

Sons of Norway The **SUPER** Sixth District

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

Winter 2025 Newsletter

Vice President's Message:

As the wheel of the year turns ahead toward the holiday season, we look back on a busy fall. The lodge I belong to, Henrik Ibsen 7, hosted a wonderful All-Lodge Picnic in August at Henrik Ibsen Park at Kings Mountain, despite the second year of awful, fog-to-the-ground weather. Visitors from seven Northern California lodges attended and enjoyed a memorable performance in our Dance Hall by violinist Mads Tolling.



Soon after came the Northern California Kretsstevne at Camp Norge. The Bjerkhoel family, especially Leland, organized a professional-quality karaoke night that started slowly and blossomed into a loud, hilarious evening of singing and dancing. Special thanks to the Zone 1, 2, and 3 Directors for planning such a great event.

Next up was Camp Oldfjell, which continues to grow a wonderful community of friends embracing both new and traditional Scandinavian crafts and leadership. Director Bruce Fihe brought fresh classes and renewed energy to the program.

Beyond these fall events, District Six committees are hard at work on Membership Recruitment and Retention and the District Six Convention, coming June 12–14, 2026, in Sacramento. The Membership Committee is developing new materials and ideas to help lodges recruit and engage members.

The Convention Committee met with the DoubleTree Hotel in Sacramento again in October. We are planning to bus participants to Camp Norge, only an hour away, on the Friday of the Convention for a tour, food and activities there. In the interest of retention, if you are a small lodge that hasn't attended the Convention in a while and would like to, please let us know and we may be able to help. Once convention details are finalized they will be published at: 2026.sofn6.org/.

Save the dates of June 12 to 14, 2026!

Fraternally,

Laurie Mittelstadt
Vice President, District Six



Mads Tolling

P.R.O. Message

Connecting with Members Across California

My son Jason, Recreation Center Board Member and Co-Director of Camp Trollfjell and Folkehøgskule, and I had the privilege of attending both the Central and Southern California Kretsstevner, as well as participating in Roald Amundsen Lodge's Viking Festival.

The Central California Kretsstevne was held in Santa Barbara on October 4, where we were graciously hosted by one of our Language and Heritage Camp volunteers and her camper daughter. Later in the month, we attended the Southern California Kretsstevne in Banning at the KOA Campground, October 24–26. At both events, I presented a slideshow and talk about Camp Norge, while Jason shared a program on District Six's Language and Heritage Camps.

It was wonderful to meet people familiar with Camp Norge, including past and current campers, and to answer many questions about our programs and property. Each Kretsstevne had its own rhythm. In Santa Barbara, we enjoyed a day of programs, meals, and even a few rounds of NORGE (bingo), where I managed to win once. In Banning, the weekend format allowed for more personal conversations and a special highlight, an impromptu violin concert by Nola, a current Trollfjell camper.

At the Roald Amundsen Viking Festival in Sacramento, Jason and I hosted a table highlighting the benefits of Sons of Norway membership and the many events held at Camp Norge. The slideshow showcased the beauty of the property and generated plenty of interest in renting it for family gatherings. We were glad to have Recreation Center Board Vice President Lynn Skrukud stop by and spend some time with us. With only a few slow moments, we stayed busy all day and even had time for lunch.

Remember, Camp Norge belongs to all of us. We invite you to join us for a visit to Camp Norge on the Friday preceding our next District Six Lodge Meeting and Convention, June 11–14, 2026, at the DoubleTree by Hilton in Sacramento.

Teri Morken

District Six Public Relations Officer and
Camp Norge Century Club Committee



Central California Kretsstevne



Southern California Kretsstevne



Roald Amundsen Viking Festival

Viking Magazine Submissions for October 2025

District Six Lodges Share Their Stories

Several District Six lodges recently submitted photos and stories to Viking magazine, highlighting the many ways our members celebrate Norwegian culture and community. We won't know which will be published for a month or two, but every submission reflects the pride and creativity that make our district shine.

