

President's Message:

Spring is the season of renewal. Across our District, lodges are gathering again for cultural programs, meals, and fellowship. It reminds me how fortunate we are to belong to an organization that keeps Norwegian heritage alive while building lasting friendships in our communities.

This winter many of us also enjoyed cheering for Norway during the 2026 Winter Olympics. Norwegian athletes once again showed the determination, resilience, and love of winter sports that have long been part of Norway's identity. Watching them compete reminded me of the same spirit that brought generations of Norwegians across the ocean to build new lives.

That spirit is reflected in the theme of our upcoming District Convention in Sacramento, CA: "Pioneer Spirit." The early Norwegian immigrants who settled in America showed remarkable courage and optimism. They carried their traditions, language, and culture with them, laying the foundation for organizations like Sons of Norway to thrive today.

During the convention we will also have the opportunity to visit Camp Norge, a place that truly represents the living heart of our heritage in California. For generations, Camp Norge has welcomed families and youth to experience Norwegian culture, outdoor traditions, and the joy of community. Standing among the tall pines there, one can easily imagine the same pioneering spirit that inspired our ancestors.

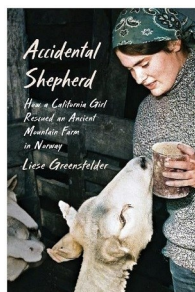
District conventions are always a highlight of our fraternal year. They bring us together to share ideas, celebrate accomplishments, and chart the course for the future of our District. Most importantly, they remind us that our strength comes from the dedication of members in lodges across the region.

Thank you for the time, energy, and heart you give to your lodges and communities. I hope to see many of you in Sacramento as we celebrate our Pioneer Spirit and continue the proud traditions of Sons of Norway.

Fraternally,

Lis Barca

president@sofn6.org



2026 Convention Features:

- A trip to Camp Norge, with lunch and a presentation on Snowshoe Thompson
- Liese Greensfelder shares stories from her book, *The Accidental Shepherd: How a California Girl Rescued an Ancient Mountain Farm in Norway*

New for 2026: On-line Entry Forms

Folk Art Exhibition and Olaf Award

2026.sofn6.org/folk-art-exhibit/

Communication Awards

2026.sofn6.org/communications-awards/

Registration is now open!

2026.sofn6.org/registration/



Message from our Treasurer

District Six closed the 2025 fiscal year with a profit, and we are hopeful that 2026 will also end in the black. As expected, convention years bring higher expenses than non-convention years; however, the district remains financially strong and in good shape overall.

In 2026, we transitioned our accounting system from QuickBooks Desktop to QuickBooks Online for two key reasons. First, Intuit is phasing out support for QuickBooks Desktop and has made it clear that clients are being directed to QuickBooks Online. Second, the online platform allows for smoother transitions from one treasurer to the next, ensuring greater continuity and accessibility.

Over the past year, we have also established an online archive of historical financial records and important documents for future reference. Many thanks to our IT professional, Bruce Fihe, for his expertise and assistance with this project.

A reminder to all District Six lodges: if you have not yet filed your D17, please do so as soon as possible. This information is essential for International reporting. Remember that the Federal Form 990 is due by May 15.

On a more celebratory note, I look forward to seeing our delegates at convention. Convention is always a wonderful blend of business and camaraderie, highlighted by our Sunday evening banquet. I truly enjoy meeting new delegates and reconnecting with friends from past gatherings.

Looking forward to seeing you at Convention,

Benny Jo Hinchey
treasurer@sofn6.org



Delegate Fundraising Ideas

It's time again to consider the election of delegates to the District Six Lodge Meeting and Convention. Potential delegates and lodge leaders might want to consider some of these ideas for fundraising to assist with sending delegates to Sacramento in June of 2026.

Activity by Delegates to raise funds:

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

Activity by Lodge to raise funds to assist delegates:

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

Message from Zone 1 Leader

Reflections on Recent Activities

After a very busy summer and fall, it feels wonderful to finally have some time to myself. This break allows me to focus on preparing crafts for the Folk Art Exhibit at the District 6 Convention, which will be held in June. I hope that you, too, are working on your own projects for the Folk Art Exhibit.

Following my trip to Norway in June, I spent time at Camp Norge, where I served as a language teacher for Trollfjell Folkehøgskule. It was a pleasure to work with this year's group of teenagers, and I truly enjoyed teaching them. Registration for the 2026 Camp is now available online, so be sure to sign up soon. Early registrants will receive a tuition discount.



Camp Oldfjell and Kretsstevne Highlights

Since most of us are now too old to attend Camp Trollfjell, I hope you were able to enjoy Camp Oldfjell in September instead. We had a fantastic turnout, and I thoroughly enjoyed my role as the knitting instructor. It was a real pleasure to connect with members from throughout the district.

I almost forgot to mention the Northern California Kretsstevne, which took place over Labor Day weekend. This event provided another wonderful opportunity to connect with members from other lodges.

