



Official Newsletter of Sons of Norway District Six Recreation Center

Spring/Summer 2025

PRESIDENT'S MESSAGE

Dear Friends,

Spring has officially arrived at Camp Norge, and with it comes a renewed sense of excitement and possibility for the season ahead! As President of the Camp Norge Board, it's my pleasure to welcome you to this issue of our newsletter and to personally invite you and your family to be a part of everything we have planned for 2025.

If it's been a while since your last visit, I think you'll be pleasantly surprised. Nestled in the Sierra foothills of Alta, CA, our camp is looking better than ever and is ready to host your next getaway. Whether you're drawn to the charm of our historic Main Lodge, the coziness of our cabins and rooms, or the simplicity of tent or RV camping, Camp Norge has accommodations for everyone.

We've also got two event halls — the Social Hall and the Heritage Hall — that are ideal for reunions, weddings, youth events, or club gatherings. Add in the pool, children's play area, local hiking trails, horseshoe pits, and a cozy fire ring, and you've got the recipe for a memorable time in the mountains.

This newsletter issue includes some great updates and invitations we hope you'll take advantage of. First up: our annual Work Party on Saturday, May 3rd. This is a long-standing tradition and one of my favorite events of the year. It's amazing to see folks of all ages come together to rake, clean, build, and refresh the camp in time for summer. We've got projects for every skill level — whether you're handy with a hammer or just a wizard with a broom. Best of all, volunteers get to stay overnight for free, and we'll provide all your meals.

We're also gearing up for a relaxed and family-friendly Memorial Day Weekend campout — a great way to reconnect with friends from across District Six. We'll have kids' games, a group hike, maybe a little pickleball or horseshoes — or you can simply relax and enjoy the mountain air. It's a wonderful way to kick off your summer.

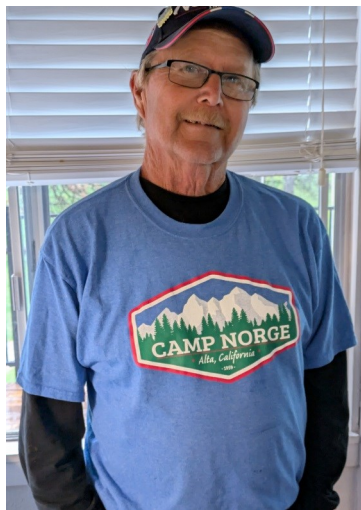
Speaking of summer, we're once again proud to host Trollfjell Folkehøgskule and Camp Trollfjell, our two District Six youth camps dedicated to Norwegian language and culture. These camps bring joy, energy, and heritage to Camp Norge every July. If you have young people in your family, be sure to check out the registration info — and don't forget, camperships are available.

And if you've seen our Camp Norge T-shirts and sweatshirts at last year's convention — good news! That new Camp Norge swag is now available when you come to camp. Whether you want to show your camp pride or just stay cozy by the fire pit, we've got you covered (pun intended!).

I also want to mention our ongoing fundraising effort to build the Hygge Hus — a warm, welcoming, and accessible accommodations designed especially for our elderly and disabled guests. This is an important project that reflects the heart of our mission: making Camp Norge a place where all members of our community can feel at home. You can read more about it in this newsletter, and I hope you'll consider supporting it if you can.



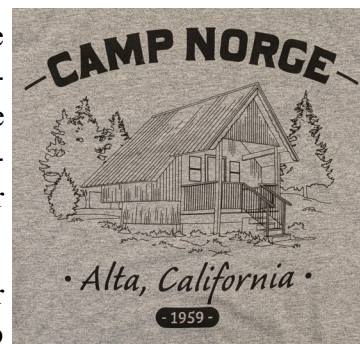
Continued on page 2



Finally, in our ongoing efforts to improve your experience with Camp, we've upgraded our phone service to make it easier to reach us when booking or asking questions — just one more way we're working to make Camp Norge more welcoming and accessible to our Sons of Norway members and their families.

Thank you for being part of the Camp Norge community. Your support, your visits, and your volunteer hours are what keep our camp going strong. I hope you enjoy this edition of our newsletter and that we'll see you up at camp sometime soon — maybe even with a new Camp Norge hoodie!

Warm regards,
Fred Hymans



Let's Build the Hygge Hus!

Camp Norge is raising funds for the Hygge Hus—a cozy, accessible lodging space designed for members and guests with physical challenges. This much-needed addition will be located just behind Heritage Hall, connected by a level, paved walkway to ensure everyone, regardless of age or ability, can fully enjoy all that camp has to offer.

We've already raised nearly half of our Phase One goal, including the \$5,000 donated at the 2024 District Six Convention in Las Vegas! This first phase covers essential groundwork like a feasibility study, design plans, permits, and site preparation.

