

CULTURAL NEWS

SONS OF NORWAY DISTRICT SIX

March 2021

Edition #011

HILSEN FRA KULTURDIREKTØREN

Goddag;

Some of us are still having wintry conditions while others of us are enjoying spring already. Our flowers and trees are starting to bloom. I am experiencing a sense of renewal and hopefulness that our nation is on its way to getting this viral pandemic under control. I hope that, apart from the isolation we've all felt, you are well.

A friend recently gave me a delightful book called Scandinavian Gatherings by Melissa Bahen. The subtitle is "From Afternoon Fika to Midsummer Feast". Not knowing what Fika meant, I looked it up. It is Swedish for a coffee break. So I had to ask myself, what is the Norwegian term for a coffee break. I found that it is Kaffepause. This book has some nice recipes in it to enjoy with a Kaffepause. (I don't think I'll ever be able to hold a conversation in Norwegian but I have learned several words and phrases.)

I have secured Camp Norge to host Camp Oldfjell in the fall. It would be such a pleasure to be able to share all of that with you. So, mark your calendars and make plans to join me and our teachers. It will be on the 3rd third weekend in September 2021.

Classes will be held starting on Saturday, September 18, 2021 and will close on Tuesday, September 21, 2021. Check-in for classes will start on Friday, September 17, 2021, and check out will end on Wednesday, September 22, 2021. There will be some classes available for Sat/Sun and some for Mon/Tues and some for Sat/Tues. See the "Camp Connection" page for pricing.

The class list will be similar to 2019 but isn't currently complete. The list will be available by the first of June 2021 and will be posted on the District Six website, sofn6.com. It will also be in the June 2021 Cultural News. Sign-ups for classes will be available on the District Six website only. Pricing has not been determined at this time but it should be about the same as in 2019.

District Six's next convention will be in Mesa, AZ in mid-June 2022. The Folk Art Exhibit and Competition will include your entries for cultural items made between July 2018 and June 2022. That is four (4) years. I am looking forward to seeing a lot of entries since we had 4 full years to complete them. A few past submissions are featured on the left.

If you are looking for a project to complete for exhibit or competition, check out the wide variety of virtual classes offered at Vesterheim Museum. To visit Vesterheim Museum's website click [HERE](#). To check on upcoming online classes at their Folk Art School, click [HERE](#). They have some very nice offerings.



events

Wednesday March 24, 2021

On-line

Free

7:00 PM CT

Vesterheim Bokprat (Book Group)

Dr. Maren Johnson, Luther College's Associate Professor of Nordic Studies and Torgerson Center for Nordic Studies Director, facilitates a monthly bokprat, discussing Scandinavian authors and Scandinavian life. Dr. Johnson will discuss *The Mercies* by Kiran Millwood Hargrave. Instructions: Registered participants should secure their own copy of the featured book and have read it prior to the discussion. You will receive a link to the Zoom session by email sometime during the week prior to the group meeting. Enrollment Deadline: March 17, 2021. Click [HERE](#) to enroll.

Friday, March 26, 2021

On-line

Free

7:00 PM MT

"THE SLOOPERS OF 1825 – AND THE VOYAGE OF THE RESTAURATION"

Vesterheim Lodge #6-118 in Boulder, Colorado is hosting a talk lead by Dale Goodman about the voyage of the Restauration. On July 5 1825 the sloop Restaurasjonen left from Stavanger with 52 people aboard. This is considered to be the first organized emigration party to leave from Norway. The passengers came from the southwestern part of Norway, many from Tysvær. Our Speaker Dale Goodman, is a direct descendent of both great-grandparents and 3 great-great-great aunts who were passengers on the Restuarasjonen.. He will talk about the events leading up to the voyage, why it took until October 9 for them to reach America, what happened in the new colony they established in upstate New York and ultimately how they ended up in what is now Norway, Illinois.

This presentation is given in conjunction with Vesterheim Norwegian-American Museum and Folk Art School. To register and receive a link for the presentation, please send request to vesterheim.lodge@gmail.com.

April 2021

Sacramento, CA

POSTPONED

Sacramento Scandinavian Festival

After much deliberation, the Sacramento Scandinavian Festival Association has decided to postpone their previously scheduled April 2021 festival until the following year, Saturday, April 9th, 2022.

