



Camp Connection

Official Newsletter of Sons of Norway District Six Recreation Center

Spring/Summer 2026

PRESIDENT'S MESSAGE

It's shaping up to be one of our busiest and most exciting seasons at Camp Norge in years, and I couldn't be more proud of what our community is accomplishing together.

First, mark your calendars: our District Six Convention is coming to Sacramento this June, and on Friday, June 12th, we get to welcome the delegates up to camp for a day of live music, games, lunch, and workshops. This is our chance to show off the "Jewel of the Sierra" to the broader Sons of Norway family, so let's make it shine.

Speaking of which, our work parties have been in full swing. Our April 18th gathering was one of the best-attended in recent memory, with at least 25 volunteers from lodges across Northern California showing up to clean kitchens, repair plumbing, and clear tree limbs left over from winter storms. Thanks in no small part to the Dill family, Craig, Ron, Ric Sr., and Ric Jr., we now have a master list of over 160 repairs needed around the property. Turns out, when you actually look closely at a 46-acre camp, there's a lot to fix. Who knew?

We made a real dent in April, and our next work party is Saturday, May 30th. Please come. We feed you well, put a roof over your head, and the sense of accomplishment at the end of the day is genuinely hard to beat.

The Hygge Hus project remains our top priority. For those new to the project, the Hygge Hus ("cozy house" in Norwegian) will provide two separate, wheelchair-accessible cottages for our elderly and disabled members and guests, each with a bedroom, bathroom, kitchenette, small living area, and a porch. Connected to Heritage Hall by ramps and a sidewalk, these cottages mean no more members having to stay home because camp wasn't accessible to them. In mid-2025, we hit our Phase 1 fundraising target of \$50,000, and we are now moving into planning, permitting, and site preparation. Our new completion goal is mid-2027, just in time, we hope, for Kretsstevne and Camp Oldfjell.

Of course, the fundraising work is far from over. The next phase, purchasing and installing the structures, requires significantly more investment, and that's where we need your help. If you've ever considered including Camp Norge in your charitable giving or estate plans, I'd encourage you to give it serious consideration. Even a modest bequest can have an outsized impact on a project like this. And consider what it means: accessible, comfortable accommodations that allow our oldest and most loyal members to keep coming back to camp, not just the ones who can manage a bunk bed and a hike to the bathhouse. That's worth something. Visit our GoFundMe [PAGE](#) and help us make it happen. No amount is too small.



Continued on page 2



Continued from page 1.

On other fronts, we've been rehabilitating our RV sites with help from a generous grant from the Sons of Norway Foundation. Lumber clearing, stump grinding, and improved one-way navigation are on the near-term horizon. The PG&E undergrounding project moves forward, a mixed blessing, since they did cut down quite a few trees in the process, but they compensated us with 15 new shade trees. At our April work party, we got all 15 in the ground, maples, Chinese pistache, and dogwood, thanks to a terrific crew who worked hard and didn't complain (much). You'll enjoy the shade in a few years. You're welcome!

Other improvements you may or may not notice on your next visit include new gravel on the driveways, new flooring in Cozy Cabin No. 1, swimming pool upgrades, roof coating on Heritage Hall and the Upper Bathhouse, cleanup work in the Main Lodge, and new signage on the dorms. The unglamorous stuff that keeps a camp running.

Very important, we also have two board openings to fill at the District Convention in Sacramento this June. We're especially hoping to find someone to step into the Treasurer role. If you

have a love of camp, nonprofit board experience, and the ability to endure monthly Zoom meetings, we'd love to talk. It's challenging, it's rewarding, and the commute to Alta isn't bad.

Finally, if you've never visited Camp Norge or haven't been in a while, this is the year to change that. Memorial Day Weekend is a fantastic entry point: great people, fun activities, and a setting that's hard to describe until you've seen it yourself. And if you really want the full experience, plan on joining us for Kretsstevne or Camp Oldfjell later in the season. There's something about this place that gets into your blood. Don't take my word for it, come find out. We'll save you a seat on the porch.

