

# THE NAVIGATOR

A Publication of Roald Amundsen Lodge 6-48  
Sons of Norway, Sacramento, California  
October 2018

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*Intrepid Reporter: Dick Tracysen*



## A MESSAGE FROM PRESIDENT DONNA GORDON

Hilsener,

We began the month with a beautiful weekend at Camp Norge. Thanks to **David Bailey, Carol Francis, Mike Gordon and Tove Lise Miller** for preparing a great lunch for Kretsstevne. Our regular meeting was replaced by the annual BBQ with the kids who attended the language camps this year. Thanks to **Tove Lise Miller, the Hannons, Mike Gordon and Kristi and Wyatt Mattes** for making this a fun and successful event. It's always great to see what the kids have learned and made at camp. Also that camp is a family affair since their parents and other family members also attended when they were younger. At the BBQ we also presented **Duane Malme with a 60 year membership pin**. The Malme family have been great members and supporters of Roald Amundsen. With the help of **Ann Sandner** we presented a check for \$1000 and 11 backpacks to the program for homeless students at Cordova High School. As fall approaches and we start to gear up for the holidays we have a couple of great events. Our lutefisk meatball dinner will be on Oct 13<sup>th</sup>. We are also planning the Julebord which is always a great way to celebrate a Norwegian Christmas. It is also time to start looking for our new board for 2019. Please consider taking a position when approached by the nominating committee. Being involved is a great way to make good friends and enjoy memorable experiences. Tusen Takk

Donna



***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.***

## LODGE BBQ EVENT ENJOYABLE ON SEVERAL LEVELS...

Roald Amundsen Lodge's "End of Summer BBQ" was held at the Masonic Lodge building this past September 16<sup>th</sup>, with over 30 folks in attendance. Our youth summer campers, **Matthew Bradley, Omar Siddique, and Koll Malme** were feted, and the boys displayed some of their camp creations and told us about their camp experiences. It is always gratifying to see and hear what these young folks can accomplish at our District 6 summer camps at beautiful Camp Norge at Alta, California.

Also we were pleased to be able to welcome **Becky Budge, Director of Homeless Student Services from the Folsom Cordova School District**, as we were able to present to her a \$1,000 check contribution for the district's homeless student aid program. Unfortunately, the district counts about 1200 students who meet the homeless criteria. Lodge member **Ann Sandner** contributes time and educational efforts to the program. She is shown below presenting the check to Becky, who gave an interesting presentation on the district's homeless program.

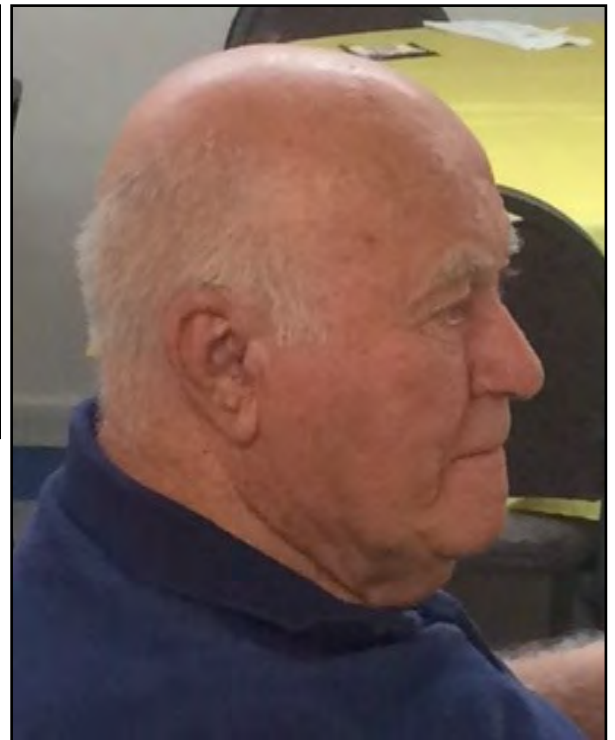
The lodge also utilized the proceeds from a recruiting success gift card of \$200 to purchase some quality backpacks that were contributed to the program. The lodge has been working with the school district for a number of years under the auspices of the Sons of Norway Adopt a School program.

