sofn6.org

Sons of Norway
# The SUPER Sixth District
California, Utah, Nevada, Arizona, Colorado, Hawaii, and New Mexico

Winter 2026 Newsletter

## President's message:



Dear Members and Friends,

As we enter the fall and winter seasons, I want to thank all of you who continue to support our district and local lodges. Your time, enthusiasm, and dedication help keep our organization strong and our Scandinavian heritage alive.

As we look ahead, the merger with BetterLife brings new opportunities to strengthen our organization, expand our reach, and build connections that will benefit our members and future generations. Change brings both questions and possibilities, and I look forward to exploring how we can work together to build on our shared strengths, preserve our traditions, and create new opportunities for fellowship and growth.

The holidays remind us of the importance of community, generosity, and time spent together. I encourage everyone to stay involved, welcome new members, and continue sharing the traditions and values that make our organization special.

Wishing you and your families a joyful holiday season filled with peace, good health, and hygge—the warmth and comfort of being together. May the New Year bring renewed energy, meaningful connections, and exciting possibilities for our district.

God Jul og Godt Nytt År! Merry Christmas and Happy New Year!

Warmest wishes,

Lis Barca

### Sons of Norway Foundation Scholarships for 2027

SONS of NORWAY



Scholarships from the Sons of Norway Foundation help students prepare for their future careers and life journeys. They also advance the Foundation's mission by promoting cultural exchange and the importance of lifelong learning.

Applications for 2027 scholarships are due no later than **January 15, 2027**.

For scholarship information, eligibility requirements, and applications, visit:
https://www.sofn.com/foundation/scholarships/

*A note to students: The scholarship application takes time and thoughtful preparation, so be sure to get started early. You can save a draft of your application and return to complete it when you're ready.*

# Public Relations Officer



This newsletter is reaching you a little later than usual. I recently traveled with my mother to Humboldt, Kansas, for her 71st high school reunion and to visit family throughout the Midwest. It was a special opportunity to re-connect with relatives.

**Publishing Software**

With the discontinuation of Microsoft Publisher, many people are looking for an alternative. I've researched several options, but there are so many choices that I'm not comfortable recommending one over another.

I will share the solution I chose for my own use. I purchased a perpetual license for Microsoft Office Professional 2021 rather than continuing with a subscription. These licenses may still be available through software retailers and online marketplaces, but buyers should verify that the seller and license are legitimate.

Keep in mind that Microsoft ended support for Office 2021 on October 13, 2026. Although the applications will continue to function, they will no longer receive security updates or bug fixes.

**PhotoCircle**

I'm happy to report that nearly half of our lodges are now using PhotoCircle to share pictures from lodge meetings and events!

PhotoCircle is more than an online photo album. It's also a great way to introduce others to Sons of Norway. The next time you're chatting with someone, why not share a little about your lodge and show them pictures of your activities, events, and programs? It's a wonderful way to demonstrate what makes our organization special.

Check with your lodge leaders for an invitation to your lodge's Circle. Once you have access, be sure to watch the PhotoCircle Training video **HERE**.

See page 4 for a selection of recent lodge photos shared through PhotoCircle.

**Grants**

The Sons of Norway Foundation offers a variety of grants to help lodges, members, and communities preserve Nordic heritage and support local projects. The annual application period is October 1 through December 15, with the exception of the Helping Hands to Members Grant, which is available year-round.

See page 16 for an overview of available grants, eligibility information, and application resources.

**Scholarships**

The Sons of Norway Foundation awards more than 35 scholarships annually, supporting higher education, cultural exchange, and summer programs in the United States and Norway. Applications are accepted October 1 through January 15. District Six also maintains its own scholarship fund to support students in our region.

See page 17 for a listing of available scholarships and additional information.

Fraternally yours,

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

# Zone 1 Director

**Meet Our New Zone 1 Director**

Hi, I'm Kirby Aasen, your newly elected Zone 1 Director. Many of you know me as the cook at Camp Norge for various events.

Recently, I've had the pleasure of visiting two lodges in my zone. Gulldalen Lodge in Grass Valley hosted a wonderful Nordic Festival featuring vendors, Viking reenactors, music, a lefse demonstration, and our fabulous Camp Trollfjell dancers. The food was great, and I couldn't stay out of the kitchen! A special thanks to Karen Nichols for hosting me.