Fram Lodge welcomed Dr. Kyle Ward, author and Director of Social Studies at Minnesota State University, Mankato, who co-authored *The Viking Battalion*, the story of North American ski troopers in WWII. The 99th Battalion later served as Honor Guard for King Haakon VII when he returned to Norway after exile.



Fram 6-013 Eureka, CA

Victory Lodge of Solano County gathered at Tulocay Cemetery in Napa to commemorate the 200th anniversary of the Sloopers' arrival, honoring settlers Jakob and Serena Slogvig and the Slooper Monument, a bautastein brought from their ancestral farm in Norway.



Victory 6-043 Vallejo, CA

The **Vestafjell** Lodge rosemaling group, featuring Debra Bray, Carolyn Schick, Janice Booth, Linda Lynch, and Marge Sehler, age 97, continues to inspire with her artistry and heritage.

The **Steinfjell** Lodge Viking ship crew "sailed down the yellow brick road," earning third place in the 2025 Corn Roast Parade, with Madelyn Holm-Johansen as Dorothy.



Vestafjell 6-146 Grand Junction, CO

At Camp Oldfjell, **Fridtjof Nansen** Lodge member Teresa Lord shared her rosemaling with instructor Lynn Skrukud of Guldalen Lodge, joined by Karen Holien Buehrer of Vegas Vikings Lodge and Anne Skinlo of Aasgaarden Lodge.

If your lodge has photos or stories to share, please send them to PRO@sofn6.org—we'd love to see what your members are doing!



Fridtjof Nansen 6-009 Long Beach, CA



Stein Fjell 6-114 Loveland, CO

Zone 8 Trollheim Lodge 6-110

Trollheim Lodge Celebrates Norwegian Folk Dress Traditions

Members of Trollheim Lodge 6-110 (Lakewood/Grand County) brought a touch of Norwegian heritage to the Granby Library on September 10 with their program “Bunads – Traditional Norse Folk Dress.”

Bruce Bailey shared how he built his own bunad from scratch, mastering embroidery and bonderom techniques along the way. Kris Schneider showcased her Oslo dress, beautifully embroidered by her grandmother, as well as a Swedish folk dress from her other grandmother. Diane Molter delighted the audience with stories of her mother and aunt, who wore traditional folk dresses while entertaining the Free Norwegian Air Force flyers during WWII at the Little Norway Air Bases in Toronto.

About 20 attendees joined in the fun, making paper dolls and learning simple embroidery stitches.

Submitted by Diane Molter and Jane Janssen. Photos by Cindy Hald, Granby Library, Grand County District. This program was made possible through a grant from the Sons of Norway Foundation.



Woodcarving Traditions Shared at Granby Library

On September 24, Ron Taylor of Trollheim Lodge 6-110 shared his impressive wood arts collection with 19 members of the Granby Library Crafters group in Grand County, Colorado. He discussed Norwegian, Swedish, and Celtic carving traditions, highlighting different tools, woods, and techniques used in each style.



This engaging program was made possible through the collaborative efforts of the Sons of Norway Foundation and the Grand County Library District.



Sons of Norway Foundation Scholarships and Grants

Celebrating Our Shared Success

This past June, *Crossings and Connections*—a special conference marking 200 years of Norwegian migration—was held on the beautiful campus of St. Olaf College. The event offered a true smorgasbord of experiences: historic tours, film screenings, music, and presentations that celebrated our shared heritage.

Thanks to a generous **Sons of Norway Foundation grant**, recordings of these sessions are now available on YouTube. Click [HERE](#) to watch on your own or host a lodge viewing—popcorn optional, *krumkake* encouraged!

2025 District Six Foundation Impact

Across all districts, the Foundation distributed **\$110,400 in grant support** to projects and programs enriching members and communities nationwide.