Saturday April 17, 2021

Expected On-line

7:30 PM CT

Songs from the Heart

In Concert with Melissa Holm Johansen + Stephen Swanson

Soprano Melissa Holm-Johansen, accompanied by pianist Stephen Swanson, perform some of Edvard Grieg's most moving and enduring songs in English translations from the Norwegian originals. More information about this concert including tickets and venue information will become available as we near the event. Due to the current Public Health Regulations, this event will likely be streamed online. Click [HERE](#) to visit Norway House's website.



CAMP connection Camp Norge, Alta CA

We are looking forward to seeing everyone in person! However we recommend you verify all in person events before attending. All events are subject to State and County mandates

Memorial Day at Camp Norge 5/29/21 to 5/31/21

The Recreation Center Board is making tentative plans for Memorial Day weekend. Once plans are complete you will receive an email detailing how to register and the scheduled events. You can also visit Camp Norge's website by clicking [HERE](#).

Trollfjell Folkehøgskule 6/27/21 to 7/10/21 \$900

District Six Language and Heritage Program for youth ages 14 to 17 years old who want to learn about their Norwegian Heritage, the language, culture, and daily living. Folkehøgskule will run from June 27 through July 10, 2021. Registration fee is \$900.00 per student. The Folkehøgskule will be limited to 18 students and there will be several areas of instruction:

- Culinary Arts - students will learn to cook and bake Norwegian style foods.
- Carpentry - the Camp Norge Board of Directors will designate a particular project in which the students will engage as a benefit for the Camp in general.
- Handverk - activities in this area will be Norwegian in nature including rosemaling and nålbinding.
- Norwegian language and cultural instruction.

Participation in the Dutch Flats 4th of July Parade (don't forget to bring your super-soaker). For more information click [HERE](#).

Camp Trollfjell 7/11/21 to 7/24/21 \$900

District Six Language and Heritage Camp for youth ages 8-13 years old who want to learn about their Norwegian Heritage, the language, culture, and daily living. Camp will run from July 11 through July 24, 2021. The camp focuses on providing campers with a rich social experience that includes camping, hiking, swimming, Norwegian language skills in a safe, respectful environment. A special feature this year will include a Viking Village on the final three days of camp where campers will learn how people lived in the Viking era and participate in some typical crafts of the period, including cooking, natural dyeing, and coin making. It is the intent of the Camp Director to accept all who apply if adequate staff is available, up to a maximum of 50 campers. For more information click [HERE](#).

Camp Oldfjell 9/18/21 to 9/21/21 \$200/\$100 ½ Session

Camp Oldfjell, Folkehøgskule for Voksne (Folk School for Adults), Camp Oldfjell will be held at our beautiful Camp Norge. Cultural Skills classes will be offered in topics such as: Music, Literature, Hardanger, Vikings, Cooking, Tablet Weaving, Folk Dancing, Rosemaling, and more! Mark your calendar, submit your vacation request & join us at Camp Oldfjell! This price includes : classes, lodging & meals. There will be additional prices for individual class materials which will be payable to the teacher at the time of the class. Camp catalog & registration information will be available no later than June 1, 2021. For updated click [HERE](#).

In the Spotlight

**NORGE LODGE #6-060
LOCATED IN VISTA, CA**



Astrid Fisher, pictured, has been teaching the lodge's bi-monthly rosemailing workshops for the last 7 years. When the Covid-19 restrictions were implemented she offered to keep working with the lodge by offering sessions on Zoom. The workshops are on the 1st and 4th Saturdays of each month. Pictured are some of the past projects of Norge Lodge's rosemailing workshop attendees. The tray on the far right is the current workshop project.

If you would like to join Astrid and the other workshop attendees, please send an email to Astrid at nissanissaaf@gmail.com. Once you register you'll receive a materials list and the zoom credentials



HARDANGER - NORWEGIAN EMBROIDERY

Hardanger is one form of Norwegian Embroidery most people recognize. It is ancient in origin having been practiced in Norway since the middle ages. By the beginning of the 1800s Hardanger embroidery had become the best-known type of white embroidery in Norway. Surface embroidery was often added in the form of counted satin stitches, satin stitch bars, and reversed faggot stitches all of which created an elaborate effect. Hardanger kloster blocks were often embellished with lace filling stitches.