The other visit I made was to Fram Lodge in Eureka where we had a wonderful potluck luncheon. I gave a slide show presentation on Camp Norge and Camps Trollfjell and Trollfjell Folkehøgskule.

My first goal as Zone Director is to visit all the lodges in my zone. Next up is Sacramento's Nordic Festival in November!

Please feel free to contact me with any lodge needs. I'm also happy to give presentations on topics I'm familiar with, including genealogy and cooking.

Fraternally yours,

Kirby Aasen













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



Peer Gynt | Los Angeles, CA | 6-022 Zone 5 6-152



Roald Amundsen | Sacramento, CA | 6-048 Zone 1



Vegas Viking | Las Vegas, NV | 6-152 Zone 6




Garborg
Modesto, CA
6-056 Zone 2



Fridtjof Nansen
Long Beach
6-009 Zone 5




Rosemaling Retreat
Fall Session
Camp Norge



Henrik Ibsen
San Francisco, CA
6-007 Zone 3

# 5 Smart Financial Gifts for Kids and Grandkids

**By Fred Hymans, CFP, FBC**



The holidays are upon us already! Instead of another gadget that's forgotten by February, consider a gift that keeps growing.

These aren't just nice gestures; they're gifts that build wealth, instill confidence, and support long-term goals. When you pick the right tool, you're giving your loved ones something they can use, appreciate, and remember.

**1. Kick-Start a Roth IRA**

If your child or grandchild has earned income that is reported for tax purposes, a Roth IRA may be one of the most powerful financial gifts you can give. Contributions grow tax-free.

You as the adult can open a custodial Roth IRA while the minor earns money. You control the investments until the child takes over at adulthood and can match their contributions, up to their earned income. Now you're teaching more than money; you're teaching values.

**2. Super-Fund Their College Savings**

College costs keep climbing. A 529 college savings plan is a top way to give a financial gift for kids with serious longevity. Contributions grow free from federal income tax. Qualified withdrawals are also tax-free.

For 2026, you can contribute up to $19,000 per child (or $38,000 if you're married and giving together) without worrying about gift-tax paperwork, though you'll need to file a gift tax return (Form 709) to make the election. Even better? There's a "five-year election" that lets you front-load five years' worth of contributions at once. That means a single donor could contribute up to $95,000 or a married couple up to $190,000 at one time and still spread it over five years for tax purposes.

A 529 plan isn't limited to just four-year universities anymore. It can also cover trade schools, vocational training, and registered apprenticeships, as long as the institution is federally approved. Recent changes to the law have expanded what qualifies, now including costs like tuition, fees, books, required supplies, and even certain licensing or credentialing fees for skilled trades. This flexibility makes a 529 plan a great option for supporting a child or grandchild who takes a more technical or career-focused route, offering them alternatives to the typical college experience. State tax treatment varies, so check your state's rules.

**3. Flexible Gifting via a Custodial Account (UGMA/UTMA)**

Here's another clever financial gift for kids. A UGMA/UTMA account is a flexible way to gift money or investments to a child while you, as custodian, guide the process until they're old enough to take control.

Investment earnings in the account follow the "kiddie tax" rules. The 2025 rules state that the first $1,350 of unearned income is tax-free, the next $1,350 is taxed at the child's rate, and anything above $2,700 gets taxed at the parent's rate.

This kind of account is great for teaching patience, investing, and responsibility. Just know it's counted as the child's asset (which can affect college aid) and once you gift it, you can't take it back.

4. **Teach About Inflation by Gifting I-Bonds**

A lesser used but brilliant strategy: gifting I-Bonds. Gifting a Series I U.S. savings bond introduces children to the concept of saving and safeguards against that silent thief of purchasing power. I-bonds carry a fixed rate plus an inflation-adjusted rate.

These bonds are low-risk, government-backed, and accessible. Start with $25 and build from there. They're a smart part of a household's toolkit, and a great financial gift for kids that shows how money can work patiently, over time.

*Continued on page 6*

**5. Let Them Be Shareholders of a Real Company**

This one is fun and memorable. Gift stock, perhaps in a company they already know or love, and open a custodial brokerage account. Watching dividends reinvest can be powerful.

Some companies still offer direct stock ownership programs. Or you can use a replica certificate to make it tangible. Turning a line on a statement into an 'I own part of this company!' moment? Priceless.

**Why Financial Gifts Matter**

Financial gifts teach important lessons about values and opportunity. A thoughtful contribution teaches kids that money can be a tool, not just a toy. It introduces them to concepts like saving, investing, compounding, and planning for the future—skills they'll use for a lifetime.