Here in **District Six**, we're proud to celebrate the following grant and scholarship recipients:

Grant deadline is December 15, 2025. Apply by visiting: sofn.com/foundation/grants/

Community Partnership Grant – \$72,230 across all districts

• Storfjell 6-169 | Cultural Cooperative Outreach, Grand County Libraries

Helping Hands to Children Grant – \$10,670 across all districts

• Solheim 6-069 | Camp Trollfjell Tents and Cots

• Steinfjell 6-114 | Children's Camp

Lodge Culture & Heritage Grant – \$13,550 across all districts

• Vegas Viking 6-152 | Save Our Ship

• Victory 6-043 | Ship Restoration Bicentennial Celebration (*grant returned due to event restructuring*)

Lodge Vitality Grant – \$13,950 across all districts

• Steinfjell 6-114 | Woodworking Group

• Nordahl Grieg 6-052 | New Entry Floor

Scholarship deadline is January 15, 2026. Apply at: sofn.com/foundation/scholarships/

Scholarships – Over \$148,000 awarded across all districts, including these **District Six recipients**:

• **Beinhauer/Espeland Scholarship** – Laila Heigre, Nordahl Grieg 6-052

• **Desert Fjord Scholarship (Agnes Stieler Endowment)** – Markus Seza Gokan and Jackson Bjorn Loomis, Desert Fjord 6-133

• **District 6 Educational Fund Scholarship** – Charles Martin and Siri Martin, Trollheim 6-110; Stefan Moe, Fjell dalen 6-162

• **Nancy Lorraine Jensen Memorial Scholarship** – Jenna Becker, Vegas Viking 6-152

• **Nordkap Lodge 3-215 Scholarship** – Laila Heigre, Nordahl Grieg 6-052

The opportunities to support the Foundation are as plentiful as herring at a *julebord*! Whether donating, sharing the handout, encouraging members to apply for grants, or spreading these inspiring stories, every effort makes a difference.

The **Annual Foundation Fundraiser Campaign** began October 1—an ideal time to highlight the life-changing impact your generosity makes. Let's continue building on this success so our Norwegian heritage remains vibrant for generations to come. Download the *Together We Are the Future* handout by clicking [HERE](#).

Tusen takk for your leadership, support, and commitment.

Warm regards,

Jim Adams

District Six Representative, Sons of Norway Foundation

sofn.com/foundation/



**SONS of
NORWAY
FOUNDATION**

2025 District Six Scholarships

Each year, Sons of Norway District Six is proud to support students who honor their Nordic roots while pursuing meaningful education and careers. This year's scholarship recipients reflect a deep connection to heritage, community, and purpose. 2025's Scholarship/Campership Committee consisted of Lis Barca (District Six President), Lotte Sather (Victory Lodge—#43), and Diane Molter (Zone 8 Director). Two of the three scholarship winners were featured in the July newsletter.



Charlie Martin – Trollheim #110

A proud member and board member of Trollheim Lodge in Lakewood, Colorado, Charlie Martin brings the same dedication to his Nordic community that he applies to his studies at Tulane University, where he is pursuing a degree in Finance. At Trollheim Lodge, Charlie volunteers regularly at events and assists with maintenance, helping create a welcoming environment for members—many of them older Norwegians who cherish the lodge as a place of connection and tradition. His service there reflects his belief in generosity, inclusivity, and the power of community.

At Tulane, Charlie is deeply involved both academically and socially. He has joined multiple clubs, professional organizations, and online programs through major banks to expand his understanding of the finance industry. Charlie's passion for problem-solving and decision-making has fueled his drive to develop the analytical skills that will support a future in business leadership. The District Six Scholarship allows him to continue exploring his academic and professional goals without the limitations of financial strain—an opportunity he embraces with gratitude and enthusiasm.

2025 Camperships

Camperships were awarded to Marcus Negrete from Vikings of Lake #166 and Ethan Jensen from Vegas Viking #152. Both attended Camp Trollfjell. Ethan wrote a news article about his experiences at Camp; you'll find a copy of it on page 7. Marcus has been attending Camp Trollfjell since 2023.