Satin stitch work in traditional patterns was also popular with the eight-point star being the most frequently embroidered design. Gobelin stitch embroidery also remained a popular favorite. It gradually developed and adapted to the changing lifestyles of the time. Klostersom was another popular form of Norwegian embroidery.

Rosesaum was popular in the 1800s also. Today's adaptation is often seen on Bunads. It is sometimes referred to as Rosemailing Embroidery, "White Sewing" is similar to Swedish Hedebo and does not include cutwork. Hardanger includes cutwork.

Any of these forms of Norwegian Embroidery can be entered into the Folk Art Exhibit at the 2022 District Six convention. Hardanger has its own category as does Klostersom. The other forms can be entered under the category for "Needlework". So, if you do any of the other types of embroidery, please consider entering them into the Folk Art Exhibit and Competition.



Solskinn Lodge #6-150 members, with help from various other lodges throughout District Six, did the stitching for the gifts given to 2014 District Six Convention attendees. The pattern was created by Cheryl Jensen.



FROM PAST TO PRESENT, VIKING APRON DRESS

History is an amazing source for understanding what came before us. I will try to explain the transformation from the modern Bunad to the historical dress of the 10th century in Scandinavia in general.

So, let us take a closer look at the construction of the modern Bunad, it has a basic open corset top, a pleated skirt that is to the ankles. The open corset has many different types of closures.

The complete look of the garment is determined by the region a person lived in and will look distinctly different from other regions, also it is important to note that culturally there are influences from other countries in the modern Bunad; Denmark, Sweden, Iceland, Finland to name a few. So now we have the basics in place for the modern look of Norway's Bunad.



Let us explore how it has changed from the 10th century to the present and what I call the evolution of the Apron dress. Research has shown us that the textiles found in graves and the other dig sites deteriorated over time and the only reference we have is the bits of woven fabric that have been found still connected to the brooches or turtle brooches as they were mostly referred to. Wool and Linen were the common fabrics that have been found at archaeological digs in recent times.



Most of these dresses have an additional item, an "apron". This construction including the apron is especially important. Historically we have evidence that suggests the women of the 10th century or in the "Viking" age, wore an underdress, overdress, brooches, and beads that hung from side to side or straight down from each brooch. This has been documented in some of the finds at Gotland.

To the left is an example I made and presented at the last convention in Rohnert Park, CA.

I can see that when you put the modern Bunad and the Viking apron dress next to each other the similarities are clear: Over and Underdress, straps over the shoulder, and basic fit. However, the Apron in history is a dress and the modern Bunad has an apron over the shoulder, and basic fit.



However, the Apron in history is a dress and the modern Bunad has an apron. The modern Bunad also looks remarkably like a Denmark Kirtle; a kirtle refers to the main (upper body) garment for both men and women, which should be long and loose at the hem. The kirtle made its way into history around the 14th to the 16th century.

In our upcoming 2021 Camp Oldfjell, September 18th – 21st, I will be teaching the Underdress to the Apron dress I taught in 2019. this garment is referred to as a chemise or under shift. I just thought it was important to give a brief overview of the possibility of how the Bunad came to be and how history and culture molded into what you wear in the modern world.

Written by: Michele Edler of Freya Lodge #6-062 in Santa Rosa, CA.

2016 AND 2018 FOLK ART EXHIBITION AND COMPETITION

Mining the Cultural Folk Art Gems in Zone 6



Winning ALL the accolades was this blue award winner knitted sweater, by Bruce Fihe, Nordahl Grieg Lodge #6-52, which also won the Peoples' Choice award as well as the BEST IN SHOW (Judges' Choice) ribbons.

CONGRATULATIONS, BRUCE!

AMONG THE MANY OTHER BLUE-AWARD WINNERS WERE:

Luella Grangaard, Solskinn Lodge #6-150, for her Acanthus Relief Carving in the Amateur Woodworking category.



Laurel Beale, Norge Lodge #6-60, for her red and white table runner in the Weaving category.



Joanna Van Nyhuis, Vinland Lodge #6-159, for her Norwegian Cat in the Professional Drawing category.



Teresa Broadhead, Fridtjof Nansen Lodge #6-9, for her Lobster photograph in the Photography category.