Reflections on Leadership and the Future

I have served as Zone Director off and on for the past 30 years. While I have truly enjoyed visiting the various lodges and meeting local members, I am now looking for someone to take over this responsibility. Although I love the role, I no longer enjoy driving at night, especially in unfamiliar areas. I hope that someone else in Northern California will be willing to step up and take on this important task. See the article below to learn how you could be a Zone Director.

Hilsen,

Tove-Lise Miller

Interested in Serving as a Zone Director?

Zone Directors play an important role in District Six by serving as the link between the District Board and local lodges. They help keep members informed about district programs, events, and opportunities while encouraging membership growth and leadership development.

Zone Directors also visit lodges, assist with officer installations and new lodge development, and help recognize outstanding lodge achievements.

To serve as a Zone Director, you must be a Benefit Member, meaning you hold a qualifying financial product through Sons of Norway.

Interested members should complete the [Application for District Leadership Position](#) and send it to District Six President Lis Barca at president@sofn6.org. For a detailed list of duties, visit sofn6.org/duties-of-district-officers-and-directors/.

Message from the Public Relations Officer

I had the privilege of attending the 80th anniversary celebration for Nordahl Grieg Lodge last weekend. We enjoyed a phenomenal meal and great fellowship with friends, both old and new. While I was there, I also had the opportunity to introduce PhotoCircle to the lodge members in attendance. The top row of pictures are from this event.



I also participated in Zone 8's meeting in February. Although I was unable to attend in person, I joined via Zoom and shared the same presentation. The bottom row of pictures is from this event.

The PhotoCircle app is a private photo-sharing platform that allows groups to easily collect, share, and organize photos and videos in secure, invite-only albums called "Circles." Each lodge and each district-wide event will have its own PhotoCircle, making it easy for participants to contribute photos and videos and enjoy a shared collection of memories.

We will begin rolling out PhotoCircle to lodges over the next couple of months. I will also share a presentation at the District Member Seminars during the last week of March.

Your lodge's historian will appreciate this feature for preserving visual records of events. Editors will like the easy access to photos, and your lodge's regular photographer may even enjoy the chance to step in front of the camera instead of always being behind it.

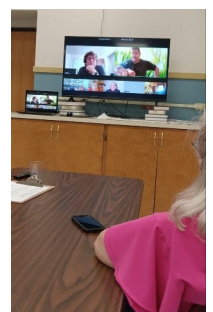
In addition to lodge circles, we will create PhotoCircles for Camp Norge events such as Kretsstevne and the Rosemaling Retreats, as well as district-wide events including Conventions, Language and Heritage Camps, and Camp Oldfjell. Zone-wide activities such as Ski for Light and Barneløpet will also have their own circles.

I look forward to working with lodges across the district as we begin using PhotoCircle to share and preserve the memories of our events.

Fraternally,

Teri Morken

pro@sofn6.org



Message from the Foundation Director

As your District Six Foundation Director, I recently attended a meeting with fellow District Foundation Directors that highlighted just how strong, creative, and forward looking the Sons of Norway Foundation continues to be.

The meeting was organized and chaired by Foundation leadership, including Amy Tuchenhagen, Foundation Director; Luella Grangaard, International Chair; and Elaine Nelson, Vice Chair. Their leadership and the ideas shared during the meeting provided valuable insight into future programs and opportunities that will strengthen the Foundation's reach and impact.

The Foundation's recent fundraising campaign, Together, We Are the Future, set a goal of \$225,000. Thanks to generous support throughout the organization, that goal was exceeded, with \$249,000 raised. Building on this success, the 2026 campaign goal has been set at \$250,000.

The Sons of Norway Foundation will soon celebrate its 60th anniversary. Representatives from the Foundation Board of Governors will be present at each district convention, including District Six, and a new anniversary video will be released highlighting the work of the Foundation and the lives changed through its grants and scholarships.

The impact of Foundation support continues to grow. This year, 75 grant requests were submitted totaling \$194,000, supporting projects that strengthen lodges, enrich communities, and promote Norwegian culture. Scholarship interest is also up significantly, with applications increasing from 200 to 309.

In recognition of this important work, the Norwegian Royal Family has selected the Sons of Norway Foundation as part of its Royal Patronage program, acknowledging the Foundation's significant contributions to Norwegian culture and heritage.

My sincere thanks to District Six members for your continued support of the Sons of Norway Foundation. Your generosity helps ensure these programs make a lasting difference, not only within Sons of Norway, but also in the communities we serve.

Best regards,

James Adams

District Six Foundation Director

Cell: 619-417-6300



Viking Magazine Submissions for February 2026

Across District Six, our lodges continue to bring Norwegian culture, service, and fellowship to life in meaningful ways.

At **Roald Amundsen Lodge 6-048** in Sacramento, members gathered in February to enjoy a special presentation by author Liese Greensfelder, who shared stories from her award-winning book *The Accidental Shepherd: How a California Girl Rescued an Ancient Farm in Norway*. Her engaging slideshow and personal reflections transported attendees back nearly 50 years to the moment she unexpectedly found herself managing a run-down Norwegian farm as a young woman—a remarkable tale of resilience and cultural connection.