See you at camp!

Fred Hymans
Recreation Center Board President



Recreation Center Board Members

Fred Hymans	President	Nordahl Grieg #52	fred.hymans@campnorge.org
Lynn Skrukrud	Vice President	Gulldalen #128	lynn.skrukrud@campnorge.org
Vicki Running	Treasurer	Henrik Ibsen #7	vicki.running@campnorge.org
Johanna Loury	Secretary	Stein Fjell #114	johanna.loury@campnorge.org
Susan Cody	Board Member	Valhall #25	susan.cody@campnorge.org
Tom Gundershaug	Board Member	Solheim #69	tom.gundershaug@campnorge.org
Jason Morken	Board Member/Webmaster	Solheim #69	jason.morken@campnorge.org
Lis Barca	District Six President	Freya #62	lis.barca@campnorge.org

Dugnad at Camp Norge: A Tradition That Endures

At Camp Norge, there's a long-standing tradition that has shaped the camp since its earliest days. Year after year, willing hands have shown up at Camp Norge to take on everything from routine maintenance to major improvements. They paint and clean, repair and rebuild, clear brush, and tend the grounds. Their efforts keep the camp not only operational, but welcoming and beautiful for everyone who visits.

In Norway, there's a word for this spirit: dugnad.

Dugnad is the Norwegian tradition of voluntary, unpaid work done together for a common purpose. Rooted in the Old Norse word *dugnaðr*, meaning 'help' or 'support,' it began as a practical necessity. Neighbors gathered to tackle jobs too large for one household—raising buildings, harvesting crops, or bringing in hay. In return, they could count on that same help when their turn came. It was cooperation woven into daily life.

While Norway has modernized, dugnad remains a vital part of community life. Today, it happens in neighborhoods, schools, and clubs, where people come together to paint, clean, build, or fundraise. The tradition has come to symbolize solidarity, responsibility, and togetherness—and in 2004, it was even voted Norway's national word.

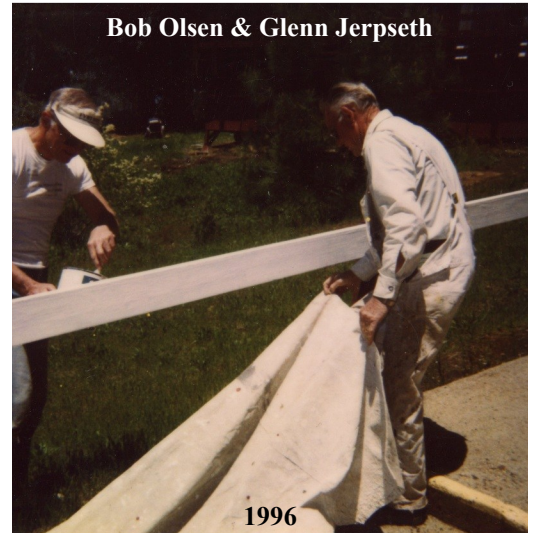
Here at Camp Norge, dugnad is alive and well. Some of the most meaningful reminders of this ongoing commitment can be seen in photos spanning decades. In 1996, volunteers worked together to build and improve the railing leading down to the meadow. Nearly thirty years later, in 2025, another crew gathered in that same spot, continuing the work and ensuring it remains safe and accessible for future generations.