Oh, the BBQ was good, too! Portions of it were purchased from the Back 40 restaurant, but others supplied the accoutrements, including salads and apple cake from **Tove-Lise Miller**, cob corn and watermelon from **Larena and Joe Hannon** and corn bread and baked beans made by **Donna Gordon and grandson Wyatt Mattes**.

And let us not end this report without noting that long-time lodge member **Duane Malme** was presented with his 60-year pin! Two of the summer campers, Matthew and Koll, are his and wife Maggie's grandchildren.



*Member Ann Sandner presenting the lodge check to Becky Budge. Our 60-year pin awardee Duane Malme taking in the proceedings.*

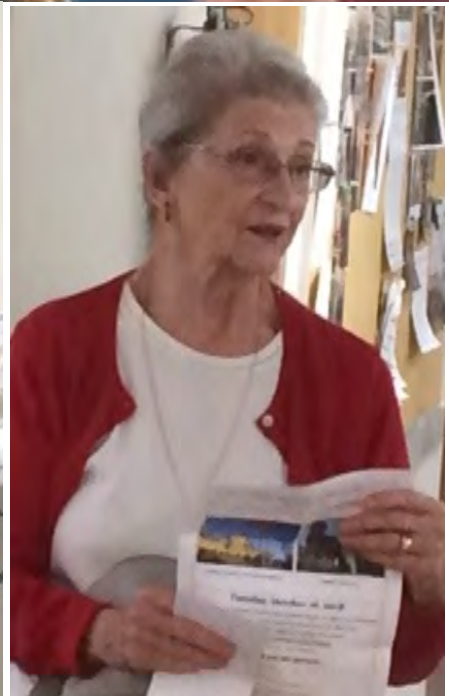


## MORE BBQ PHOTOS...



*Camper Omar Siddique with his dad Dr. Shoab Siddique. Camper Koll Malme with his dad Eric Malme. Camper Matthew Bradley displaying his noir style painting from camp. Members Ray Miller and Mike Gordon—if they look glum it is because they haven't been fed yet. New member Lars Gjerde, originally from Norway, attending his first lodge event—welcome, Lars!*

**YES! STILL MORE BBQ PHOTOS!**



*BBQ selections were popular. President Donna and Wyatt Mattes ready to present backpacks. Becky Budge receiving backpacks. Long time member Lyla Hanson making an announcement. Our three campers introducing themselves.*

**SIDEBARS WITH THE EDITOR...**

**LOCAL SCANDINAVIAN DANCE LESSONS!**



We have received word that Scandinavian dance classes are being offered at the **Coloma Community Center**, 47and T Streets, here in Sacramento. In fact new classes just began on September 10<sup>th</sup>, and we suspect that those classes could still be joined. The classes run from 6:45 PM to 9 PM Mondays, except holidays. The contact person is **Barry Moore** (916/969-8904; [okapmoore@gmail.com](mailto:okapmoore@gmail.com)).

The instructors introduce, teach, and review many of the Norwegian dances that are taught at Scandia Camp Mendocino, other various workshops in northern California, including the twice annual Stevnes that occurs at Sons of Norway's Camp Norge at Alta, CA.

The sponsors report that they have a wonderful dance floor at the 4623 T Street location (just off of Highway 50 near UC Davis Medical Center) and that they have a great repertoire of Norwegian, Swedish, Finnish/Karelian, and Danish dances and song/dances they would like to share. Many of existing participants perform at the Sacramento Scandinavian Festival.

Classes are structured in such a way that easier dances and mixers are presented the first hour, followed by about 20 minutes of requests, and then transitioning into intermediate to more advanced dances that are taught, reviewed, or played as part of the program for the remaining time. The existing group of dancers

tries very hard to help beginners feel comfortable with the dances. Mr. Moore will be very happy to answer any questions interested persons may have.

**LUTEFISK! WE WILL HAVE IT FOR YOU!**



It's already here! We have it stored in an industrial reefer in a nondescript industrial building somewhere in the Sacramento area. The building is securely locked, alarmed and surveilled with cameras. Also, there is a roving armed guard patrolling the premises and there are several Dobermans loose on the grounds that we purposely keep a little hungry. We feel there is not much more we can do to keep it safe until the 13th!

We hope there is enough lutefisk for all—better get your reservations in now!

**OCTOBER TUESDAY NIGHT MEETING**

The cultural presentation at this October 9th meeting will concern matters at the Norwegian - Russian border.