Jerry Wergedal, Vestafjell Lodge #6-146, for his Flat Plain figure carving in the Professional Woodworking category.



Murray Bath, Trollheim Lodge #6-110, for his two Bentwood pieces, Tine and Basket, in the Woodworking Amateur category

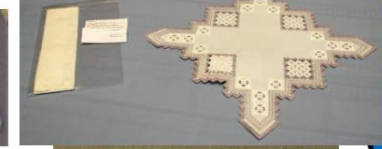


Cathy Allen, Vesterheim Lodge #6-118, for her Setesdal Bread Board in the Amateur Rosemaling category.

Mange takk to Crystal Sundet, Fjelldalen Lodge #6-162 for her excellent coordination of the 2016 Folk Art Exhibition and judging.



2016



The winners of two very special awards at the Folk Art Competition were:

Lotte Sather (Victory Lodge #6-43) for a Ro-semaled flip-top table, and

Jerry Wergedal (Vestafjell Lodge #6-146) for a Chip-Carved tissue box.

Both received **Best of Show Judges Ribbons.**



2018

Celebrating our Roots

The District Six Board of Directors are pleased to invite all members to participate in the 2022 District Convention Folk Art Exhibition and Competition. Since Covid-19 interrupted our lives many of you have been busy with your Cultural Skills projects. We got to see many of these projects in our 2020 "Show and Tell" Zoom meeting. We hope that many of you will take advantage of this exhibition/competition to add to your accomplishments in achieving Cultural Skills pins. Entries are accepted from our children 15 and under, for exhibition only, and from our youth ages 16-20.



Preregistration of your folk art item(s) will be essential for proper committee planning and space utilization. Watch for more information in the March 2022 Cultural Newsletter.

Listing of District Six 2018 Convention Folk Art Entries

Paige Armijo received a Red Ribbon in Youth, for Rosemaling. Teresa Broadhead received a White Ribbon in Painting, unframed photo. Michele Edler received a White Ribbon for Rosemaling. Bruce Fihe received a Blue Ribbon in Weaving, 6 color tablet woven band, Knitting, red and white mittens. Luella Grangaard, received a Red Ribbon in Knitting and a Red Ribbon in Relief carving. Adeline Hopkins received a White Ribbon in Hardanger. Judy Immel received a Blue Ribbon in Klostersom, blouse cuff. Ulf Lokke received 2 blue ribbons in Chip carving, 3 red ribbons in Relief carving & figure carving, and 2 white ribbons in Carved Viking spoons. Linda Lynch received a Blue Ribbon for Swedish weaving, Christmas Table Runner. Gerry Manning received a Blue Ribbon for Hardanger. Tove Lise Miller received a Blue Ribbon for Knitting. Helga Oesterreich received a Red Ribbon for Valdres Rosemaling, and a Red Ribbon for Aust Agder Rosemaling. Lotte Sather received the Peoples choice ribbon for best work exhibited, a Blue Ribbon for Rosemaling, Tilt top table, and a Red Ribbon for Light Blue Door Crown. Becky Thompso received a White Ribbon for Rosemaling 3 foot wooden chair, and a Blue Ribbon for Mural/tower member portraits. Joanna VanNyhuis received a Red Ribbon for Painting of a Stave Church. Jerry Wergedal received the Judges Choice, 4 Blue Ribbons in Figure carving, relief carving & chip carving, 2 Red Ribbons for Relief carving, a White Ribbon in Relief carving, and a Blue Ribbon in Relief Carving.

Word Search Key

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

Sons of Norway Mission Statement

International

The mission of Sons of Norway is to promote and to preserve the heritage and culture of Norway, to celebrate our relationship with other Nordic Countries, and provide quality insurance and financial products to our members.

District Six

The mission of District Six is to support Sons of Norway through communication, resources and opportunities.

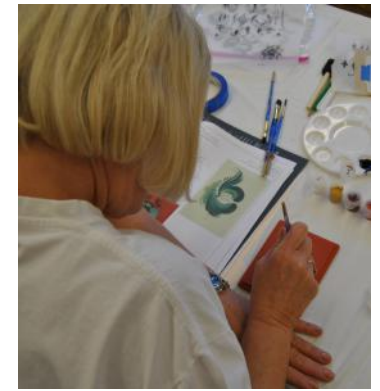


**CULTURAL
NEWSLETTER
INFORMATION**

Cultural Director & Editor: Judy Immel culturaldirector@sofn6.org
 Graphics and Layout: Teri Morken solheimlodge@gmail.com
 Publishing dates: March 1 June 1 September 1 December 1
 Submission Deadlines: The 15th of the month prior to publishing.