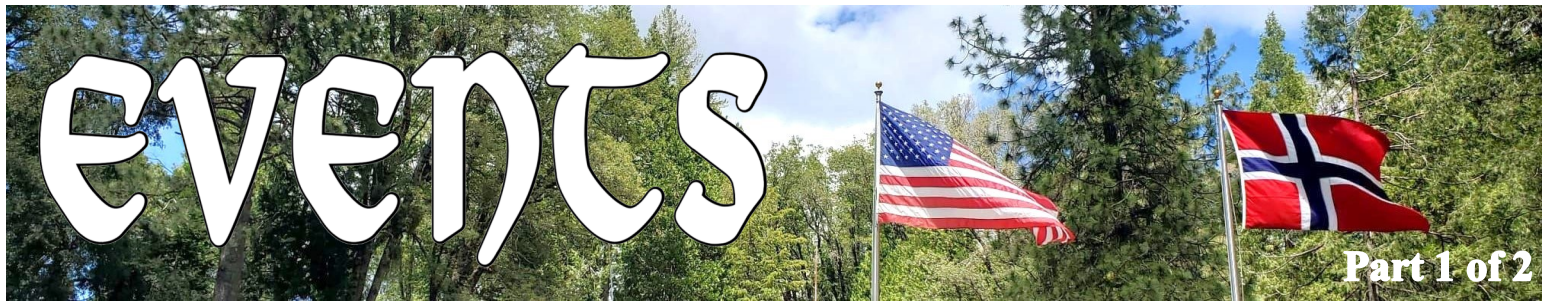
The same story unfolds in the meadow itself. In 1997, volunteers tackled the piping system that supports the water distribution network. On April 18, 2026, another work party returned to that effort—maintaining, improving, and carrying forward the work started years before.

Different people. Different generations. The same spirit. That is dugnad. It's more than just getting the job done. It's about connection—working side by side, sharing stories, and knowing you are contributing to something bigger than yourself. It's about stewardship, pride, and the understanding that Camp Norge exists today because of those who showed up yesterday—and will thrive tomorrow because of those who show up today.

So whether you're painting a railing, fixing a pipe, clearing a trail, or lending a hand wherever it's needed, you are part of a long and meaningful tradition.

Join a Camp Norge work party. Join our dugnad.





Work Party | May 30, 2026

Help us continue getting Camp Norge ready for an exciting 2026 season! With a full calendar ahead and the District Six Convention just around the corner, there's still plenty to do. Your help makes a real difference.

Lend a hand with a variety of projects. There is something for all ages and skill levels. Whether you enjoy outdoor work, painting, cleaning, or general projects, your time and effort help keep Camp Norge looking its best.

Make a weekend of it. Volunteers are welcome to stay overnight at no cost, and meals (breakfast, lunch, and dinner) will be provided.

What to bring: Gloves, tools, paint supplies, and cleaning supplies if you have them.

To join, please RSVP to Fred Hymans at fred.hymans@campnorge.org.

Come enjoy fresh mountain air, good company, and the satisfaction of giving back to Camp Norge. We hope to see you there!

Memorial Day Weekend | May 23 to 25, 2026

Join us for a relaxed, three-day district campout at Camp Norge—the perfect way to kick off summer. Enjoy a variety of activities including kids' games, a group hike, pickleball, and horseshoes.

Stay updated with current information by clicking [HERE](#). Click [HERE](#) for details or to reserve accommodations, including rooms, cabins, tent sites, or RV spaces.

Meals are available in the Heritage Hall, prepared by local lodges, or you may bring your own. Click [HERE](#) to purchase your meals.

Breakfast & Lunch: \$12 (\$6 for ages 12 and under)

Dinner: \$18 (\$8 for ages 12 and under)

Weekend meal package: \$75 (\$35 for ages 12 and under)

Camp Trollfjell Reunion | Memorial Day Weekend | May 23 to 25, 2026

Join us over Memorial Day Weekend for a special opportunity to reconnect with Camp Trollfjell and Camp Norge. With more than 60 years of history, we welcome all past campers and Folkehøgskule participants to return and experience camp again.

There is no formal program planned. Instead, we invite you to come enjoy the camp, share memories, and reconnect with fellow campers from across the years. Whether you attended recently or back in the 1960s, we would love to see you.

Reunion guests are welcome to visit for the day or stay for the weekend. All ages are welcome.



EVENTS



Part 2 of 2

Trollfjell Folkehøgskule | June 28 to July 11, 2026

This District Six Language and Heritage Camp is for youth ages 14 to 17 who want to learn about their Norwegian Heritage. There will be multiple areas of instruction in language, culture, handicrafts (handverk), and daily living. Our students will complete a service project to benefit Camp Norge. The students will also attend the Dutch Flat 4th of July Parade. The city-wide water fight is always fun, so don't forget to bring your super-soaker. The registration fee is \$1,000. Registration deadline is June 1, 2026. Click [HERE](#) for camp and registration information.