Marcus Negrete and Ethan Jensen



Lucy Bratton & Marcus Negrete



Marcus Negrete

Camp Trollfjell

by Ethan Jensen



Have you ever been to a summer camp? I have this summer, and it was really fun! Hello, my name is Ethan Jensen, and I am 12 years old. I recently went to this camp called Camp Trollfjell, which is a two-week Norwegian sleepaway camp that hosts many Norwegian related activities. For example, there are many classes and fun traditions like hiking and even seeing a farm! Campers are separated into tents, with each tent getting a unique counselor. These tents are where you store your bags, live, and sleep. There are also many opportunities to make friends and be active!

From this camp, I have gained many friends and experiences. After breakfast everyday, we were disciplined with chores. Although it does sound relentless and harsh, I don't think it was that bad. Plus, now I know how to clean toilets! We also had these classes to learn folk dancing, language, rosemåling, Norwegian heritage, and fun games that get your heart pumping, which were all really fun! I believe folk dancing and language were my favorite though. Once, we even got to go to a homestead instead of going to a class. It was my first time interacting with that many animals. On some days, we got to skip all classes and do some hiking. We got to go to this really tall cliff and these beautiful pools of water. We actually got to swim in the water which was really cold! It was quite nice though, because it was hot outside.



During free time, there were a multitude of things to do. You could swim, be social, play with your friends, and a lot more. I would usually go help the chef make tasty foods like lefse and risgrøt, which is a Norwegian rice pudding. After dinner, we would have these fun activities, like skits and campfires, dances, a scavenger hunt, and much more. My favorites were staff hide and seek and the Viking Olympics. In the staff hide and seek, they would wear a garment called a ghillie suit, which would camouflage them really well with the grassy environments they would be hiding in. It was very fun to run around camp trying to find everyone. The Viking Olympics were these speed or accuracy based games we would perform as a team. There was a short sprint, an obstacle course, axe and football throwing, and a crossword puzzle in Norwegian! There was even a game where you had to make a

bubble out of bubblegum, but you couldn't use your hands and it was covered with whipped cream! It was chaotic, but that is what made it fun.

Camp Trollfjell gave me more than just two weeks away from home. It gave me new friends, new skills, and memories I would never forget. If you ever get the chance to go to a sleepaway camp, I would say take it - you might just have the best summer of your life.



LegacySure

LegacySure is fast, easy and affordable

Sons of Norway offers a life insurance policy that is permanent and guaranteed. We know it is important to you that the coverage is in place. With this coverage you will have guaranteed level premiums for life. We can also help you determine how much coverage is best for you and help you select your beneficiaries.¹

You will appreciate the quick and easy approval process where you only need to answer a few basic questions and will not be asked for a medical examination. With this policy your premium is determined when you are approved and will remain the same regardless of any change in health.

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

- Don't have life insurance through their employer or would like additional coverage
- Want coverage for funeral expenses so your loved ones will not be burdened with these expenses
- Need additional coverage to handle other expenses such as bills and credit card balances

Planning ahead is smart when your loved ones are involved. With LegacySure you can provide them with comfort in knowing funds will be available for final expenses or other needs. There are three plans available, with varying face amounts and optional riders to further enhance your coverage.

¹2023 Nfda.org Statistics



SONS of NORWAY

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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.

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)

See all Financial Products at sofn.com/financial_products/

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. 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.

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Did You Know You Can...

Stay connected with District Six by joining our email lists!

Our email lists make it easy to share news, events, and updates about **Sons of Norway, District Six, our lodges, and Norwegian or Scandinavian heritage and culture.** When you send an email to a list, everyone subscribed receives it—helping us stay informed and connected.

Here’s how the lists work:

- ◆ **Private:** Only list members can send messages.
- ◆ **Public:** Anyone may send to the list.
- ◆ **Moderated:** A moderator approves messages before they go out.
- ◆ **Unmoderated:** Messages are sent automatically.
- ◆ **Announce-Only:** Used only by authorized senders for announcements.

All lists are for **Sons of Norway–related** information only—no commercial use or unrelated messages, please.

Spread the Word!