2019 Camp Oldfjell Attendees



CAMP OLDFJELL

September 18 through 21, 2021

Save the Dates!

Watch for detailed information on the classes we will offer and registration forms in the June 2021 issue of District Six's Cultural News. For updates as they become available check Camp Norge's website by clicking [HERE](#).



Donate now to support the

CAMP NORGE PLAYGROUND RESTORATION PROJECT!



Baylee McKenney, from Vikings of Lake Lodge (#6-166), and Jason Morken, from Solheim Lodge (#6-069), Camp Trollfjell councilors and past attendees, are raising money to replace the tired, 25 year-old playground equipment with a new and more exciting playset. Please help Baylee and Jason raise the funds, endearing Camp Norge to future generations.

To donate click on the logo:



The District Six Recreation Board is supporting the Camp Norge Playground Restoration Project by matching donations from individuals up to a grand total of \$1,000. To donate by check, make the check payable to Camp Norge with Playground in the memo line and mail it to:

Camp Norge Playground
PO Box 622
Alta, CA 95701

Or visit: <https://www.gofundme.com/f/camp-norge-playground-restoration-project>

KID'S PAGES



Jackson displays his Rosemailing project from 2018 Camp Trollfjell



Annalexy makes a bracelet weaving with a Lucet Fork during the virtual 2020 Camp Trollfjell



Matt works on his tablet weaving project at the 2018 Folkehøgskule



The 2018 Camp Trollfjell campers make gingerbread

Folk Art Exhibition and Competition

Did you know that you can submit your Folk Art project for display at the District Six Convention in June of 2022? If you are over 16 your entries are entered into the Youth category of the Competition.

We'd love to see your work!



2019 Folkehøgskule
Matt, Emma, Casper and Baylee

A great place to practice Norwegian Folk Art is at Camp Trollfjell and Trollfjell Folkehøgskule. All of the art pieces featured above were created at Camp. Art is only part of the activities for you at camp. Field trips, field games, swimming, cooking, and crafts are also part of the camp experience. Join us for some summer fun! To register now click [HERE](#).



The 2019 campers visit Cal Fire



Lars came from Norway in 2019 to teach Norwegian Language and play games.



2019 Camp Trollfjell campers perform one of the folk dances they learned at camp for their parents.



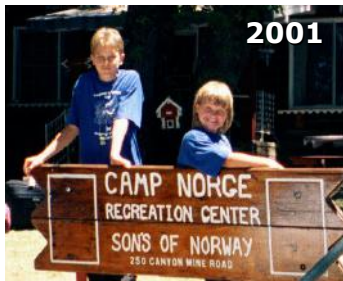
CAMP TROLLFJELL & TROLLFJELL FOLKEHØGSKULE