Camp Trollfjell | July 12 to 25, 2026

This District Six Language and Heritage Camp is for youth ages 8 to 13 who want to learn about their Norwegian Heritage; the language, culture, and daily living. The camp focuses on providing campers with a rich social experience that includes camping, hiking, swimming, and Norwegian language skills in a safe, respectful environment. 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. The registration fee is \$1,000.00 per camper. Registration deadline is June 15, 2026. Click [HERE](#) for camp information and the registration form.





Memorial Day Weekend

Join us for our annual Memorial Day Campout and kick off the summer season at camp. It's a weekend filled with fresh mountain air, familiar faces, and the simple joy of being together.

The days unfold at an easy camp pace, with morning hikes through the trails, time for games and crafts, and a chance to jump into a pickleball or horseshoe tournament. Kids can explore and play, while others may relax by the pool, try their hand at axe throwing, or reconnect during the Camp Trollfjell reunion. Whether you're joining a group activity or simply enjoying the surroundings, there's something for everyone.

Meals and gatherings bring us together throughout the weekend. From casual lunches to a lively BBQ dinner, and from happy hour conversations to campfire evenings filled with s'mores and music, each moment adds to the shared experience. Mornings begin again with breakfast, coffee, and another day of connection and fun.

Guests may bring their own meals or choose to join in with camp-provided options. A full weekend meal package is available for \$75 for adults and \$35 for children, or individual meals may be purchased for \$10 to \$18 for adults and \$5 to \$8 for children. Lodging is reserved separately.

We invite you to make plans now and join us for a memorable Memorial Day weekend at camp.

Use the following links to sign up for a great weekend!

[MEAL REGISTRATION](#) [BOOK YOUR STAY](#)



Meet the Language and Heritage Camp Team

Co-Directors

Rebekah Strand grew up at Camp Trollfjell, beginning as a camper and continuing on as a counselor and program director before stepping into her role as co-director. Today, she helps guide the camp's programs and daily rhythm, sharing her passion for teaching and Norwegian heritage with each new generation. Rebekah is a member of Stein Fjell Lodge in Loveland, Colorado.

Jason Morken's camp journey began as a camper and continued through leadership roles that shaped his path to co-director. Today, he works closely with families, manages camp operations, and supports outreach efforts to keep the camp community strong. Jason also serves on the Camp Norge Recreation Center Board and is an active member of Solheim Lodge in Lodi, California.



Nurse

Craig Dill returns to Camp Trollfjell for his second year as part of the nursing staff. As a retired ER nurse, he brings experience, care, and a steady presence to camp life. Craig also dedicates his time to Camp Norge through maintenance efforts and his role as District Six Cultural Director.

Kitchen Staff

Jon Villareal, a member of Nordahl Grieg Lodge in San Jose, returned to Camp Trollfjell in 2025 as assistant cook. His camp journey reflects the full arc of the camp experience—beginning as a camper, continuing through the CIT program, and later serving as a counselor and assistant camp director. Now back in the area, Jon remains an important part of the Camp Norge community and also serves as assistant cook for Camp Oldfjell.

Counselor-in-Training (CIT) Program

Henrey Wilson, Ben Deagle, and Anika Rønning are stepping into leadership roles this year as part of the Counselor-in-Training (CIT) program at Camp Trollfjell. Henrey has participated in Folkehøgskule for [N] years, while 2025 marked the first year for both Ben and Anika.

The CIT program plays an important role in sustaining and strengthening the Camp Norge experience by developing the next generation of counselors and leaders. This commitment to growth is at the heart of our camps—many of our current directors and staff were once campers themselves.



We are proud to support Anika, Ben, and Henrey as they begin this journey and look forward to seeing them grow into future leaders of Camp Norge and Sons of Norway District Six.