Please share this information with your lodge members so everyone can stay connected and up to date on District Six news, events, and opportunities.

Click a link below to join the list that fits you!

Distribution List Description

Join Links

All District Six members for whom we have email addresses – *announce only*

[All District Six Members](#)

Lodge Presidents and District Six President – *public, moderated*

[Lodge Presidents](#)

Lodge Vice Presidents and District Six Vice President – *public, moderated*

[Lodge VPs](#)

Lodge Secretaries and District Six Secretary – *public, moderated*

[Lodge Secretaries](#)

Lodge Publicity Directors and District Six PRO – *public, moderated*

[Lodge Publicity Directors](#)

Lodge Newsletter Editors and District Six PRO – *public, moderated*

[Lodge Editors](#)

Lodge Cultural Directors and District Six Cultural Director – *public, moderated*

[Lodge Cultural Directors](#)

Parents, grandparents, and guardians of Camp Trollfjell campers and Trollfjell

[Trollfjell Parents](#)

Folkehøgskule students – *announce only*

Lodge Camp Norge Ambassadors – *public, moderated*

[Camp Norge Ambassadors](#)

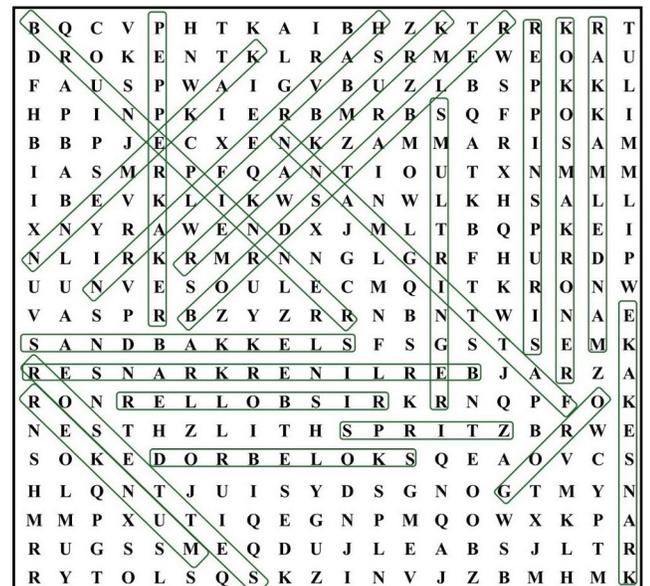


Submit Your Photos!

Want to see your lodge featured in Viking magazine? Send your original photo to Teri Morken, District Six Public Relations Officer, at pro@sofn6.org. Include your lodge name and number, contact info, event purpose, and location. Captions should be just 1–2 lines.

You’re also encouraged to share in-depth stories and photos from your lodge’s events for possible

inclusion in the District Six newsletter.





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: Teri Morken.

District Six Officers

Zone Directors

President	Lis Barca	president@sofn6.org	Tove-Lise Miller	zone1@sofn6.org
Vice President	Laurie Mittelstadt	vicepresident@sofn6.org	Craig Dill	zone2@sofn6.org
Secretary	Nancy Madson	secretary@sofn6.org	Jan Stiggins	zone3@sofn6.org
Treasurer	Benny Jo Hinchey	treasurer@sofn6.org	Randy Sundeen	zone5@sofn6.org
P.R.O.	Teri Morken	pro@sofn6.org	Maury Lee	zone6@sofn6.org
Cultural Director	Open	culturaldirector@sofn6.org	Jonathan Walters	zone7@sofn6.org
International Director	Luella Grangaard	luella.grangaard@sofnboard.com	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/ary
 Camp Norge: campnorge.org
 Century Club: century.campnorge.org

Facebook Pages

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

Camp Oldfjell

The 6th annual Camp Oldfjell was held this September at Camp Norge. We sold out all our indoor beds in just three days, welcoming 60 attendees from 18 different lodges and six states, including seven guests who aren't yet Sons of Norway members.