Outdoor activities were in full swing at **Solbakken Lodge 6-064** in Yorba Linda, where members enjoyed a scenic hike and birdwatching outing at the San Joaquin Marsh in Irvine—a unique 300-acre water filtration system thoughtfully designed as a nature preserve.

At **Solheim Lodge 6-069** in Stockton, creativity met camp spirit as Sue Regadanz sold her beautiful rosemaling projects in support of the lodge, proudly wearing a customized Camp Norge t-shirt she designed for Roald Amundsen's Viking Fest.



In Santa Rosa, **Freya Lodge 6-062** hosted a lively “All About Freya” event, welcoming District Six President Lis Barca and Sons of Norway Foundation member and Recreation Center Board President Fred Hymans. The lodge also offered an aquavit workshop led by member Ann Strom, where participants crafted and sampled traditional spirits. The holiday season was celebrated in festive style at their Juletefest, complete with a visit from Julenisse and cheerful fellowship.



Leadership transitions were celebrated at **Norseman Lodge 6-094** in Thousand Oaks, where Zone 5 Director Randy Sundeen officiated the installation of officers. The ceremony honored both incoming and outgoing leaders who continue to strengthen the lodge's commitment to service and community.

In Colorado, members of **Steinfjell Lodge 6-114** in Loveland demonstrated the spirit of service by assisting 120 visually impaired skiers and Ski for Light volunteers as they departed for home in early February—an inspiring example of hands-on support and inclusion.

Meanwhile, **Norrone Lodge 6-050** in Van Nuys led **Zone 5's** inaugural coat drive, collecting 55 coats for the Salvation Army. District Six Zone 5 Director Randy Sundeen and Salvation Army representative Darlene Pettis marked the success of this meaningful outreach effort.

From cultural programs and holiday celebrations to outdoor adventures and community service, District Six lodges continue to embody the mission of Sons of Norway, preserving our heritage while strengthening our communities.

CAMPERSHIPS



FOLKEHØGSKULE

Ages 14 to 17

June 28–July 11, 2026



CAMP TROLLFJELL

Ages 8 to 13

July 12 – July 25, 2026



sofn6.org/arv/trollfjell-folkehogskule/

sofn6.org/arv/trollfjell/

Sons of Norway's District Six is pleased to offer a unique opportunity for our Language & Heritage Camps for the upcoming summer. Based on participation in local lodge activities, prior camp attendance, and essay, selected applicants will be awarded a campership; half of their camp registration costs will be covered.

Eligibility requirements:

- Ages 8–13 for Camp Trollfjell
- Ages 14–17 for Trollfjell Folkehøgskule
- Must be a member of Sons of Norway
- Must attend a local lodge meeting after camp to share their experience

Applying for a campership does not register a camper for camp. Families must still complete the regular camp registration separately. Detailed information about the camps and registration can be found on the camp websites by clicking sofn6.org/arv/.

Two half camperships are offered for each of the Language and Heritage Camps.

Applications may be mailed to the Campership Committee | C/O Lis Barca | 403 Decanter Circle | Windsor | CA | 95492-6664. Email your application or questions to Lis at: president@sofn6.org.

The application deadline is May 1.

To apply for Camperships or Scholarships, visit sofn6.org/scholarships/

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.



Registrations received by April 15 will receive a \$100 discount! All registrations are due by May 31. sofn6.org/arv/

District Six's Annual Language and Heritage Camps!

We are excited to share the dates for our 2026 youth camps, held at beautiful Camp Norge in the Sierra Mountains:

Trollfjell Folkehøgskule

Dates: June 28 – July 11

Ages: 14 to 17 years old

Camp Trollfjell

Dates: July 12 – July 25

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 2026!

To make this incredible experience possible, we are seeking enthusiastic volunteers. Family members who volunteer are eligible for discounts—up to 50% off camp tuition for their camper or student. Contact the Camp Director for more information.

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

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

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 in 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/ary.

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: campnorge.org/site/kretsstevne/.

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/.





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			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	Craig Dill	culturaldirector@sofn6.org	Jonathan Walters	zone7@sofn6.org
International Director	Luella Grangaard	luella.grangaard@sofnboard.com	Diane Molter	zone8@sofn6.org

Sons of Norway Headquarters

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

Websites

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

Facebook Pages

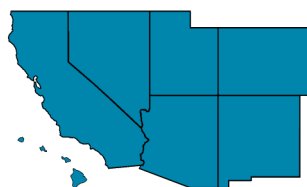
Group Page: [Sons of Norway District Six](https://www.facebook.com/Sons-of-Norway-District-Six)
 Group Page: [Camp Norge](https://www.facebook.com/Camp-Norge)
 Camp Norge: [facebook.com/campnorgeofficial](https://www.facebook.com/campnorgeofficial)
 Group Page: [Trollfjell](https://www.facebook.com/Trollfjell)

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.

