A Publication of Roald Amundsen Lodge 6-48 Sons of Norway, Sacramento, California May—June, and maybe July, 2019

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## INSIDE: SIGN UP FOR PEA SOUP SUPPER NOW

### A MESSAGE FROM PRESIDENT DONNA :

Hilsener,

It's hard to believe that is already May. It's nice to see the sun and warmer weather. We had a busy Spring with the Scandinavian Festival and 90<sup>th</sup> Anniversary Dinner. Thank you to everyone that volunteered for the Scandinavian Festival. It takes a lot of people to put on such a large event and it looks like this year's was a huge success with a record number of attendees.

Sons of Norway was well represented. The Viking Ship restored by **Norm Hales** and **Chris Wilson** looked great and was much in demand for pictures. Our Sons of Norway table was very impressive thanks to **Tove Lise Miller and Adrienne Lincoln.** Many ladies of the Lodge provided delicious Norwegian cookies for the bake table and **Arlene Kozub**, **Betty Williamson and Jeanne Lemkuil** helped sell all the goodies. **Carol Francis, Tove Lise Miller, Linda Anderson, Larena Hannon and Pat Harriman** made meat logs for almost 400 Vikings on a Stick and **David Bailey and Mike Jones** battered and cooked them.

**Carol Francis** did a great job as MC and **Wyatt Mattes** represented Sons of Norway in the flag presentations. The **Hales family** handled the beverages. The **Hannons, Steve Rosenthal and Susan Lemmon** all helped where needed. I apologize if I forgot anyone. I really appreciate all of you who stepped up and represented Sons of Norway. You all made Roald Amundsen Lodge look good.

The Scandinavian Festival was closely followed by our 90<sup>th</sup> Anniversary Dinner. Thanks to **David Bailey and Carol Francis** for chairing this wonder ful event. Almost 90 people enjoyed a delicious meal and a fun afternoon. **Lars Gjerde** provided music for us and it's nice to have such a gifted musician in our lodge. Several members from the District 6 Board joined us as did **Linda Pederson** from International. They

(Continued on page 6)

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.





# Norwegian Pea Soup Supper to celebrate

# Syttende Mai

Tuesday, May 14, 2019 Supper served at 6:30 PM

Roald Amundsen Lodge 6-48

### Sons of Norway

San Juan Masonic Center

5944 San Juan Avenue Citrus Heights Short Syttende Mai Program Planned

Reservations limited to 50! Reserve now!

All Adults and Children over 10—\$5.00 Children 10 years and under free.

For reservations email **Tove-Lise Miller (tovelise@aol.com)** with your count of paying and free attendees, by **Saturday, May 11**, please. If email not possible, call her at **916/364-8704**. <u>Payments will be taken at the door</u>—cash or check only.

"Tove-Lise's Pea Soup is the best!"



And Remember, we will be celebrating Norwegian Constitution Day—depending on weather wear Norwegian sweaters, paraphernalia, etc!





THE NAVIGATOR

### **New Member Initiations at March Meeting**



membership. President Donna officiated.



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### Scandinavian Festival Enjoyed by Many

Over 1,200 attended the Festival on March 30<sup>th</sup> 2019, at the Scottish Rite Masonic Center in Sacramento, and our Roald Amundsen Lodge was a major participant.

There were wonderful Nordic foods to eat, baked goods to buy, demonstrations and dancers to watch and join. Information tables, crafts and exhibits had something to interest everyone.

Thanks to those who went above and beyond to make thing happen: **Carol Francis** for being MC for the day; **David Bailey & Mike Jones** for cooking 350 Vikings-on-a-stick! **Norm Hales** painted the Viking Ship & **Chris Wilson** designed & painted the ship shields. The ship & Viking camp were the background of many pictures that day!

Made Vikings-on-a-stick: Linda Anderson, Tove-Lise Miller, Carol Francis, Pat Harriman, LaRena Hannon, Judy Hales and Donna Gordon.