Join the Language and Heritage Camp Team

Trollfjell Folkehøgskule, part of our Language and Heritage Camp at Camp Norge, is looking for a female counselor to join our team this summer.

Camp runs from Sunday, June 28, through Saturday, July 11, 2026, and brings together youth ages 14–17 for a unique experience focused on language, culture, and connection. Counselors play a vital role in making this experience safe, welcoming, and unforgettable.

As a counselor, you will be responsible for the care and safety of participants while helping to create a positive, supportive camp environment. We are looking for someone who brings energy, creativity, and a genuine enthusiasm for working with young people.

Qualifications include:

- At least 20 years of age
- Strong communication skills and a positive attitude
- Dependable, flexible, and a strong team player
- Willingness to follow directions and complete assigned tasks
- CPR and First Aid certification (cost reimbursed)
- Ability to motivate and engage teens
- Commitment to being an excellent role model

Selected candidates will be required to complete a background check and take an online mandated reporter course.

Apply by June 1, 2026 at: <https://sofn6.org/arv/counselor-application-camp-trollfjell/>

This is a rewarding opportunity to make a lasting impact while being part of a vibrant camp community in a beautiful setting. If you're ready to step into a meaningful leadership role and help create an incredible experience for our campers, we'd love to hear from you.

Century Club

Camp Norge is cherished as the jewel of Sons of Norway – District Six. This 46+ acre camp is a recreational wonderland nestled in the Sierra Nevada mountains and serves as the only district-wide gathering space in District Six. It provides a unique opportunity to connect with one another and share our Scandinavian heritage with future generations.



Maintaining this incredible property is no small task. That is why the Century Club was established in 1996. The Century Club is a dedicated group of supporters committed to sustaining, maintaining, and improving Camp Norge for years to come. Membership is simple: individuals pledge to donate at least \$100 annually, or \$10 per month.

Each year, Century Club contributions are thoughtfully divided. Half of the funds go directly toward essential camp maintenance and improvement projects, while the other half is placed into an endowment fund. This ensures that every donation not only supports today's needs but also helps secure Camp Norge's future for generations.

During the District Six Convention, the Recreation Centers Board continues this tradition of support with a call for donations from the convention floor. It is always inspiring to see members come together in the moment to give back to the camp we all cherish.

Your investment in the Century Club plays a vital role in ensuring the long-term viability of Camp Norge. Please consider joining today and being part of this lasting legacy.

For more information or to join, visit: century.campnorge.org/

Come and Stay!

The facility offers numerous lodging options including RV and tent sites in addition to the historic main lodge, cozy cabins, and three rustic dormitories. There are two indoor group event spaces, the Social Hall complete with a full kitchen that can accommodate up to 60 guests, and the Heritage Hall which offers a full commercial kitchen and can accommodate up to 100 guests. The camp also boasts a pool, fire-pit, hiking trails, and horseshoe pits. For more details on our accommodations visit Camp Norge's [WEBSITE](#).

Camp Norge is a great destination for weddings and family reunions.

Mountain bike and hiking trails are plentiful in the area. With only a short 30-minute drive to reach world-class ski resorts – Camp Norge is a great place to stay for your next mountain adventure. Located right off of I-80, just one hour from Sacramento or North Lake Tahoe.

Colfax is just 15 minutes away and Grass Valley and Nevada City are just 30 minutes away. All three towns offer great swimming, hiking, boutique shops, and gold rush history. Another fun attraction - Rollins Lake Boat Rentals. It's just 15 minutes from camp - great for fishing or just enjoying a day on the lake.

Book your Camp Norge getaway today! To check availability and prices, please visit [RESERVATIONS](#) on our website. The facility is available for member sponsored family events and reunions, youth groups, and club groups. Call for details and availability. Contact us at: (530) 389-2508 or reservations@campnorge.org.



Directions

The Sons of Norway Recreation Center - Camp Norge - is located at Alta, California on I-80 about half way between Auburn and Truckee.