This year's lineup featured several exciting new classes, including two led by members of the Santa Cruz Textile Arts Guild. Susan Penny guided campers in weaving beautiful pine needle baskets, while Kris Nardello led a hands-on workshop on dyeing wool with natural pigments, using many of the same materials our Viking and Native American ancestors once relied on.

Each year, Camp Oldfjell continues to grow not just in size but in spirit. It's a blend of culture, creativity, and community, a place where you can learn something new, reconnect with your heritage, and make lasting friendships in the beautiful Sierra Nevada mountains.

We enjoyed delicious meals prepared by Kirby Aasen (left) and his helpers, John Bennet (middle) and Jon Villarreal (right), with desserts provided by the baking class. Taking advantage of the spectacular weather, many classes were held outdoors. Campers also went hiking, gathered around campfires, learned nighttime photography, threw a few axes, and spent time together working on projects and sharing stories.

If you'd like to join us for the full four-day session or the weekend half-session in 2026, the catalog will be available June 1, with registration opening July 1. Visit sofn6.org/camp-oldfjell/.



The Restauration Arrives in New York

On October 9, 2025, exactly 200 years after the Restauration first arrived in New York City, the replica ship sailed into the harbor after a 98-day voyage from Norway. The event, called Crossings 200, marked the bicentennial of the first organized emigration from Norway to North America. H.R.H. Crown Prince Haakon, along with mayors, ministers, Norwegian-Americans, and the ship's crew, were welcomed at Pier 16 in Manhattan in a warm celebration of shared history and culture.

Crown Prince Haakon stood at the pier alongside Foreign Minister Espen Barth Eide, Minister of Trade and Industry Cecilie Myrseth, and members of the Norwegian-American community to greet the 11-member crew of the Restauration. The ship is a faithful replica of the original sloop that set sail from Norway in 1825, carrying 53 emigrants seeking religious freedom and a better life. Their journey marked the beginning of a massive migration—over the next century, more than 800,000 Norwegians, roughly one-third of the nation's population, would cross the Atlantic to build new lives in America.



“This is of course important in Norwegian history,” said Crown Prince Haakon. “There are now millions of Americans who have Norwegian ancestry and who are good at preserving their Norwegian culture and identity.” Anne Tove Austbø of the Stavanger Maritime Museum reflected on the original passengers, “They wanted to get away from Norway, from a state that controlled faith and religion.” One baby was even born at sea, bringing the total number of passengers who disembarked to 53.

The Crossings 200 event featured remarks by the Crown Prince; Aissata Camara, Commissioner for International Relations in New York; Project Manager Ann Irene Sem-Henriksen from Restauration's Friends; and Skipper Kjell-Morten Ronæs. Cultural performances included Astrid S with her band and the Ragnhild Hemsing Trio, with Ragnhild Hemsing, Mathias Eick, and Steinar Raknes. Historical and documentary films shown on large screens provided a moving reflection on 200 years of emigration and enduring transatlantic ties.

You can watch the full hour-long program, including Restauration's arrival and all performances, on YouTube by clicking [HERE](#).



KID'S PAGES

The Sweet Tradition of Norwegian Christmas Cookies!

Cookies are a very important part of Christmas in Norway! One of the most cherished traditions is called “syv slags kaker” (pronounced seev slogs kah-ker), which means “seven kinds of cookies.” Families bake seven different types of cookies to share during the holidays. It’s a sweet way to celebrate together and fill homes with the smell of butter, sugar, and spice!

One cookie you’ll find in almost every Norwegian home is the gingerbread cookie, called pepperkaker — which means pepper cookies (even though they usually don’t have any pepper at all!). These cookies are shaped like people, hearts, stars, angels, or even reindeer. Some families go all out and build gingerbread houses — or even gingerbread castles!



In the city of Bergen, people take it a step further by building an entire gingerbread city, called Pepperkakebyen “The Gingerbread City”. Since 1991, children, families, and local businesses have worked together to build thousands of tiny gingerbread houses, boats, cars, and even famous landmarks. It’s the world’s largest gingerbread city!