Unlike toys or gadgets, which may be forgotten after a few weeks, a financial gift grows over time and can help fund education, first investments, or even a first home. Beyond the dollars, it's a chance to spark confidence and independence. Kids learn that thoughtful decisions today can create meaningful results tomorrow.

**Financial Gifts for Kids That Have Long-Term Benefits**

Give the gift of knowledge, patience, and purpose. Whether you pick a Roth IRA, a 529 plan, a UTMA, I-bonds, or stock shares, you're giving more than money. Every financial gift for kids you choose now becomes part of their story.

If you'd like help selecting which of these strategies fits your family goals, investment timeline and tax-planning needs, my firm, Essential Financial Strategies is here to help. We work with our clients to tailor a plan that supports your legacy, your values, and your loved ones' futures. And now that we are partnered with BetterLife, we can offer their life insurance and annuities as well (Mutual of Omaha for California residents).

Fred Hymans, CFP® has been a Certified Financial Planner Practitioner® and Financial Benefits Consultant with Sons of Norway for over 16 years. His firm Essential Financial Strategies is located in Rocklin, CA, where he lives with his wife Colleen. You can reach Fred at (916) 333-2086 or **fred@efsPlanning.com.**

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# Registration opens January 1st



## Trollfjell Folkehøgskule

Sunday, June 27 – Saturday, July 10, 2027
Open to youth ages 14 to 17 years old



## Camp Trollfjell

Sunday, July 11 – Saturday July 24, 2027
Open to campers 8 to 13 years old

# Foundation Report

Dear District Six Members,

After 60 years of Foundation Service, we should feel optimistic that the best is yet to come.

October begins an important season for the Sons of Norway Foundation. Online grant and scholarship applications become available this fall, and the Together We Are the Future campaign begins October 1. Please help your lodges share these opportunities with members, students, and families.

Here are the dates to keep in front of members:

October 1: Foundation grant applications open, and Together We Are the Future begins. Scholarship applications open in October; applicants should check the online portal for availability.

December 15: Deadline for most Foundation grant applications. Helping Hands to Members assistance remains available year round.

January 15: Scholarship application deadline. Students must complete and submit their own online applications. The campaign continues through January 15, according to the fall Foundation material.

District Six has good examples to share. Our District Six leadership made a $5,000 Foundation gift this year. Recent grants have supported District Six Language and Heritage Camps, improvements at Camp Norge, and tents for children's camps. These are practical examples of Foundation support returning to our communities.

Please ask each lodge to identify a possible grant project, pass scholarship information to young people and their families, and consider a lodge or individual campaign gift. Donations to the Sons of Norway Foundation, a 501(c)(3) organization, may be tax deductible to the extent allowed by law; donors should retain their receipts and consult their tax advisers about their own circumstances.

Grant information: [sofn.com/foundation/grants/](sofn.com/foundation/grants/)

Scholarships: [sofn.com/foundation/scholarships/](sofn.com/foundation/scholarships/)

Giving: [sofn.com/foundation/donate/](sofn.com/foundation/donate/)

Thank you for helping our lodges turn these opportunities into applications, projects, and support for the next generation. Please let me know what information or examples would help you reach your lodges.

We have had 60 years of Foundation service, the best is yet to come thanks to your work and dedication!

Tusen takk,

James Adams
District Six Foundation Director
Sons of Norway Foundation
Cell: 619-417-6300




Helping Hands to Children Grant for Solheim Lodge 6-069

# Viking Magazine Submissions for August 2026

## Zone 1

**Gulldalen 6-128 in Grass Valley, CA:** Karen Daastol-Nichols of Gulldalen Lodge shares a Norwegian baking tradition with Trollfjell Folkehøgskule students Ayla O'Dell (left) and Mari Cornell (right), teaching them how to make kransekake during District Six's Language and Heritage Camp for ages 14–17. Learning traditional foods is just one of the many ways campers connect with their Norwegian heritage**.**


Gulldalen

**Roald Amundsen 6-048 in Sacramento, CA:**

Andrew Hunsbedt (top) and Neo Freitas (left) both from Nordahl Grieg , along with Archer Penneman of Roald Amundsen, settle into their first day at Camp Trollfjell. They're enjoying the new camp tent purchased with a Sons of Norway Foundation grant awarded to Valhall Lodge of San Diego, bringing a welcome addition to the camp experience.