District Six Insurance Professionals

Fred Hymans (CA)

(916) 333-2086

fred@EFSplanning.com

James Donovan (CA/NV)

(908) 276-5529

jdonovaninsure@gmail.com

Kendal Kjerstad (CO)

(970) 697-1114

kjerstadkendall@yahoo.com

Len Carlson (AZ)

(651) 253-1943

253@gmail.com

Other areas: sales@sofn.com

What Happens at a District Convention?

Every two years, representatives from lodges across the district gather for the District Six Lodge Meeting and Convention. This event combines fellowship, cultural celebration, and the important work of guiding the district for the next two years.

Delegates review reports from district officers and committees, discuss resolutions, and vote on decisions that affect programs, finances, and future priorities. The convention also includes elections for district leadership.

In addition to the business sessions, conventions often feature cultural activities, speakers, and opportunities to learn more about Norwegian heritage and the many programs offered through Sons of Norway.

This year's convention will include a special visit to Camp Norge, our district's recreation center in Alta, California. Bus transportation will be provided, along with lunch and a cultural program by author Frank Tortorich, who will present John A. "Snowshoe" Thompson, Pioneer Mail Carrier of the Sierra.

Equally important are the connections made between members from different lodges. Delegates exchange ideas, share successful programs, and build relationships that strengthen the entire district.

By the time the convention concludes, delegates return home with new ideas, renewed enthusiasm, and a clearer direction for the future of the district.

For detailed information, visit: 2026.sofn6.org/.



Sons of Norway
District Six
2026 Convention
June 11 - 14, 2026
Sacramento, CA

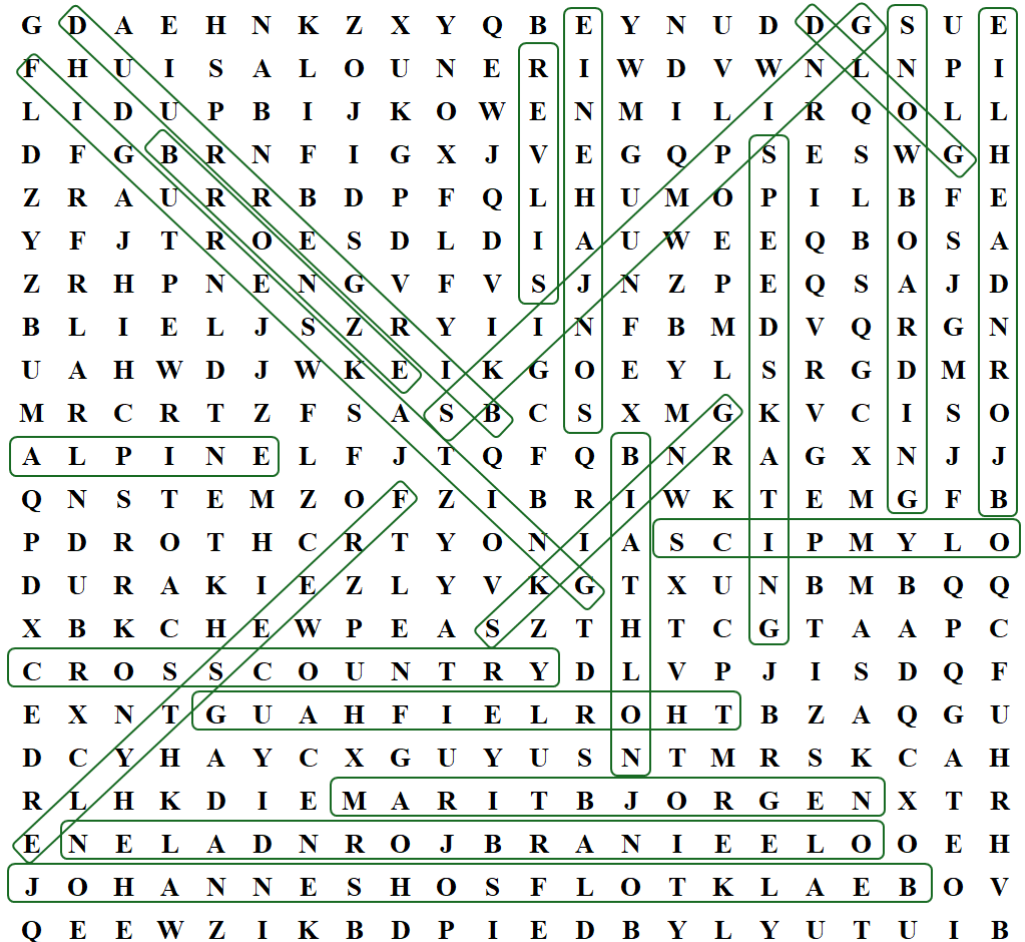
**Registration
NOW OPEN!**



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.