Festival Volunteers: Norm & Judy Hales, Sons – Ryan & Jake O'Brien, Susan Lemmon, Tove-Lise Miller, Arlene Kozub, Betty Williamson, Jeanne Lemkuil, Steve Rosenthal, Mike Gordon, Sharon Brooks, Dave Sliper, David Bailey, Mike Jones, Carol Francis, Adrienne Lincoln and Joe & LaRena Hannon. *by Larena Hannon* 





Roald Amundsen Lodge table. Judy Hales selling drinks (What'll you have? Nope, no Pabst Blue Ribbon!) Karen Nelson making Rosemaling look easy.



### **More Festival Photos**





#### **PRESIDENT'S MESSAGE (Continued from page 1)**

all commented on the great success Roald Amundson achieved with membership by reaching 130% of our goal last year. **Steve Rosenthal** presented membership pins and **Tove-Lise Miller** recognized several members with gifts of appreciation. It was wonderful to see old friends and new members coming together for such a special event. Again thanks to Carol and David and everyone that helped make this a wonderful day.

We have some fun events planned for the next few months. Our regular May meeting will follow a pea soup supper prepared by **Tove Lise Miller** to celebrate Syttende Mai. **Please RSVP to Tove-Lise.** More information is on the flyer in this Navigator, and also on our website.

There are no regular meetings in June, July or August but we will have our annual family barbeque at the Rosenthal's on July 21<sup>st</sup>. Hope to see you all at these events.

We have a special lodge and it will continue with the support of our members.—*Donna* 

Carol Francis taking a rare break from her MC job. Betty Williamson and Arlene Kozub at the bakery table. Joe Hannon and Susan Lemmon.







### **OUR LODGE'S VIKING SHIP HISTORY**

Our Viking Ship was "constructed" by modifying an old boat that members of the lodge found in West Sacramento circa 1987/88. The "construction crew" consisted of <u>Gordon</u> <u>Malme, Gordon Dukleth, Oystein Solheim, Ray Miller, John Johnson, Erwin Bjerke and</u> <u>Carol Lee Solheim.</u> The crew used bender board to extend the "ship" fore and aft to simulate a Viking ship shape. Reportedly it originally had a different head that looked more like a deer. The newer, traditional dragon head was made by <u>Paul Stahl.</u> The lodge received some funds from the International Lodge to cover the cost of the head. (Editor's note: Do you suppose International thought they were paying for a real ship's "head?")

The traditional square sail was made by <u>Dawn Bayer</u>. The ship has been modified several times and the shields have been repainted several times by lodge ladies. Holes were drilled in the bottom of the vessel to allow for rain water to drain.

Our Viking ship has "sailed" in many of Sacramento's annual Camellia Day and Christmas parades, and won several trophies. (In past years, Camellia Day parades were a big deal in Sacramento.) Also, the ship has been present at many Sacramento Scandinavian Festivals.

(Photo: Viking ship underway in a parade of some years ago, courtesy of <u>Tove-Lise Mil-</u> <u>ler</u>.) (Also, we want to dispel the rumor that the name of the ship is "Puff.")



### **ROALD AMUNDSEN LODGE'S VIKING SHIP TODAY**

The accompanying photo shows the lodge's Viking Ship as it looks today (photo taken March 30 at the Scandinavian Festival). The photo also shows the ship's three current "deck officers," lodge members <u>Joe Hannon, Norm</u> <u>Hales, and Chris Wilson.</u> Joe has been in charge of the ship for a number of years. Norm recently repainted the entire vessel. Chris recently repainted the shields. It takes all three of these seamen to maneuver the ship when it is "underway" from its dock through metropolitan streets to its display berth. When not on display, the ship is dry-docked in a warehouse owned by lodge member <u>Leif Bjerke.</u> Leif's late uncle, <u>Erwin Bjerke</u>, was one of the crew that constructed the ship quite a few years ago.