Roald Am;undsen

## Zone 2

**Bjørnstjerne Bjørnson 6-041 in San Francisco, CA:** Two sets of sisters, joined by friends, enjoy a day of inter-lodge fellowship at Henrik Ibsen Lodge's annual summer picnic in Woodside. With members representing both Bjørnstjerne Bjørnson and Henrik Ibsen Lodges, the gathering is a wonderful example of the friendships that bring our lodges together.

**Solheim 6-069 in Stockton/Lodi, CA:** Twelve alumni of District Six's Trollfjell and Trollfjell Folkehøgskule Language and Heritage Camps reunite with instructor Kalia Freitas of Nordahl Grieg Lodge following an outstanding performance for District Six Convention delegates. The 2025 dancers, representing Roald Amundsen, Nordahl Grieg, and Gulldalen Lodges, showcase the lasting friendships and Norwegian traditions nurtured through our youth camps.



Bjørnstjerne Bjørnson


Solheim

# Viking Magazine Submissions for October 2026

## Zone 1




**Gulldalen 6-128 in Grass Valley, CA:** Young dancers from District Six's Camp Trollfjell and Trollfjell Folkehøgskule bring Norwegian traditions to life with lively folk-dance performances at Gulldalen Lodge's Nordic Marketplace on October 10, 2026.

## Zone 3

**Henrik Ibsen 6-007 in San Francisco, CA:** Members take in the beautiful views from the balcony of the Henrik Ibsen Park Clubhouse during the All-Lodge Picnic, celebrating fellowship and good company with fellow Sons of Norway members.




## .Zone 5

**Peer Gynt 6-022 in Los Angeles, CA:**

Peer Gynt Lodge keeps members connected through a variety of activities celebrating friendship, fellowship, and Norwegian heritage. From the annual summer picnic at Nansen Field in Palos Verdes on August 15 to a June 27 bus tour of Norwegian-owned St. Avalo Vineyards in Los Olivos, members enjoy opportunities to gather and explore together. The lodge also expanded its cultural outreach with its first annual Nordic Gateway LA, showcasing Scandinavian art, music, food, and entertainment for the greater Los Angeles community.











**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 | Kriby 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 |

## Sons of Norway Headquarters

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

## Websites

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

## Facebook Pages

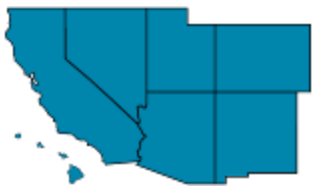
Group Page: **Sons of Norway District Six**
Group Page: **Camp Norge**
Camp Norge: **facebook.com/campnorgeofficial**
Group Page: **Trollfjell**

## 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.

SONS of NORWAY

## 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

Greetings Sons of Norway (SofN) District six members,

The goal of our organization of preserving the heritage and culture of our Norwegian immigrant forefathers should be of great concern to all of us SofN members. Our organization's mission statement reflects this:

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 celebrate our relationship with other Nordic countries.

As the Cultural Director of District Six, my goal is to keep the district's lodges aware of the resources that have already been developed and are available for local lodge use for their members and programs. Specifically, there is an already developed, extensive "Cultural Skills Programing" subjects with many resources that are available for all members/lodges to view and use located on the headquarters' "**SOFN.COM**" website. To access the subjects listed below you will need to login to the Sons of Norway website.

**Recipe Box**: Norwegian recipes for drinks, meals and desserts

**Idea Bank**: A resource of numerous ideas to use for your lodge's programs regarding Norwegian Culture.

**Just for Kids program**: Coloring section/page in our Viking magazine. Note that the *Just for Kids'* magazine was discontinued in 2022. Past issues are downloadable.

**Norwegian Language lessons**: A free online lesson plan with 37 audio lessons.

**Information bank**: A resource of information to use for your lodge's programs regarding Norwegian Culture.

**Norwegian reading and comprehension lessons**: A 14-unit lesson plan to help one learn how to read and comprehend Norwegian

**Cultural Skills Programs** : 10 different units of hands-on skills relating to our Norwegian Heritage and Culture.

| | | | | |
|---|---|---|---|---|
| **Cooking** | **Literature** | **Rosemaling** | **Genealogy** | **Folk Dancing** |
| **Knitting** | **Language and Heritage** | **Hardanger** | **Figure carving** | **Chip carving** |
| **Weaving** | **Ornamental wood carving** | **Norwegian and North America Stamp Collecting.** | | |

**Music and Musicians of Norway**

*Continued on page 12*














Youth Cultural Skills programs for **Figure Carving**, **Folk Dance**, **Knitting**, **Hardanger** and **Stamp Collecting**.