**NO VIKING FESTIVAL THIS YEAR**

Due to venue scheduling conflict problems, we are unable to hold the Viking Festival this year.

**NEXT NAVIGATOR PUBLICATION DATE – LATE OCTOBER**

Please have any matters for the next Navigator (November –December) submitted to the editor by

*(Continued on page 7)*

## **IN MEMORIAM — ROBERT MELVIN KALSTAD**



Long time Roald Amundsen Lodge member Bob Karlstad passed away on August 31, 2018, just 2 weeks before his 87th birthday. He was born in North Dakota, but spent most of his life in the Sacramento area. He was a member of Good Shepherd Lutheran Church, Sons of Norway and Odd Fellows Lodge. He worked for Southern Pacific Railroad all his adult working life except when he served in the Air Force and working on his uncle's farm in North Dakota.

He had a kind heart and gentle soul. Family was very important to him. He was preceded in death by his parents, Hans and Sylvia Karlstad, and sister Eleanore. He is survived by Maggie, his loving wife of 42 years, step-daughter Cheryl, grandson Christopher (Ania), nieces, Karen, (Charlie), and Krissie (Kevin), and many cousins. A memorial service was held Saturday, September 8th at Good Shepherd Lutheran Church, 1615 Morse Ave, Sacramento. Donations in his

memory may be made to Good Shepherd Lutheran Church or memorials to Camp Norge, P O Box 62, Alta, CA 95701.

## **ALSO: JAMES (JIM ) UPDEGRAFF**



We also want to pass along that member Jim Updegaff passed away this past September 21st. We plan to have more information in our next issue. However, we can tell you now that a memorial service for him will be held on **Saturday, November 3rd, at 2:00 pm at the Friends Church, 4001 E Street, Sacramento 95819-2739.** The service will take the form of a Quaker Meeting for Worship, based on silent worship and contemplation in the manner of Friends.

Our condolences to wife Kristy and other family members.

*Jim with Kristi, circa 2013.*

## **AND: RON LEMMON**



Lodge member Susan Lemmon has informed us that her dad, former long time member Ron Lemmon, passed away this past Saturday, September 29th. He had been suffering from a short illness, and passed from a heart attack while hospitalized. Readers may recall that Susan's mother and Ron's wife, Margaret, another former long time member, passed away in 2017. Memorial service information will be forthcoming.

Condolences to Susan.

*Ron and Margaret, circa 2008.*

**CAMPER PHOTOS, DISPLAYING SOME OF THEIR CRAFTS**



**Koll Malme, Omar Siddique, Matthew Bradley**

**SIDEBARS** (Continued from page 5)

October 27th. Please note that this issue will cover November and December, and so submit matters for both months. **We do not plan a separate December issue.**

**MORE LUTEFISK!**

And in case you can't get enough Lutfisk at our lodge, there is always our neighbor lodge in Oakland:

*COMING ATTRACTION*



*SAVE THE DATE*  
*LUTEFISK DINNER*  
*SATURDAY, NOVEMBER 3*  
*BJORNSON HALL*



**VIKING  
BREAKFAST**

*Come enjoy a delicious Scandinavian breakfast!*

**SATURDAY, OCTOBER 20**

**AT THE NEVADA CITY VETLAN'S HALL**  
*415 N. Pine St. Nevada City, CA*

**9AM-12PM**

**TICKETS \$10**

*Hosted by the Sons of Norway Gulldalen Lodge*

# KRETSSTEVNE, LABOR DAY WEEKEND

The annual northern California Kretstevne was held this past Labor Day weekend. Some members of the lodge organized and served the Saturday lunch to the attendees. All enjoyed the pleasant weekend at beautiful Camp Norge at Alta, California.



*Malme family. Dedicating new horseshoe pit. Donna and Mike Gordon. David Bailey. Ray Miller.*

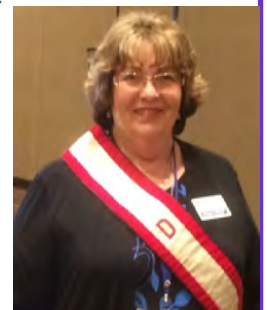
## A WORD FROM OUR FINANCIAL BENEFITS COUNSELOR...

Sons of Norway has added two new products for members. One is **Simplified Issue Whole Life** for which the applicant has to answer only four questions and there is no requirement for a physical exam, as Sons of Norway just requests doctors' medical records. After underwriting is complete a policy is issued. The death benefit on this product ranges from \$10,000 to a \$50,000 limit.