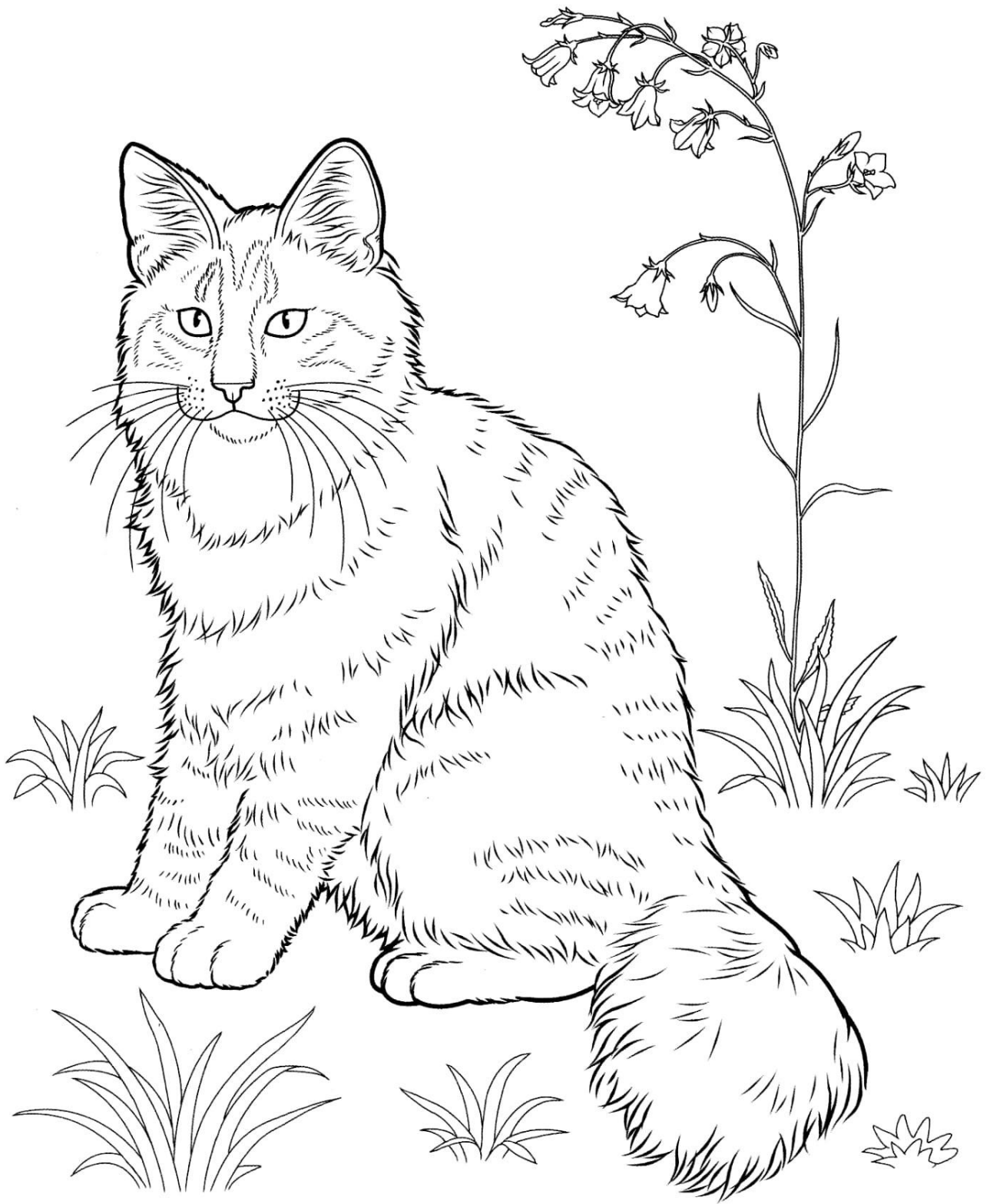
Sleep-away Summer Camps have been around since 1861. The very first camps were only for boys, with girls being able to attend summer camp about 30 years later.

District Six has been offering Language and Heritage Summer Camps for nearly 40 years. Camp Trollfjell is for youth ages 8 to 13. At Camp Trollfjell you'll learn about your Norwegian Heritage, the language, culture, and daily living. You'll go swimming, and hiking, attend dances, create and perform skits. All of our campers help with chores, attend classes and participate in the field games. Every day is a fun-filled adventure!

Trollfjell Folkehøgskule was introduced in 2015 for our students 14 to 17 years old. The Folkehøgskule is limited to 18 students and there will be multiple areas of instruction and sports activities. You'll learn to cook Norwegian-style foods, cultural skills such as rosemaling and nålbinding. Folkehøgskule also completes a project at Camp Norge that benefits the camp in general. They also participate in the Dutch Flats 4th of July Parade.

Facebook Group link: [Trollfjell](#)
Links to youtube videos: [Camp Troll fjell](#)
[Trollfjell Counselor Talent Show](#)





NORWEGIAN FOREST CAT

paint the world
SUPER
COLORING

SUMMER CAMP

C D J L D S N R S S D H U S F
 P S N J H H Y E E T E E H M X
 A W C Q P Q E O E R I V U A Z
 W O D A E M H R I T P K Y L N
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Horseshoes
 Campfire
 Pool
 Heritage Hall
 Meadow
 Calfire
 Emerald pools
 Lovers leap
 Hike
 Dance
 Skits
 Staff hunt
 Rosemailing
 canteen
 kumbaya