**Christmas traditions** – Resource of Norwegian Christmas customs' information.

**Mini presentations** – A resource of several topics' relation to Norwegian heritage and culture.

**Sports Medal Program** – General fitness, snow skiing, biking, walking and a walking virtual Norway pilgrimage program.

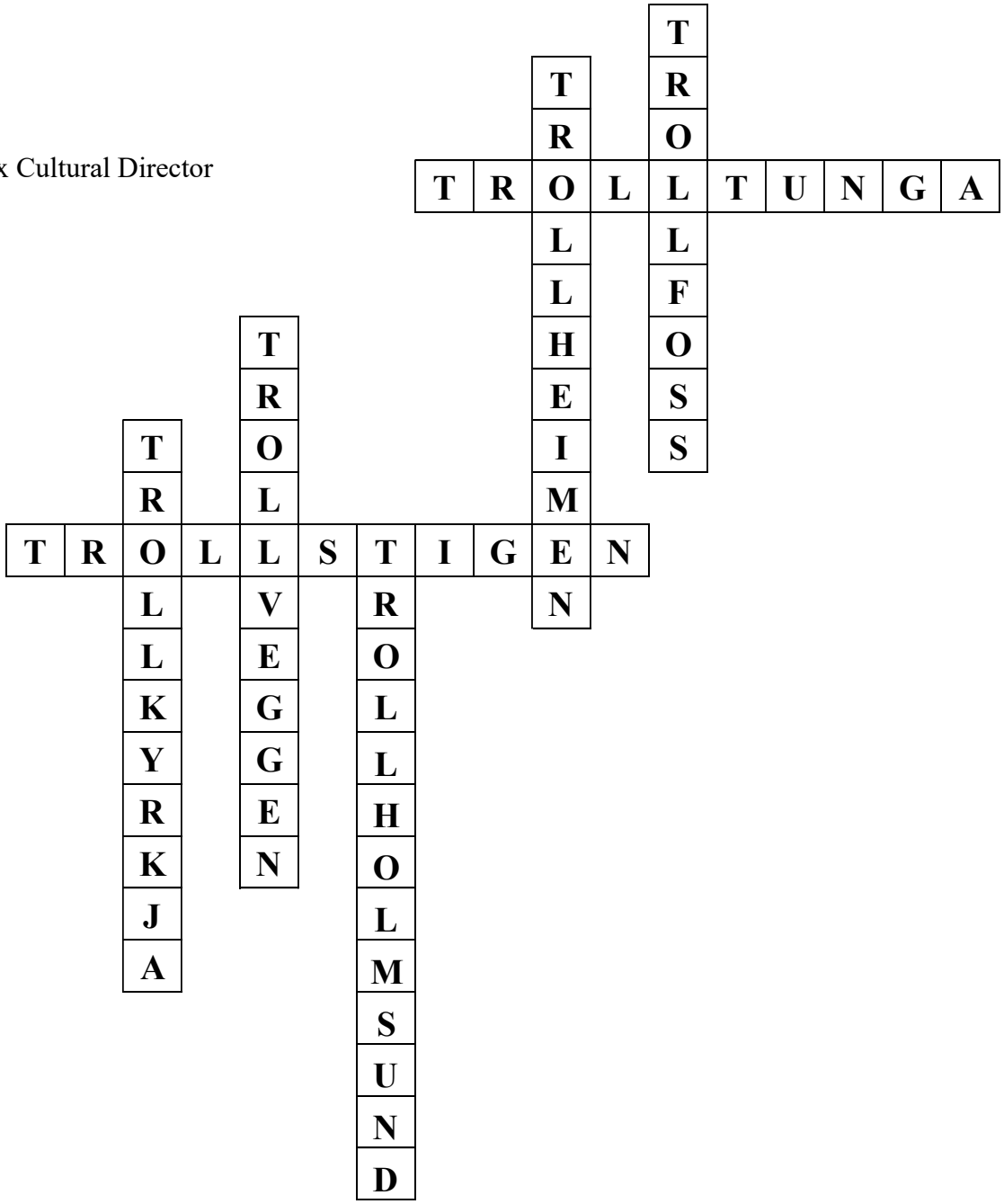
Many of these hands-on heritage and cultural skills have been offered for the past 7 years at the district's annual four-day event called "Camp Oldfjell" held at our Camp Norge in September. This year's successful event was at capacity with over 70 SofN attendees coming from as far away as Florida. Being at capacity at this year's fall Camp Oldfjell and with many more requests to expand to accommodate more members, we are considering organizing and having a spring "Camp Oldfjell." For more information, this year's course catalog is available for viewing and can be found on the 'sofn6.org' website under the events menu. Submit your interest and thoughts on this subject to the District Six Cultural Director.