Let's keep that momentum going! Every donation brings us closer to making this vision a reality. To contribute, visit our GoFundMe page [HERE](#). Questions? Reach out to Fred Hymans or any member of the District Six Recreation Center Board.



Together, we can make Camp Norge more inclusive—for everyone!

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	
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

New Features at Camp Norge

Online Booking

Exciting News: Online Booking Now Available for Camp Norge!

We are thrilled to announce that our brand-new online booking system for Camp Norge is officially live! This is a big step forward, making it easier for you to plan your next visit to the camp—whether it's a summer getaway, a weekend retreat, or booking for the Memorial Weekend celebration.

What's New?

- Easy online reservations: Secure your spot at Camp Norge in just a few clicks!
- Convenient dates: Plan ahead and book your next stay at your convenience.

Take a few minutes to visit the booking site and check out the smooth, user-friendly interface. We're excited for you to experience this upgrade and make your next visit to Camp Norge even more memorable.

Click here to visit the booking page: campnorge.org/site/reservations/


You can reserve Camp Norge for member sponsored family events and reunions, youth groups, and club groups. Call 530-389-2508 for details and availability.

Thank you for your continued support, and we can't wait to see you at Camp Norge!

[VELKOMMEN](#) [RESERVATIONS](#) [VISIT](#) [EVENTS](#) [LINKS & RESOURCES](#) [SUPPORT CAMP NORGE](#) [CONTACTS US](#) [NEWSLETTERS](#) [Q](#)

Make a reservation


[See All Available Rooms](#) [Book Multiple Rooms](#)



Main Lodge
3 Rooms - \$60 per night

The rooms in the Lodge are located upstairs with a bathroom just across the hall. These rooms offer electricity and comfy mattresses.


[View Details](#)



Dorm 1
6 Rooms - \$70 per night

Dorm 1 offers electricity, comfy mattresses and side tables. Bathrooms are on the lower level.


[View Details](#)



Dorm 2
4 Rooms - \$40 per night

Our smallest rooms, Dorm 2, offers electricity, comfy mattresses and side tables.


[View Details](#)



Cozy Cabins
2 Rooms \$70 per night

These cozy cabins offer electricity, comfy twin mattresses, side tables and private porches.


[View Details](#)



Stabbur
\$80 per night

The newest cabin on the property, the Stabbur boasts remodeled trim and embroidered curtains, an overhead fan and private porch.


[View Details](#)



Family Cabin
\$100 per night


Located in one of the only original buildings on the property, the Family Cabin is great for groups and offers 6 comfy twin beds.

[View Details](#)



Tent Site
\$25 per night

[View Details](#)



RV Site
\$45 per night

[View Details](#)



Pets

- \$2.00 per day per pet.
- Pets must be on a leash at all times and under the control of their owner.
- Do not leave a tethered dog unattended.
- Pets are not allowed in the pool area, or any of the buildings with the exception of the Cozy Cabins.
- Owners are expected to clean up after their pets at all times and locations.
- Service dogs are welcome.



Work Party | May 3, 2025

We are inviting hard-working volunteers for a fun day of teamwork to help get our buildings and grounds ready for a busy summer season. See the article on page 5.

Memorial Day Weekend | May 24 to 26, 2025

Join us for a delightful and laid-back three-day camping experience at your very own Camp Norge. The district-wide campout is the perfect way to kick off your summer. Activities for the weekend include kids' games, an off-site hike to explore the scenic surroundings, friendly pickleball, or horseshoe matches. Stay updated with current information by clicking [HERE](#). Click [HERE](#) for information or to make reservations for Camp Norge's accommodations, rooms, tent camping, or RV sites. See page 6 for meal pricing.

Trollfjell Folkehøgskule | June 29 to July 12, 2025

This District Six Language and Heritage Camp is for youth ages 14 to 17 years old who want to learn about their Norwegian Heritage. There will be multiple areas of instruction in language, culture, handverk (handicrafts) 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, 2025 Click [HERE](#) for camp information and the registration form. Apply for a District Six campership **no later than May 1, 2025**, by clicking [HERE](#). For details on District Six camperships see the article on page 5.

Camp Trollfjell | July 13 to 26, 2025

This District Six Language and Heritage Camp is for youth ages 8-13 years old 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, 2025. Click [HERE](#) for camp information and the registration form. Apply for a District Six campership **no later than May 1, 2025**, by clicking [HERE](#). For details on District Six camperships see the article on page 5.

Save the Dates!