In Norway, Christmas baking isn’t just about making treats — it’s about sharing time, laughter, and love. The tradition of baking seven kinds of cookies reminds families of good luck, togetherness, and the joy of giving.

What are your favorite Christmas cookies? See if you can find them in our Norwegian Cookie Word Search on the next page!

NORWEGIAN COOKIES

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

Goro
Risboller
Kakemenn
Smultringer
Brune Pinner

Spritz
Skolebrod
Kransekake
sandbakkels
Mandelmakkar

Munker
Krumkaker
Bordstabler
Fattigmann
Kokosmakroner

Rosettes
Havreflarn
Pepperkaker
Sirupsnipper
Berlinerkranser

Check out the next page for a list of these cookies and what they are made of! If you want to see what some of these cookies look like and a link to the recipes, visit North Wild Kitchen's website by clicking here:

northwildkitchen.com/norwegian-christmas-cookies/.

Norwegian Cookies

- **Pepperkaker** (Gingerbread cookies): Thin, crispy, and spiced with cinnamon, cloves, and ginger — the most popular Christmas cookie in Norway.
- **Krumkaker** (Curved cakes): Thin, rolled waffle cookies made on a decorative iron, then shaped into delicate cones.
- **Berlinerkranser** (Berlin wreaths): Buttery, delicate cookies shaped into small wreaths and often sprinkled with pearl sugar.
- **Fattigmann** (Poor man's cookies): Deep-fried, twisted cookies from the Middle Ages known for their light, crisp texture.
- **Sirupsnipper** (Syrup snaps): Spiced diamond-shaped cookies, often topped with a single blanched almond.
- **Goro** (Thin embossed cookies): Rectangular cookies made with a patterned iron, delicately flavored with spice.
- **Sandbakkels** (Sand tarts): Almond sugar cookies baked in fluted molds for a fine, crisp tart shell.
- **Brune pinner** (Brown sticks): Sliced cinnamon and clove cookies with a crispy edge and soft center.
- **Serinakaker** (Serina cookies): Buttery shortbread-style cookies with a melt-in-your-mouth almond flavor.
- **Smultringer** (Donut rings): Spiced cake donuts flavored with cardamom and fried until golden.
- **Kakemenn** (Cake men): Soft, sugar-style cookies cut into festive shapes with crisp edges.
- **Risboller** (Puffed rice balls): Chocolate-covered puffed rice clusters.
- **Kransekake** (Wreath cake): A tower of almond rings stacked in a cone shape, the centerpiece of many holiday tables.
- **Bordstabler** (Table stacks): Buttery rectangles topped with a light meringue made from egg whites, ground almonds, and sugar.
- **Spritz** (Norwegian butter cookies): Pressed cookies made from a simple butter, sugar, and egg dough, baked to golden perfection.
- **Rosettes** (Deep-fried treats): Flower-shaped cookies made by dipping an iron into batter and frying until crisp and delicate.
- **Kokosmakroner** (Coconut macaroons): Simple, chewy cookies made from coconut, egg whites, and sugar.
- **Havreflarn** (Oat crisps): Thin, lacy oat cookies with a light caramelized flavor, sometimes dipped in chocolate.
- **Skolebrød** (School buns): Soft cardamom pastries filled with custard and topped with icing and coconut.
- **Munker** (Doughnut balls): Small, round pancake-like treats cooked in a special pan and dusted with powdered sugar.
- **Mandelmakkar** (Almond macaroons): Chewy cookies made with ground almonds, sugar, and egg whites, golden and tender inside.



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Free Children's Cross Country Ski Event

BARNELØPET

Saturday, February 21st, 2026

Legett Hall

Snow Mountain Ranch YMCA, Granby

1 km, 2.5 km & 5 km for ages 0 – 16

Check-in at 9:30am Event begins at 11:15 am

Free ski rentals at YMCA Nordic Center

After-event refreshments

Info and Registration at www.barnelopet.com

Sponsored by Sons of Norway District Six & the Colorado Lodges