Fraternally yours:

Craig Dill

Sons of Norway District Six Cultural Director

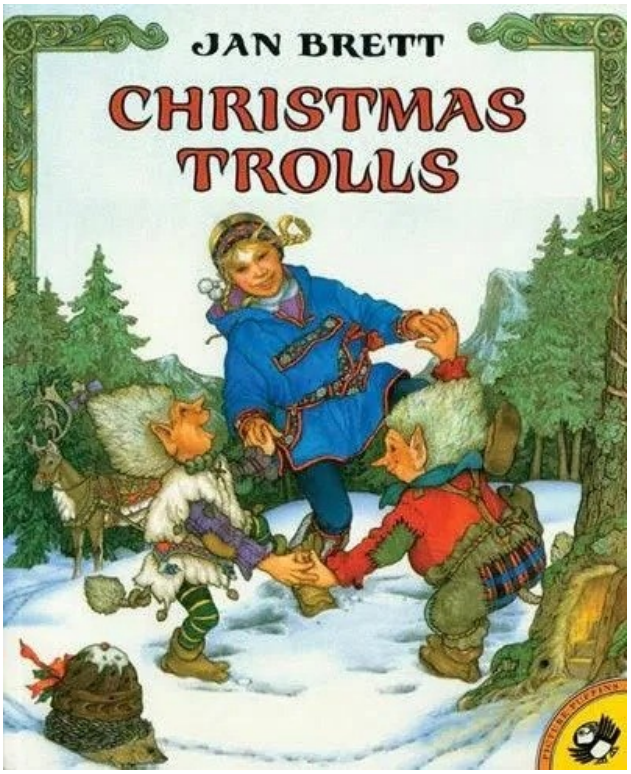
culturaldirector@sofn6.org



# KID'S PAGES

## Christmas Trolls

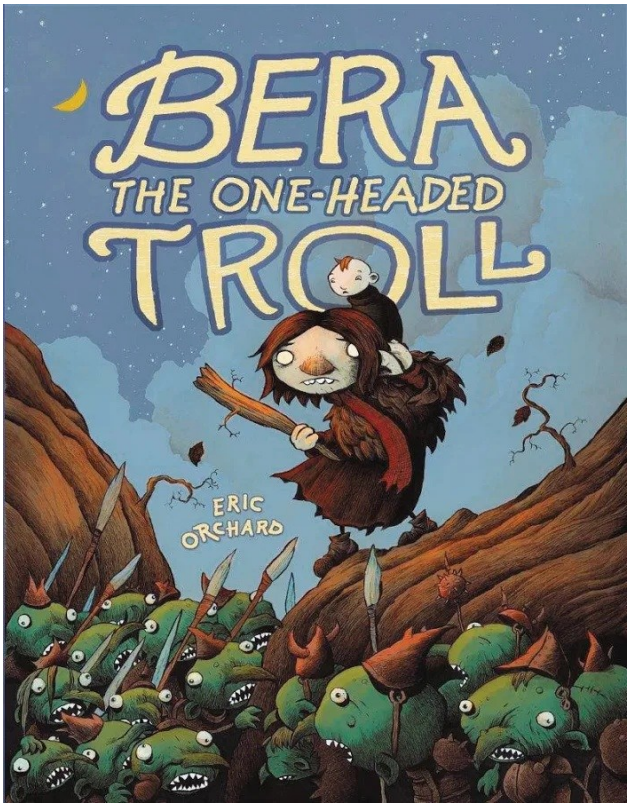
## By: Jan Brett




Christmas is Treva's favorite time of year, especially the preparations -- finding the perfect tree, decorating the house, and making presents for her family. But this year is different. Small things are disappearing, then some of the presents themselves. Treva is mystified, until early one morning she sees a small creature scurrying across the snow, carrying the Christmas pudding. Treva races after it into the forest where her adventures are just beginning. . .