Our other new life product is called **Guaranteed Whole Life**. A member who is otherwise uninsurable for health reasons can be issued this policy. The death benefit is \$5,000 to \$25,000 Maximum.

Also, Sons of Norway Annuities interest rate has gone up; give me a call if you would like more information on this or on either of these new products.

**Adrienne Lincoln, Financial Benefit Counselor, Sons of Norway**  
**# 0F63907 Insurance Number**  
**10771 Pittsburg Rd.**  
**Nevada City, Ca. 95959**  
**530-263-6565**





## SCANDINAVIAN NATIONS, INCLUDING NORWAY, ARE GOING “GREEN”



The northern European countries, including Norway, are leading the world in developing efficient uses of energy and the recycling of materials, according to the Wall Street Journal. For example Entra ASA, one of Norway’s largest real property investors, is planning to develop buildings that produce more energy than they consume including construction and demolition. This means that through the utilization of sunlight, seawater for cooling, etc., they will produce more energy than they consume for everyday operations, as well as produce enough surplus energy to equal the energy costs of their initial construction and their ultimate demolition many years hence.

Their next such project will be constructed in Trondheim.



*Oslo’s Gardermoen Airport—  
air conditioned with melting snow.*

According to Entra’s website, buildings presently consume 40% of all the energy consumed in the world, and so lessening this energy load would play a major role in solving the world’s energy problems.

Even now, there are many examples of efficient buildings in Norway. For example, Oslo’s new airport uses melting snow stored during the winter, under sawdust, for air conditioning.

Norway’s Sovereign Wealth Fund (the “Oil Fund”), one of the largest in the world, so far is not investing in these Norwegian buildings. Their mandate to invest outside of Norway so as not to overheat the local economy

and to shield it from oil price fluctuations. In recent years they have made major property investments in the US, Japan, and other first world countries.

**Other “green” measures in Norway.** The Norwegian towns of Lefftgaard and Rytegaard are involved in a spirited competition as to which can be the most “green.” In Lefftgaard, many women are ordering grass skirts from Hawaii to replace their factory made, synthetic clothes, the manufacture of which increases the world’s carbon footprint.

And over in Rytegaard, the men are all ordering silk shirts from Tommy Bahama’s. Silk, as everyone knows, is exuded (this is a polite word for you know what) by the silk worm, and so the populous takes pleasure in wearing a natural product.

Also, as everyone knows, Norwegians love their coffee. But, coffee plantations are allegedly gobbling up land all over the temperate climate areas. So in this instance both Lefftgaard and Rytegaard are playing on the same team: persons from both towns are forswearing (or maybe just swearing) coffee in favor of some foo-foo drink they buy at Trader Joes. Never mind that it comes in a throw-away plastic bottle. Oh, well... - *compiled by reporter Dick Tracysen.*



**SONS OF NORWAY  
ROALD AMUNDSEN LODGE  
LUTEFISK AND  
MEATBALL DINNER  
SAT., OCT. 13, 2018**



**Social Hour 5:00 pm.  
Dinner 5:30 pm.  
MASONIC CENTER  
5944 San Juan Ave., Sacramento**

**Reservation Deadline is October 9th  
Pre-paid Reservations only · No ticket sales at the door  
Adult S/N Members \$19.00 · Non-members \$23.00  
Children 11 and under \$5.00 · Children 5 and under, No Charge  
(These rates are good for the first 500 registrants.)**

**Make check payable to "Sons of Norway"  
Mail to: Carol Lee Solheim, 3570 Vista Grande, Shingle Springs, CA 95682  
Questions: 530.677.2006; solheim2636@att.net;  
www.sonsofnorwaysacramento.com**

**LUTEFISK DINNER**

**Please reserve the following tickets, which will be held at the door for you:**

**Member Name(s)** \_\_\_\_\_

**Non-member Name(s)** \_\_\_\_\_

**Contact phone number and e-mail** \_\_\_\_\_

**# of members** \_\_\_\_\_ **@ \$19 each, to total**      \$ \_\_\_\_\_

**# of non-members** \_\_\_\_\_ **@ \$23 each, to total**      \$ \_\_\_\_\_

**# of paying children** \_\_\_\_\_ **@ \$5.00 each, to total**      \$ \_\_\_\_\_

**Grand Total**      \$ \_\_\_\_\_

**(Detach and mail to above address by October 7th, 2018, with check)**

# Sons of Norway 27th Annual Weekend Southern California Kretsstevne

## Friday, Oct. 19 - Sunday, Oct. 21, 2018

### SCK Banning Fall Weekend

Join us for the weekend or a day trip for a wonderful blend of Norwegian Heritage and fellowship. The campground is a short distance south of Hwy 10 in Banning, 25 miles west of Palm Springs. The camp is on level ground at low elevation.