Take exit 146. If you are traveling East- turn right. If you are traveling West - turn left. After you cross the bridge over Canyon Creek you'll see the Recreation Center's sign at the end of the road. Turn left, the road divides after about a city block, keep to the right and head up the hill. Camp Norge is located at the top of the hill, 1/2 mile from the freeway. The address is: 250 Canyon Mine Road, Alta, CA 95701.

Camp Norge's Favorite Hikes



Lover's Leap

Lovers Leap is a favorite hike for our Language and Heritage Camps as well as the Memorial Day and Kretsstevne events at Camp Norge.

Lovers Leap is a rock outcropping, a cliff 2,400 feet high above the North Fork of the American River near Alta, 30 miles east of Auburn off Interstate 80. Designated as an official Wild and Scenic area, this stretch of river is protected from development.



Getting there is tricky. From Camp Norge turn left on Morton Road. Turn left on Casa Loma, turn right to stay on Casa Loma, turn right to stay on Moody Ridge Road. In a mile, stay left for Lovers Leap Road. Go slow. A higher clearance vehicle is advised. Be respectful of the homes in the area. For the view on the left, the top of the hill is a turnaround. Park at the halfway mark; the trail will be front of you. This trail is somewhat steep. For the view on the right, the path at the three-quarters mark of the turnaround with the short path to the edge is maybe 50 feet away on your right.



Emerald Pools

Emerald Pools Recreational Area is a series of swimming holes and short hiking trails located on Jordan Creek and the South Yuba River in Nevada County, California, and the Tahoe National Forest. It is a .7 mile, easy, moderately trafficked hike located in Nevada City, CA. These natural swimming pools are surrounded by marbled rocks and mini waterfalls! When you hike in, you'll find a large swimming area but if you go past this, you'll see a bunch of narrow catwalks with water running through them. Emerald Pools Trailhead Parking is next to South Yuba River Bridge located at 11681 Forest Rte 18, Nevada City.



Donner Pass Train Tunnels

This is another popular hike for Camp Norge events. A full round trip hike of the tunnels is five miles. Bring a flashlight because tunnel 6 in particular is fairly dark. Also, wear sensible shoes because the ground can be wet and rocky.

Directions: On Donner Pass Road (DPR) go east from I-80 exit 174 or go west from either exit 180 or exit 184. At DPR's high point there is parking on the south side, almost directly over Tunnel 6.

Sierra Discovery Trail

PG&E's Sierra Discovery Trail at just under a one mile loop, is an interesting and easy interpretive trail, explaining the geology and ecology of the Bear Valley and the Sierra Nevada.

This trail is another favorite of Camp Norge. Take Hwy. 20 from I-80 for 4.6 miles. Turn right Bowman Lake Road, then 0.6 mile to the parking lot.



Area Attractions

Donner Pass Area

Hiking: There are plenty of hiking opportunities near Donner Pass. Donner Memorial State Park has an easy 3 mile loop. You can find information about this, and other hikes at the [Trailspotting](#) website.



20 Mile Museum: The Donner Summit Historical Society's 20 Mile Museum highlights the history and beauty of the Summit. You'll learn about Wagon Trains, the Transcontinental Railroad and its builders, and the first ski gondola in California. Click [HERE](#) for information.

Petroglyphs: Visit the petroglyph site; they are hard to see, but really are fascinating. Click [HERE](#) for information.

White Water Rafting

If you love the great outdoors, then you may be interested in a fast-paced water adventure of white water rafting on the South or Middle fork of the American River. There are several companies that offer guided tours for families and groups. Click on any of the company names to visit their website.