CULTURAL NEWS

Hilsen fra kulturdirektøren

Hi everyone! My name is Craig Dill, the new District Six cultural director. Personally, I find the need to preserve and share our historic Norwegian culture very important. There are many Norwegian cultural activities to be explored that are on the Sons of Norway website. Once you've logged onto sofn.com, select the Member Resources button, then choose the Cultural Programming button. On our District Six website, we have recordings of our past Vesterheim Events. The programs are located at sofn6.org, choose the Events/News tab, and you'll find the links at the bottom of the event listings. You can view these presentations individually or with your lodge at a meeting.



Throughout this newsletter many District Six events will be highlighted. Most are events that are held at our Camp Norge Recreation Center in Alta, California: Rosemaling weekends, Memorial Day weekend, Kretsstevne weekend, a couple of two-week summer kids' Language and Heritage Camps, and Camp Oldfjell. Many members from throughout our District Six attend these events annually. Each of these events have several different Norwegian culture experiences included in their programs.

Recently, Norønna Lodge, in Van Nuys, offered a Norwegian Heritage and Culture Day for members in Zone 5. Cultural Skills offerings included rosemaling, hardanger embroidery, kransekake baking, and a literature book club. Other classes included wire weaving, woven heart basket, and wool applique. The event was a success with breakfast and lunch included for a full, fun, cultural enrichment day.

If any lodge is interested in planning and holding an event like this and would like some help planning and finding instructors, please contact me.

I encourage all Sons of Norway members, their families, friends and lodges to become interested and involved in learning about our Norwegian Culture though any or all these events.

You'll find a story about our historical Culture and a Camp Norge Memorial Day experience on page 15.

Hilsen,

Craig Dill

culturaldirector@sofn6.org



3/21/2026

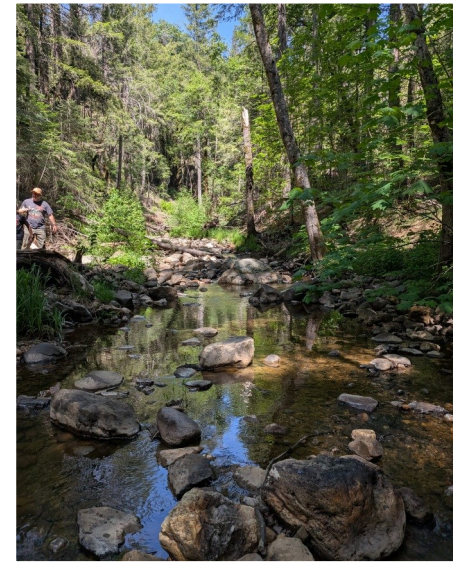


District Six Newsletter

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Camp Norge's Viking Trail and the "Pool of Mimir"

Camp Norge has a trail that leads to a creek and a pool of water at the bottom of the hill. Over the past 60 years, there have been many strange and unexplained happenings and weird sightings reported down by this pool. The actual stories of strange and unexplained happenings and weird sightings down by this pool were lost to time. Those who reported the sighting are no longer around to share their experiences. The sightings were so troubling to most, campers were discouraged, as a safety precaution, from taking the hike down to creek fed the pool. With the trail no longer being used regularly over the years, the trail fell into ruin. The resulting overgrowth and unsteady footing further discouraged campers from hiking the trail.



Not being aware of these forgotten stories, in May of 2024, on Memorial Day weekend, a couple of campers and their dog decided to hike down the old Viking trail and maybe find the creek and the pool. The trail was so overgrown that they immediately got lost and had to essentially blaze a new trail. The hike was not easy. With no path to follow it was treacherous and very steep; the vegetation was dense. Finally, seeing the creek, they knew they were getting close to the pool. They followed the creek from the top of the steep bank to where they thought the pool might lie. They spotted the pool from a distance and moved down to the creek. Moving towards the pool at the creek level, as they grew nearer, the hiker's dog stopped and started to bark feverishly. They moved from behind a couple of trees to see what the dog was barking at. Looking down at the pool, the hikers saw something that appeared to be like hairy head of a man skimming across the pool without causing even a ripple in the water. Shocked, they stopped on their tracks! No, they thought, they were imagining things! Believing that they mistook what they thought looked like a hairy head thinking that it was an animal or something. They stepped even closer and leaned in for a better look. The seemingly floating head then stopped, turned, and looked squarely at the hikers and the dog. The dog immediately stopped barking. Then, in a flash, the head vanished right before their very eyes. What the hell? What did they just see? With the hiker's curiosity heightened, they explored the area around the pool that was fed by the creek. They found nothing unusual or weird. Returning to camp, they only told a select few others what they had seen. They didn't want to be seen as "weird/crazy" to the other campers.