Banning Stagecoach KOA Campground & RV Park  
1455 S. San Geronio Avenue, Banning, CA 92220

<http://koa.com/campgrounds/banning-stagecoach> information, only – no reservations

- Enjoy Music, Singing, Heritage Crafts, and Camaraderie
- Cultural Food Demonstration and/or games – Silent Auction and Scavenger Hunt
- Enjoy Saturday afternoon side-trip to Suveg Cellars Winery in Yucaipa

**\*\*\*\* Lodging Options \*\*\*\***

Banning Travelodge 951-849-1000, Days Inn Banning 951-849-0092

Sold out

Limited number of RVs (2) and Park Models (3) for rent. Pricing is for two nights

Park Model – bedroom and foldout couch	\$215.00
RV – various sizes and accommodations, TBD	\$155.00
RV space, full hookups	\$ 95.00
Tent space	\$ 60.00

Please complete the registration form below and mail with your check made out to:  
Southern California Kretsstevne. Mail by October 10 to:



**Nancy Madson, SCK Registrar**  
28-351 Via Las Palmas  
Thousand Palms, CA 92276

**Call for campsite lodging (760) 343-0848**  
e-mail: [norsknm@gmail.com](mailto:norsknm@gmail.com)

----- cut here and mail -----

**Name(s)** \_\_\_\_\_ **Lodge** \_\_\_\_\_

**Children** \_\_\_\_\_ **Ages** \_\_\_\_\_

**Phone ( )** \_\_\_\_\_ **E-mail** \_\_\_\_\_

Fri. Night Meatball Dinner	_____ Adults @ \$8.00 each	_____ Children under 12 Free	\$ _____
Sat. Norwegian Vaffler Breakfast	_____ Adults @ \$5.00 each	_____ Children under 12 Free	\$ _____
Sat. Hot Dog in Lefse Lunch	_____ Adults @ \$5.00 each	_____ Children under 12 Free	\$ _____
Sat. Salmon Dinner	_____ Adults @ 12.50 each	_____ Children under 12 Free	\$ _____
Sun. Scandinavian Breakfast	_____ Adults @ \$5.00 each	_____ Children under 12 Free	\$ _____

**SCK Registration Fee – all attendees** Adults @ 7.50 each or Family \$15.00 \$ \_\_\_\_\_

Includes commemorative Rosemaled Kretsstevne pin for adults

Lodging: Use pricing from above - Circle one

Park Model      RV rental      RV space      tent space      \$ \_\_\_\_\_

TOTAL AMOUNT, check written out to: Southern California Kretsstevne \$ \_\_\_\_\_

**All proceeds support Camp Norge.**

**Roald Amundsen 6-48  
Sons of Norway  
P.O. Box 3734  
Citrus Heights CA 95611-3734**

**RETURN SERVICE REQUESTED**

**Roald Amundsen Lodge Website: <http://www.sonsofnorwaysacramento.com>.**



**2018 CALENDAR, REMAINING EVENTS**

**ROALD AMUNDSEN LODGE (As of 10/1/2018)**

Tuesday, 9 October	Regular meeting, 7:00 pm. Cultural presentation: Norwegian—Russian border.
Saturday, 13 October	<b>LUTEFISK DINNER—See flyer</b>
November...	<b>VIKINGFEST—CANCELLED</b>
Tuesday, 13 November	Regular meeting. Cultural Presentation
December	<b>NO REGULAR LODGE MEETING</b>
Saturday, 1 December	<b>JULEBORD</b>
December	<b>CHILDREN AND FAMILY PARTY (Date and Venue TBD)</b>

All events at the Harding San Juan Masonic Lodge, Citrus Heights, unless otherwise indicated.

Schedule always subject to change. Changes will be announced in **The Navigator**.