Ages 4-8

**AMAZON** **GOODREADS** **TARGET**




## Bera the One-Headed Troll

## By: Eric Orchard

Content to harvest pumpkins with her owl sidekick, Winslowe, Bera is a one-headed troll (most trolls have two heads) who has never left her island. When she saves a human baby, Bera realizes she must leave her quiet solitude and seek help from the ancestors in order to return the infant to the land of the humans. On the way, Bera meets friendly hedgehogs and fights off multiheaded trolls, goblins, and Cloote, the former Head Witch of the Troll King, a Baba Yaga-esque character who travels in a Viking boat with legs. Can meek and gentle Bera protect the child?

Grade Levels 4-8

**AMAZON** **THIRD EYE COMICS** **JHU COMICS**

# TROLL KRYSSORD

**ACROSS**

3. The Troll's Tongue
6. The Troll's Path

**DOWN**

1. Troll Waterfall
2. The Home of the Trolls
4. The Troll Wall
5. Troll Church
7. Troll Islet Strait



**Trollholmsund**






**Trollfoss**



**Trollveggen**



**Trollkyrkja**



**Trolltunga**



**Trollheimen**



**Trollstigen**



# GRANTS AND SCHOLARSHIPS

## Sons of Norway Foundation Grants

Our Sons of Norway community benefits from access to grants offered by the Sons of Norway Foundation. These grants provide an opportunity for lodges, members, districts and others with Nordic interests to strengthen their communities in meaningful ways.

The grant application season is October 1–December 15, with the exception of the Helping Hands to Members Grant, which is open year-round.

Why apply?

- Support your lodge's mission with meaningful programming
- Celebrate Nordic culture and heritage
- Make a lasting impact in your local community

Ready to learn more?
Explore the grant overview section on this page to learn about available grants and eligibility requirements. Want to know more about the application process? Check out this short presentation for helpful information on **APPLYING FOR A SONS OF NORWAY FOUNDATION GRANT**. Then, find the opportunity that's right for you and apply today!

| Name of Grant | Purpose | Deadline | Project Timeline | Payment Timeline | Lodge Requirement | Membership Requirement | Maximum Award | Other Requirements |
|---|---|---|---|---|---|---|---|---|
| Helping Hands to Children | Supports lodge member activities in local schools or venues | Dec. 15 | January 2027 - March 2028 | Late Spring 2027 | Must be on behalf of a Sons of Norway lodge | Applicant must be a current Sons of Norway member in good standing | Up to $1,500 | One letter of support and follow-up report required |
| Lodge Culture & Heritage | Projects that promote and preserve culture and heritage of Norway | Dec. 15 | January 2027 - March 2028 | Late Spring 2027 | Must be on behalf of a Sons of Norway lodge | Applicant must be a current Sons of Norway member in good standing | Up to $1,500 | Two letters of support and follow-up report required |
| Lodge Vitality | Give lodges a boost in their operating budget for membership, programming, maintenance, etc. | Dec. 15 | January 2027 - March 2028 | Late Spring 2027 | Must be on behalf of a Sons of Norway lodge | Applicant must be a current Sons of Norway member in good standing | Up to $1,500 | Two letters of support and follow-up report required |
| Community Partnership | Projects that promote and preserve culture and heritage of Norway | Dec. 15 | January 2027 - March 2028 | Late Spring 2027 | Applicant does not need to be part of a Sons of Norway lodge | Applicant does not need to be a Sons of Norway member | Up to $5,000 | Two letters of support and follow-up report required |
| Helping Hands to Members - Medical | Assist members experiencing severe financial hardship due to illness or injury | Ongoing | Must apply within 24 months of illness/ event | Varies | See membership requirement | Must be a current Sons of Norway member for 1 year or more | Up to $5,000 | Follow-up report required |
| Helping Hands to Members - Disaster | Assist members whose home was significantly damaged and unlivable following a disaster | Ongoing | Must apply within 24 months of damage occurring | Varies | See membership requirement | Must be a current Sons of Norway member for 1 year or more | Up to $5,000 | Follow-up report required |

# Scholarship Overview

In keeping with our values of commitment to life-long learning and service, and funding innovative individuals and opportunities, the Sons of Norway Foundation awards approximately 35+ scholarships to promising students each year. Explore the grid below to learn more about our available scholarships and find the opportunity that's right for you. Click on the name of any scholarship to learn more about its eligibility requirements and application guidelines.