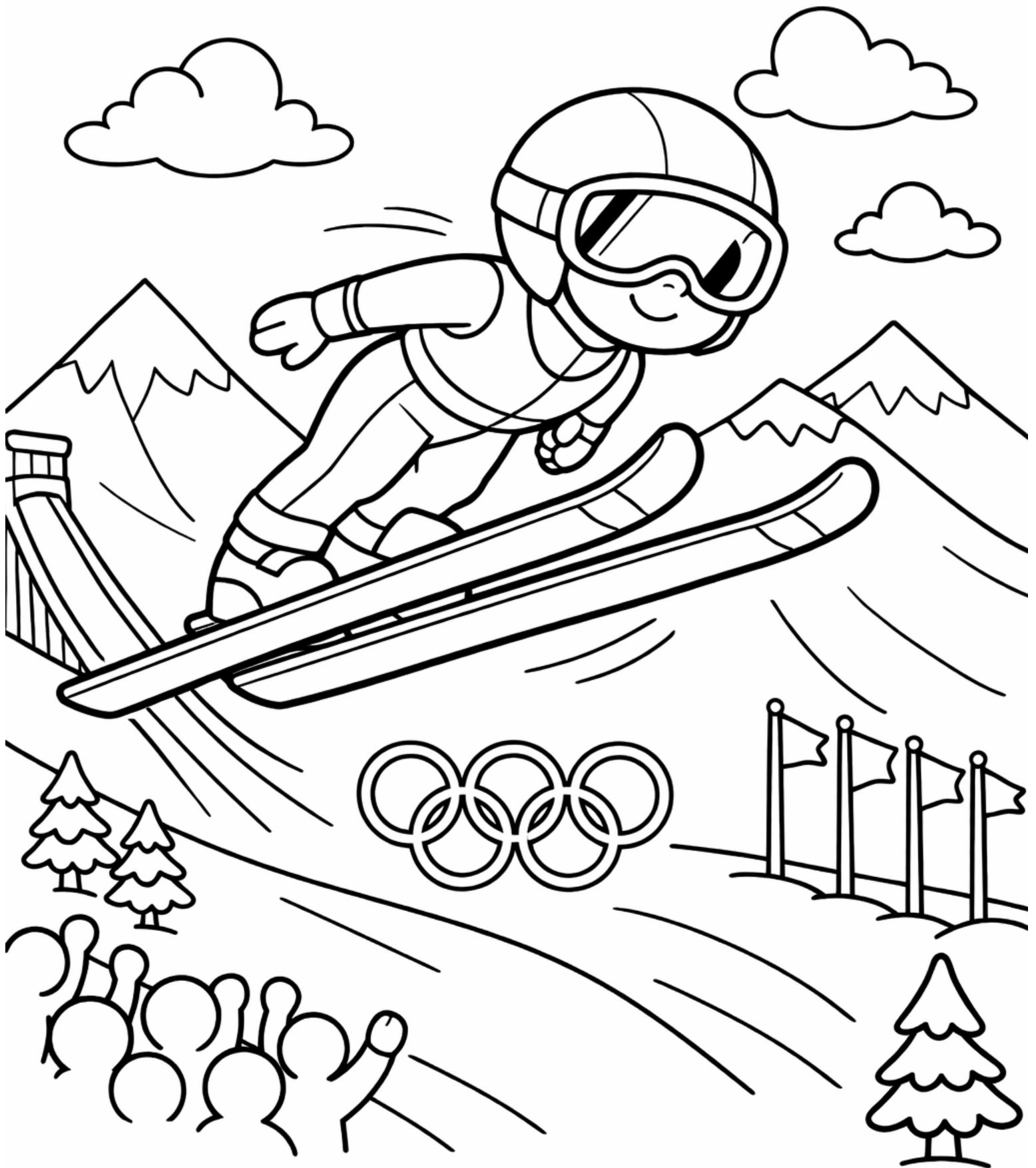
Returning home from camp, their curiosity got the best of them. They were obsessed with finding a possible explanation. A floating head? Maybe they could find something online. Maybe there was a story about an Indian legend of a floating head aberration from ancient times or maybe there was a story of murder and a headless body ghost or some other aberration from something that happened during the gold rush times. So, they turned to the internet and searched for any local phenomena from over the years related to a floating head. They found nothing! They then changed their search to inserting key words into the browser like "floating head", "a head without a body", "around a pool of water". They got a hit. The only hit! It was the Nordic story of "Mimir" of the old Nordic legends. Repeating the search on different search engines, this story came up repeatedly.

There was no other explanation to be found online. Could this be what they saw?

Many of the same campers had returned for Kretsstevne Weekend in September at Camp Norge. The hikers spread what they found online to others. Unexpectedly, the information along with the story of what they saw spread to others at camp. It fueled a spike in curiosity among other campers that were told the whole story. They all wanted to hike the old Viking trail to this pool and check it out! After their initial hike down to the creek fed pool, this led a group effort to help with reestablishing the trail to the creek and the pool.

Who was Mimir? Next newsletter ...

KID'S PAGES



Norway's Olympic Heroes

The Olympic Games are the world's largest international sports competition. Athletes from countries around the globe compete every four years in events such as skiing, skating, swimming, and running. The modern Olympic Games began in Athens, Greece, in 1896, though the original Olympics were held in ancient Greece more than 2,000 years ago. Winter sports were first included in their own Olympic Games in 1924 in Chamonix, France, although figure skating and ice hockey had appeared earlier in the Summer Games.

