street, Minneapolis, MN, offers financial products, limited to life insurance policies and annuity contracts. Life insurance products are issued and guaranteed by Sons of Norway. Guarantees are based on the claims-paying ability of the company. Dividends are at the discretion of the carrier and are not guaranteed. Product approval and features may vary and may not be available in all states. Products issued by Sons of Norway are available to applicants who meet membership, insurability, and residency requirements. Sons of Norway does not provide tax or legal advice. Please contact your tax or legal advisor regarding your situation.

BRO-CL-018



Sons of Norway’s District Six Board of Directors pictured at the 2026 District Six Lodge Meeting and Convention.

Standing L-R: Kirby Aasen, Joy Albertson, Jan Stiggins, Randy Sundeen, Maury Lee, Jonathan Walters, and Diane Molter.
 Seated L-R: Lis Barca, Laurie Mittelstadt, Nancy Madson, Teri Morken, and Craig Dill. Not pictured: Benny Jo Hinchey.

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	Craig Dill	culturaldirector@sofn6.org
International Chair	Luella Grangaard	luella.granaard@sofnboard.com

Zone Directors

1	Kirby Aasen	zone1@sofn6.org
2	Joy Albertson	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

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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.

CULTURAL NEWS

Hilsen fra kulturdirektøren

From Football to the Vikings

How Norway's World Cup Success Inspired a Look at Viking Sports

Norway's exciting run to the 2026 FIFA World Cup quarterfinals introduced millions of fans to superstar striker Erling Braut Haaland. His remarkable journey from Bryne, Norway, to becoming one of the world's top footballers has inspired a new generation of Norwegian players and fans.

Watching Norway's success got me wondering, did the Vikings play sports?

The answer is yes—but not anything quite like modern soccer. The Viking game that most closely resembled today's field sports was knattleikr (pronounced *ka-not-lay-kr*). Mentioned in several Icelandic sagas, it was a fast-paced stick-and-ball game with similarities to Irish hurling, a traditional field sport still played throughout Ireland, combining elements of lacrosse, field hockey, baseball, and rugby.

Descriptions from the sagas tell us that knattleikr:

- Was played by teams led by captains.
- Used a hard ball and sticks, although players sometimes used their hands.
- Was highly physical, with body-checking and injuries being common.
- Was often played on frozen ground or ice.
- Could last from morning until evening.
- Frequently attracted large crowds of spectators.

While we don't know all of the rules, we do know that Viking sports reflected the skills needed for everyday life. Wrestling, swimming, archery, horse games, and knattleikr all emphasized strength, endurance, teamwork, and agility—qualities that helped prepare Vikings for the challenges they faced both at home and on their voyages.

Perhaps the games have changed over the centuries, but one thing remains the same: Norwegians have always valued competition, teamwork, and the thrill of cheering on their champions.

Craig Dill

culturaldirector@sofn6.org



KID'S PAGES

A Brand-New World Cup Tradition!

One of the biggest surprises of the 2026 World Cup wasn't a goal, it was the fans!

Norwegian supporters created a brand-new celebration called the Viking Row, inspired by Norway's Viking long-ships. It begins with the blast of a traditional Norse horn before everyone sits in long rows, like the crew of a Viking ship. A leader beats a drum, slowly at first and then faster and faster, while the fans row their arms together and chant, "Ro!" ("Row!" in Norwegian).

The Viking Row quickly became one of the tournament's biggest fan attractions. Norwegian supporters performed it in stadiums, airports, hotels, city streets, and even New York's Times Square. By the time the World Cup Final arrived, the celebration had become so popular that Animal, the wild drummer from The Muppets, led the whole world in a giant Viking Row during the halftime show.

Can you try the Viking Row with your friends? Sit in a line, grab your imaginary oars, and shout "Ro!" as you row your Viking ship to victory!

How to Do the Viking Row

- Sit on the ground or in your seats in long rows, one person directly behind the other.
- A leader or drummer sets a slow rhythm.
- As the drumbeats, reach both arms straight forward, lean your torso back, pull your arms in toward your chest as if pulling an oar, and lean forward.
- Every time you pull back on the imaginary oar, shout "Ro!" in unison with the group.

The drummer and the chant will progressively speed up. Keep up the rhythm until the tempo peaks, at which point everyone jumps up together into a massive, triumphant roar!



Norway Takes the World Stage!

Every four years, the world's best soccer teams compete in the FIFA World Cup. (Outside the United States, most people call the sport football!) In 2026, 48 countries traveled to North America to compete in the biggest sporting event on Earth. More than a billion people around the world were expected to watch the championship match.

Norway has a proud soccer tradition. The Norwegian women's national team is one of the most successful teams in the world. They have won the FIFA Women's World Cup, a European Championship, and an Olympic gold medal—an achievement no other Nordic country has matched.

The Norwegian men's national team made history at the 2026 World Cup. In one of the tournament's biggest upsets, Norway defeated five-time World Cup champion Brazil 2–1 in the Round of 16. Erling Haaland scored both goals to send Norway to its first-ever World Cup quarterfinal. There, Norway battled England in a thrilling match that remained tied until overtime before England claimed a 2–1 victory. Although their World Cup journey came to an end, Norway's historic run, determination, and exciting style of play earned the admiration of soccer fans around the world.



Meet Erling Haaland

One of Norway's biggest stars is Erling Haaland, one of the world's most exciting goal scorers. His father, Alf-Inge ("Alfie") Haaland, played for Norway in the 1994 FIFA World Cup—the last time Norway appeared in the tournament before 2026.

Erling wasn't the only player following in his father's footsteps. Teammates Alexander Sørloth and Kristian Thorstvedt also had fathers who represented Norway at the 1994 World Cup. Their fathers—Alf-Inge Haaland, Gøran Sørloth, and Erik Thorstvedt—played together in the United States, and 32 years later, their sons helped lead Norway on its historic run to the quarterfinals.

Erling has already broken several scoring records in professional soccer and is known for his speed, strength,

and powerful shots. Fans around the world were excited to watch him lead Norway back onto the World Cup stage.

Whether it's talented players, enthusiastic fans, or the thunderous sound of the Viking Row, Norway reminds us that teamwork, determination, and national pride can make the world's biggest tournament even more exciting.

SOCCER

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

TEAM

SOCCER

CAPTIAN

HAALAND

MIDFIELDERS

TROPHY

STRIKER

REFEREE

FORWARDS

GOALKEEPER

TOURNAMENT

NORWAY

STADIUM

PENALTY

FOOTBALL

DEFENDERS



Norway's Team Captain Martin Ødegaard