[KRETSSTEVNE](#) | August 30 to September 1, 2025

[CAMP OLDFJELL](#) | September 20 to September 23, 2025

[ROSEMALING RETREAT](#) | September 27 to September 28, 2025

[FOLKEDANS STEVNE](#) | October 24 to 26, 2025

**For more detailed information please click on the event you'd like to attend.
Updated information will be posted as it becomes available.**

Camp Norge Work Day

Saturday, May 3, 2025 | 9:00 AM – 5:00 PM

Join us for a fun and productive day as we get Camp Norge ready for summer! There are projects for all ages and ability levels, so bring your energy, your tools, and your camp spirit.

What to Expect:

We'll be raking leaves, clearing brush, hauling yard waste, sweeping off decks and picnic tables, and giving all the buildings a good cleaning. Not up for heavy lifting? No problem! We'll find lighter tasks to match your comfort level.

Skilled Trades Welcome!

If you have experience in a trade and are willing to help out, we'd love to have your expertise. Please email Fred with what you're able to offer.

Stay the Night – On Us!

All volunteers are invited to stay overnight at camp for free. We'll take care of the meals – breakfast, lunch, and dinner are provided.

What to Bring:

Gloves, tools, paint supplies, and cleaning gear – whatever you have that might help out!

RSVP to Fred at: fred.hymans@campnorge.org



District Six Youth Half Camperships 2025

The District provides half camperships to youth in our district for Camp Trollfjell ages 8-13 and Trollfjell Folkehøgskule ages 14-17. Camp is held at the Recreation Center Camp Norge, Alta, CA. There are a limited amount of camperships. Do not assume that your child will automatically receive one. Also the child must be a heritage or family member of Sons of Norway. The amount of the half camperships is half of the registration cost. The application form is available on the District Six Website. All applications must be received by May 1, 2025.

Please send the applications to District Six Campership Committee c/o

Lis Barca, 403 Decanter Circle, Windsor, CA 65492-6664 or e-mail, president@sofn6.org.



stay in touch!

On the web:

[Camp Norge](#)

[Century Club](#)

[Language & Heritage Camps](#)

Facebook

[Camp Norge](#)

[District Six Group Page](#)

[Camp Norge Group Page](#)

[Trollfjell Group Page](#)

Phone:

(530) 389-2508

Mailing Address

P.O. Box 543
Newcastle, CA 95658

Location

250 Canyon Mine Rd.
Alta, CA 95701

Email:

reservations@campnorge.org

Memorial Day Weekend

Join us for our annual Memorial Day Campout and start the Summer season with fun! Numerous activities are planned including the reunion mentioned below. We'll have good fun and good food while surrounded by good friends! Memorial Day guests can either provide their own meals or sign-up for our camp provided meals. You can choose from purchasing the whole weekend meal package (\$75 for adults or \$35 for kids) or opt for purchasing individual meals (\$10-18/meal for adults or \$5-8/meal for kids). Lodging accommodations are made separately. Use the following links to sign up for a great weekend! [MEAL REGISTRATION](#) [BOOK YOUR STAY](#)



Camp Trollfjell Reunion!

We are also excited to announce a special event that will take place during Memorial Day Weekend - Camp Trollfjell Reunion! Camp Trollfjell has over a 60-year history. Any campers who have ever participated in Camp Trollfjell or Folkehøgskule are welcome to attend this special celebration commemorating the 10-year anniversary of Folkehøgskule! A Camp Reunion event will be held from 4-6pm on Saturday, May 24th. Reunion attendees are welcome to stay the whole weekend. All ages welcome!



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.



Meet the Language and Heritage Camp Team

Rosemaling Instructor

Lynn Skrukrud returns for her third year teaching rosemaling at Camp Trollfjell and Folkehøgskule. A dedicated member of Gulldalen Lodge #6-128 in Grass Valley, CA, Lynn brings both passion and expertise to her classes. We're thrilled to have her back sharing this beautiful Norwegian folk art with our campers! *Lynn is on the left with Karen on right at a Gulldalen Lodge event.*



Cultural Instructors

Karen Daastol-Nichols joined the Camp Trollfjell team in 2023, introducing a creative new series of classes that use art and drama to bring Norwegian history and mythology to life. She and her husband, teaching partner **Steve Nichols**, quickly became camper favorites! Together, they are active members of Gulldalen Lodge #6-128 in Grass Valley, CA, and share a deep love for heritage and storytelling in everything they do at camp.



Counselor

Thorin Acevedo will be serving as a boys' counselor at Camp Trollfjell this summer. He began attending camp at age 8 and has loved it ever since, even though a washed-out bridge and the pandemic kept him away a few summers. At 15, Thorin attended Folkehøgskule and returned to camp in 2024 as a counselor. We're excited to welcome him back for 2025! *Thorin, top center, on a hike with campers in 2024.*

Language Instructor for Trollfjell Folkehøgskule

Tove-Lise Miller has been a part of Camp Trollfjell and Folkehøgskule since 2020, sharing her love of the Norwegian language and culture with generations of campers. A native Norwegian speaker, Tove-Lise brings authenticity and enthusiasm to her language classes. She is a member of Roald Amundsen Lodge #6-048 in Sacramento, CA, and currently serves as the Zone 1 Leader for Northern California. You can also find her teaching knitting classes at Camp Oldfjell!