Norway's First Winter Olympic Gold Medalists



Thorleif Haug became Norway's first Winter Olympic gold medalist at the 1924 Winter Olympics in Chamonix. Competing in Nordic skiing, he won three gold medals in the 18 km (kilometer), 50 km, and Nordic combined events. He was also originally awarded a bronze medal in ski jumping, but 50 years later officials discovered a scoring error. The bronze was rightfully awarded to Anders Haugen, a Norwegian-American ski jumper who had finished fourth. In a remarkable act of sportsmanship, Haug's daughter presented her father's medal to Haugen in 1974—half a century after the competition.



Sonja Henie became the first Norwegian woman to win Olympic gold. A figure skater, she won gold medals in 1928, 1932, and 1936, after first competing at just 11 years old in 1924. Henie's grace and athleticism made her an international star, and she later became a successful film actress.

Legendary Norwegian Winter Olympians

Birger Ruud competed in ski jumping at the 1932, 1936, and 1948 Winter Olympics. He won gold medals in 1932 (Lake Placid) and 1936 (Garmisch-Partenkirchen) and later added a silver medal in 1948 after World War II.

Bjørn Dæhlie competed in cross-country skiing at the 1992, 1994, and 1998 Winter Olympics, winning 12 medals—8 gold and 4 silver. For many years, he held the record for the most gold medals won by a Winter Olympian.

Ole Einar Bjørndalen, known as the "King of Biathlon," competed in six Winter Olympics between 1994 and 2014. He earned 14 medals—8 gold, 4 silver, and 2 bronze—becoming one of the most decorated Winter Olympians in history.

Marit Bjørgen competed in five Winter Olympics from 2002 through 2018 in cross-country skiing. She won 15 medals—8 gold, 4 silver, and 3 bronze—becoming the most decorated Winter Olympian of all time.

Johannes Høsflot Klæbo has competed in the 2018, 2022, and 2026 Winter Olympics in cross-country skiing. As of 2026, he has won 13 Olympic medals, including 11 gold. At the 2026 Milano Cortina Games, he made history by winning six gold medals at a single Winter Olympics—an achievement never accomplished before. With his 11 Olympic gold medals, Klæbo now ranks second on the all-time list of athletes with the most Olympic gold medals, behind American swimmer Michael Phelps, who holds the record with 23.



Birger Ruud



Bjørn Dæhlie



Ole Einar Bjørndalen



Marit Bjørgen



Johannes Høsflot Klæbo

NOVEMBER in the 01

G D A E H N K Z X Y Q B E Y N U D D G S
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Sons of Norway District Six Convention June 11 – 14, 2026



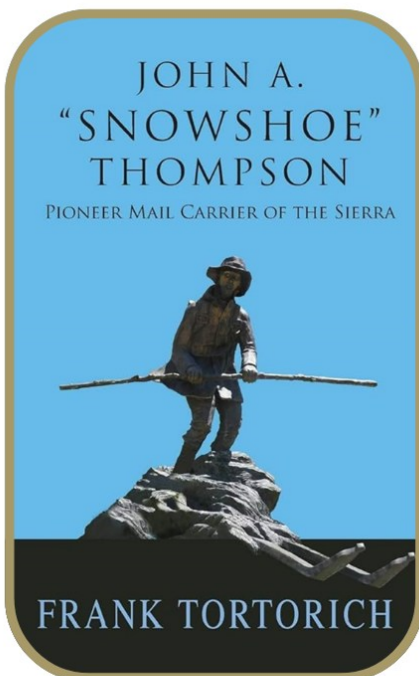
The 2026 Convention kicks off with a
Friday outing to Camp Norge!