| Name of Scholarship | Country of Study | Age Range | College Credit Needed | Gender | Field of Study | Sons of Norway Membership | Length of Award | Maximum Award | Level | Citizenship |
|---|---|---|---|---|---|---|---|---|---|---|
| Astrid G Cates | USA | 17-26 | None | N/A | Any | Member or Child/ Grandchild of Member for 1 year | 1 year | $1,500 | T/V | USA |
| Bernt Anker | USA | 18-25 | None | N/A | Any | N/A | N/A | $3,000/ year | U, T/V | USA |
| Conrad & Agnes Christianson Norwegian Folk School Scholarship Fund | Norway | 18-24 | None | N/A | Any folk high school field of study offered | Preference will be given to applicants who are current members of Sons of Norway or children or grandchildren of a current member | Up to 1 year | $3,000 | FHS | USA |
| Dan & Betty Rude Scholarship | USA | 17-26 | None | N/A | Elementary Education | N/A | 1 year | $3,000 | U | USA |
| Desert Fjord Lodge Agnes Stieler Education Fund | USA | 17+ | None | N/A | Any | Member or Child/ Grandchild of Desert Fjord Member for 1 year | 1 year | $2,000 | U | USA, Norway |
| District Six | USA | 18-23 | None | N/A | Any | Member or Child/ Grandchild of District Six for 1 year | 1 year | $1,500 | U, T/V | USA |
| Douglas Warne and Rolf & Wenche Eng | Norway | Any | One full year | N/A | Any | Current Member or Child/Grandchild of Member | Up to 1 year | $3,000 | U, G | USA, Canada |
| Elaine Nelson | Any | None | None | N/A | Education, Agriculture, or Business | Member or Child/ Grandchild of Member for 1 year | One full year | $3,000 | U, FHS, OISS | USA |
| Helen Tronvold Folk High School | Norway | 17-26 | None | N/A | Folk High School | Member or Child/ Grandchild of Member for 1 year | 1 year | $3,000 | FHS | USA |
| King Olav V Norwegian-American Heritage | Norway | 18+ | None | N/A | Scandinavian studies in USA or program in Norway | N/A | 1 year | $3,000 | U, FHS, G | USA |
| Lund Fund | Any | 17+ | None | N/A | Any | N/A | 1 year | $3,000 | U, FHS, OISS | USA |
| Myrtle Beinhauer | USA | 17-26 | None | N/A | Any | Member or Child/ Grandchild of Member for 1 year | 1 year | $4,000 | U, T/V | USA |
| Nancy Lorraine Jensen Memorial | USA | 17-35 | One term | Female | Science, Engineering | Member or Child/ Grandchild of Member for 3 years | 1 year | Up to 100% tuition | U | USA |
| Orel & Marie Winjum Memorial | USA | 17+ | None | N/A | Any | N/A | 1 year | $2,000 | U | USA |
| Sissel and Roger Espeland Memorial | USA | 17-26 | None | N/A | Any | Member or Child/ Grandchild of Member for 1 year | 1 year | $4,000 | U, T/V | USA |

**FHS**: Folk High School, **T/V**: Technical/Vocational, **U**: Undergraduate, **G**: Graduate School, **OISS**: Oslo International Summer School




## Free Children's Cross Country Ski Event

# BARNELØPET

**Saturday, February 20th, 2027**

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*

# Save the Date!

CAMP NORGE
EST. 1959
Alta, California

campnorge.org

| | |
|---|---|
| APRIL 24-25 | Penny's Rosemaling Retreat |
| MAY 29-31 | Memorial Day Campout |
| JUNE 26-JULY 10 | Trollfjell Folkehøgskule |
| JULY 11-24 | Camp Trollfjell |
| SEPT 4-6 | Northern California Kretsstevne |
| SEPT 18-21 | Camp Oldfjell |
| SEPT 25-26 | Penny's Rosemaling Retreat |
| OCT 22-24 | Folkdans Stevne |

*For exact dates and locations visit sofn6.org's event page*

| | |
|---|---|
| *OCT 2* | Central California Kretsstevne |
| *OCT 22-24* | Southern California Kretsstevne |

For more information on all of our events, visit our website at: campnorge.org/site/events

Events are held at:
Camp Norge
250 Canyon Mine Rd.
Alta, CA

**DUGNAD**
Work parties are held every spring and fall. Visit: campnorge.org/site/work-parties/