Introducing Our New Language Team for Trollfjell



Nils Kauffman was an exchange student at the University of Bergen, where he studied Norwegian history and completed his final exam in Norwegian. He retains a strong connection to the language, reading it regularly and maintaining a degree of fluency. He is currently learning to play the Hardanger fiddle and looks forward to sharing a bit of music with campers.

Kristen Hunsbedt grew up at Camp Trollfjell, attending as a camper from ages 8 to 13 before serving as a CIT, counselor, and even dance instructor. She learned to speak Norwegian from her grandparents and has deepened her connection to her heritage through five trips to Norway. Kristen brings a lifelong love of Norwegian culture and camp tradition to her role as an instructor. She is a member of Nordahl Grieg Lodge #6-052 in San Jose.



Folkehøgskule Cook

Eric Malme started cooking for Folkehøgskule in 2023. Eric is father to two campers, who have been attending Camp since 2019. In 2009 Eric and his family joined the Roald Amundsen Lodge #6-048 in Sacramento, CA.

Eric is pictured on the far left with some of the 2024 staff.

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.



Century Club

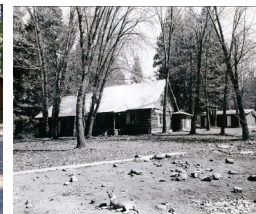
Camp Norge is cherished as the jewel of Sons of Norway – District Six. The 46+ acre camp is a recreational wonderland nestled in the Sierra Nevada mountains. Camp Norge is the only district-wide gathering space in District Six and creates a special opportunity for us to connect with our members and share our Scandinavian heritage with younger generations.



Maintaining this incredible property is no easy feat, which is why the Century Club was formed in 1996. The Century Club is a membership group dedicated to maintaining, sustaining, and improving the camp. To join the Century Club individuals must commit to donating at least \$100 annually or \$10 per month.

Every year half of the funds raised by the Century Club go directly to camp maintenance projects while the other half is set aside to build an endowment – meaning that your donation to the Century Club will help make an impact for generations to come!

Your investment in the Century Club enables us to ensure the viability of the camp. Please consider joining the Century Club today! Go to century.campnorge.org/ for information on how to join!



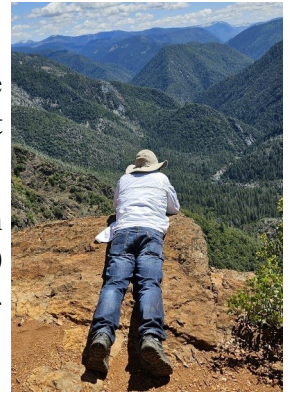
Camp Norge's Favorite Hikes



Lover's Leap

Lovers Leap is a favorite hike for our Language and Heritage Camps as well as the Memorial Day and Kretsstevene 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. You can hike a 2.5 or 17 mile portion of the Pacific Crest Trail. Click [HERE](#) for information.



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](#).



MEMORIAL DAY

At Camp Norge

Join us for a fun & relaxing weekend!

MAY 24-26

Swimming | Hiking | Campfire | Axe Throwing | Pickle Ball

STAY

Choose from: Main House, Dorms, or Cabins - or bring your RV or Tent

Call 530-389-2508 to reserve your spot

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 & Young Scandinavian Club members and their families & friends

REGISTER FOR MEALS

campnorge.org/site/memorial-day

Deadline to register for meals 5/15/25



Camp Norge

LANGUAGE &
HERITAGE CAMPS

SATURDAY
MAY 24, 2025

REUNION



JOIN US AT CAMP FOR
HAPPY HOUR 4:00-6:00 PM,
RECONNECT WITH PREVIOUS
CAMPERS. ALL PAST
CAMPERS ARE WELCOME!

WANT TO STAY FOR
THE WHOLE WEEKEND?

Visit Camp Norge's
www.campnorge.org

CAMP TROLLFJELL & FOLKEHØGSKULE

2025



Sons of Norway
District Six's

Language and Heritage Camp

Hosted at:
Camp Norge
Alta, CA

Folkehøgskule: June 29-July 12
For students 14-17

Camp Trollfjell: July 13-July 26
For campers 8-13

To register or for more
information on registration and
camperships (1/2 scholarships)
visit: sofn6.org/arv/

CAMP OLDFJELL

SAVE THE DATE

September 20th
to September
23rd

2025



sofn6.org

campnorge.org