🌲 Tour the grounds and reconnect with District Six friends. 🌲

🌲 Enjoy lunch prepared by our very own Kirby Aasen. 🌲

🌲 Author Frank Tortorich presents his program: 🌲

**John A. “Snowshoe” Thompson,
Pioneer Mail Carrier of the Sierra.**



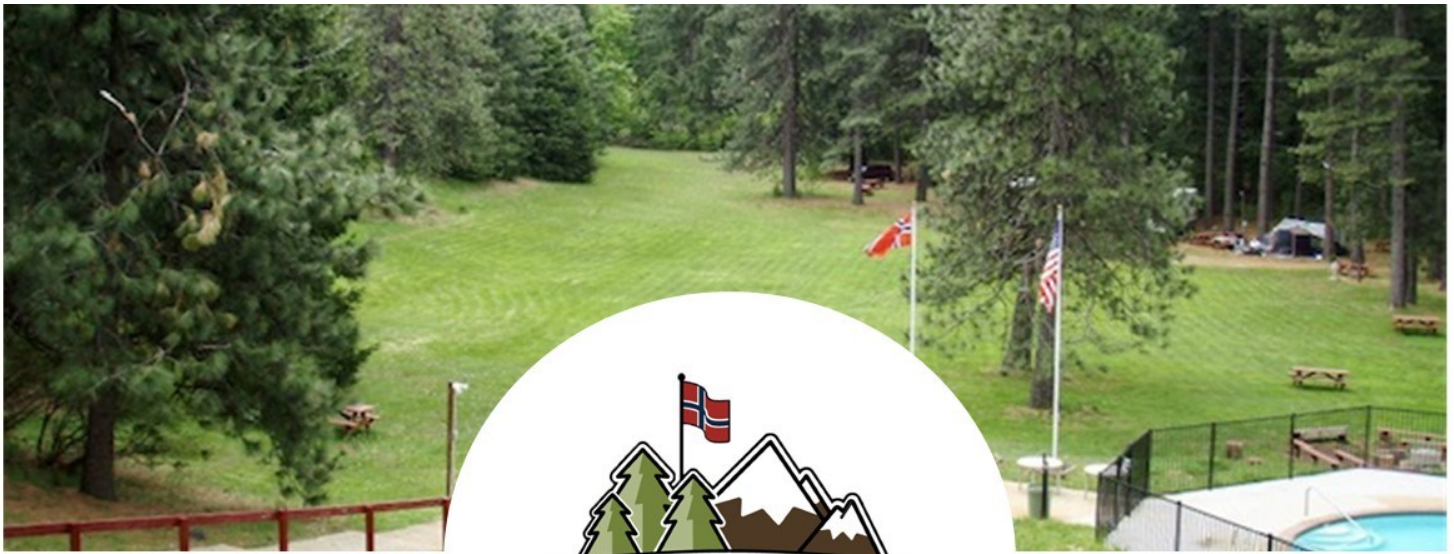
**Camp Norge is conveniently located just one hour by bus from
the DoubleTree by Hilton in Sacramento.**

 [hilton.com](https://www.hilton.com)



[campnorge.org](https://www.campnorge.org)

 [2026.sofn6.org](https://www.2026.sofn6.org)



Spring Work Parties

Help us prepare for a busy 2026 season! In addition to our wonderful annual events, this year we welcome delegates from the District Six Convention.

The first work party will be held on:

Saturday, April 18th | 9am – 5pm

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

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

The second work party will be held on:

May 30, 2026, from 9am to 5pm.

Come for one day or both - projects for all ages & abilities.

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

PROTECTING THEIR HOPES AND DREAMS



Whole Life Insurance designed to last a lifetime

Deciding how to protect your family and loved ones is very important. There are so many types of life insurance to choose from. If you are considering permanent coverage, Sons of Norway has options designed for you. Whole life insurance provides coverage for your entire life with level premiums and a guaranteed death benefit.

Your whole life policy will give you protection for your entire life. Your premiums will not change regardless of your health and your policy will build cash value.

The cash value is guaranteed and will increase each year. Should you need funds for college or another expense, you will be able to take a loan from your cash value.¹

Lasting value for your lifetime

Maybe your children are dreaming of their college experience or moving on to lives of their own and your retirement is not that far away.

Or perhaps you're just starting a family and thinking about all the obligations that come with it.

No matter what stage of life you are enjoying, Sons of Norway has the insurance products that allow you to handle your financial concerns regarding your loved ones. We have the answer to protect your family's financial future if something would prevent you from being there to provide for them.

This whole life coverage will provide you with strong guaranteed insurance coverage with affordable premiums. While nothing can ever replace you, you can take steps to ease the financial burden of an untimely loss.

¹ Like any loan, interest will be charged. An outstanding loan will reduce the death benefit if not repaid in full or the cash value if the certificate is surrendered for cash. Additionally, an outstanding loan could potentially terminate the certificate if the principal plus accrued interest equals or exceeds the cash value of the certificate. Tax penalties may apply.

² All distributions from a MEC (including loans) are taxable as income at the time the funds are received by the taxpayer. Distributions are taxable as income first, and recovery of basis (Premiums Paid) second.

Whole Life insurance is right for:

- Couples just starting to plan for a family together
- Young families who want to ensure their family's quality of life if they are not there to provide for them
- Parents who understand the value in protecting their child's insurability
- Those who have accumulated a nest egg for retirement and wish to protect it



Lifetime protection with guarantees

Customize your policy by using the rider options that fit your personal need. ¹

- Waiver of premium; will waive your premium payments if you are totally disabled for six months prior to age 60
- Accidental death benefit; provides additional death benefit if you die from an accident before you turn 65 years old ²
- Guaranteed purchase option; this rider allows you the option to purchase additional insurance without underwriting at specific points in time
- Terminal Illness riders; By adding an accelerated benefit rider to your policy you will have access to a portion of your death benefit in the event of either a terminal illness ³
- Children's Insurance rider; provides level term insurance on your children under age 18 and will cover them until they turn 22 years old

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

² Not to exceed the face amount of the base policy or exceed \$200,000

³ Receipt of accelerated death benefits may be taxable or may affect the owner's eligibility for benefits under state or federal law.



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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)

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