[Oars](#) [H2O Adventures](#) [Sierra Whitewater Rafting](#)



Empire Mine State Historic Park

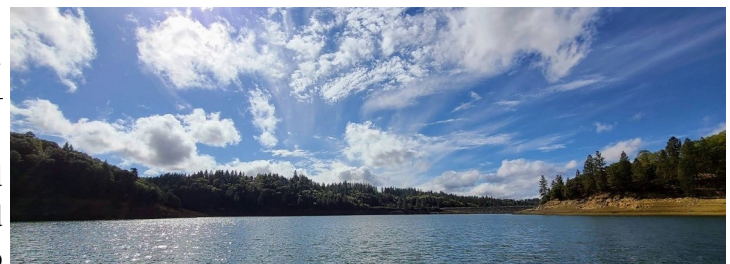


Empire Mine State Historic Park is the site of one of the oldest, deepest, and richest gold mines in California. The park is in Grass Valley at 10791 East Empire Street. In operation for more than 100 years, the mine extracted 5.8 million ounces of gold before it closed in 1956. The park contains many of the mine's buildings, the owner's home and restored gardens, as well as the entrance to 367 miles of abandoned and flooded mine shafts. The park encompasses 856 acres of forested backcountry and fourteen miles of trails - including easy hikes (for hiking, mountain biking and

horseback riding). [Brochure](#) [Website](#)

Rollins Lake

Rollins Lake is located at 26909 Rollins Lake Road in Colfax. Rollins provides endless ways to spend your days—swimming, hiking, and indulging in a variety of water sports. Rollins Lake is also an excellent lake to fish for Rainbow and Brown Trout, Largemouth, Smallmouth and Spotted Bass. You can rent pontoon boats, kayaks, canoes or stand-up paddle boards at [Sierra Pontoon Rentals](#).



North Lake Tahoe

Events: Mark your calendar! The summer at North Lake Tahoe is packed with can't miss festivals and events from the shores of Lake Tahoe to surrounding mountain summits and everywhere in between. For detailed information visit North Lake Tahoe's website by clicking [HERE](#).

Bike Riding: Lake Tahoe offers a multitude of bike trails, you can find trails for all types of biking by visiting Bike Tahoe's website by clicking [HERE](#).



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. Join us on:

Saturday, May 30 | 9am – 5pm

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

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

Projects for all ages & abilities.

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



**MEMORIAL
DAY
WEEKEND
CAMP-OUT**

Join us for a fun & relaxing weekend!

MAY 22-25, 2026

STAY

Choose from: Main Lodge, Dorms, Cabins or bring your RV or tent.

Make reservations at: campnorge.org/site/reservations/

DETAILS

Come for the day or the whole weekend!

Tons of fun activities to choose from for all skills and abilities.

Meals provided or on your own.

Open to all Sons of Norway and Young Scandinavian Club members and their family and friends.

REGISTER FOR MEALS

campnorge.org/site/memorial-day-meal-registration/

Deadline to register for meals 5/14/26

Sons of Norway District Six Convention June 11 – 14, 2026



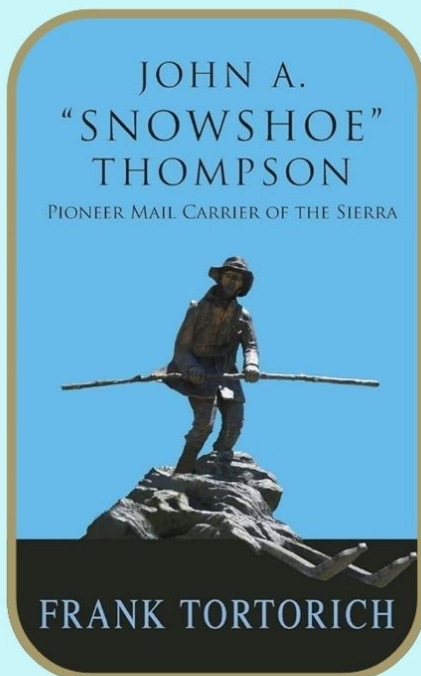
The 2026 Convention kicks off with a
Friday outing to Camp Norge!

🌲 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.

Save *the Date!*



**SEPT
05-07**

Northern California Kretsstevne

A gathering of the clans over Labor Day Weekend

**SEPT
18-22**

Camp Oldfjell

A cultural experience for adults 18+

**SEPT
26-27**

Penny's Rosemaling Retreat

Open to painters of ALL skill levels

**OCT
23-25**

Folkdans Stevne

Open to dancers of ALL skill levels

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 Road
Alta, CA