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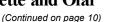
### **Roald Amundsen Lodge 90th Anniversary Celebrated with a Grand Luncheon**

### A LITTLE SONS OF NORWAY AND **ROALD AMUNDSEN LODGE HISTORY**

On January 16th, 1895, 18 Norwegian immigrants in Minneapolis, Minn. came together and formed a new group whose goals were to protect its members and their families from the financial hardships experienced during times of sickness or death in the family. A noble purpose, to be sure, but over time the mission grew to also include the preservation of Norwegian heritage and culture. It was clear that our founders and earliest members were great leaders and, I believe, also men of great vision. (From a 2012 Sons of Norway blog)

Norwegian immigrants arrived in the Ranchero Del Paso area, north of Sacramento, before the turn of the 20<sup>th</sup> Century. They were the forerunners of a hardy group of Norwegians, largely from the geographical area of Trondelag in the central part of Norway. The area's largest city was Trondheim, the first capital of Norway. They were to later form the nucleus of Roald Amundsen Lodge in Sacramento.

Knute Sanstad and his wife Aline, arrived in 1883, followed by family members, Alfred. Einar and Haldis Sanstad. Also arriving were Karl Johnson and Marie M. Nielsen. Other early pioneer members of the lodge arrived as follows: Alfred Owre in 1901, Leif Owre in 1903, Otto Jorstad and Paul Edward Osterli in 1904, Mette and Olaf





Lodge namesake, Roald Amundsen.



International Director from District 6 Mary Beth Ingvoldstad addressing the Luncheon.

### (Lodge history, Continued from page 9)

# Winje and Ole Eid in 1911, and Olaf Skauge in 1914.

On February 18, 1919, a "Norway Club," under the leadership of **Marie M. Nielsen**, wife of Niels J. Nielsen, was organized to bring together women of Norwegian ancestry. After a number of years, men were permitted membership in this exclusive club and on May 17, 1929, a group from Bjornson Lodge in Oakland came to organize a Sons of Norway lodge in Sacramento. Formal chartering was accomplished on May 19. The first organizational meeting was held in the Bethel Lutheran Church. This building was later purchased in March of 1960 and after being remodeled it served as the lodge home until 2001.

The lodge was named after **Roald Amundsen** (1872-1928), the noted Norwegian polar explorer, who was the first to reach the South Pole on December 14, 1911, where he planted a Norwegian flag. He also made the first ship voyage through the Northwest Passage and was one of the first to cross the Arctic by air. A few months before the lodge was chartered, Amundsen vanished June 18, 1928, flying in a rescue mission over the Barents Sea while in search of **Umberto Nobile**, the Italian who designed and piloted the airship "Norge." Amundsen was 55 years old at the time he died.

The Roald Amundsen Lodge building, "Norway Hall" was sold in 2001 to the Roberts Family Foundation. The lodge currently meets at the Masonic Center in Citrus Heights.



50-YEAR MEMBERS! Roy Imbsen and Tove-Lise Miller, flanking MC Carol Francis, receiving their 50-year pins. Presenter Stephen Rosenthal to left. Regrettably, member Ray Miller could not be present to receive his pin.



Lodge member Kristine Mattes with her son, member Wyatt Mattes. Note matching sweaters!

#### **THE NAVIGATOR**

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### **90th Anniversary Photos**











**D6** VP Bruce Fihe presenting Weaving Pin to youthful lodge member Matthew Bradley. Long time lodge members Florence and Jim Smith with **Bjornson Lodge President** Randi Cruze and Tove-Lise Miller. Ken Habbestad and **Richard Peterson receiving** their 25-year pins. Linda Pederson offering congratulations from the International Office. Dawn Bayer, Richard Alfstad and Marie Buhler receiving their 40-year pins. D6 PRO Kaye Wergedal and her son Andrew.

#### THE NAVIGATOR

### **More Anniversary Photos...**





Ann Sandner with her guest Becky Budge from the Rancho Cordova School District, who spoke about their homeless student program. Past International President, Penny Joseph Knudsen, who reminded all that is time for younger persons to take over.

### **Another Ship Photo...**



(With photographer's finger mostly cropped out.)

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### **IN MEMORIAM**



Long time lodge member (68 years!) **Beatrice Lien** passed away on March 10th, 10 days short of 94 years old. A viewing was held March 18th and a member of the lodge was there to offer condolences to her son, Marvin Lien, and other members of her family. She was active in the lodge in her younger years.

### **SIDEBARS WITH THE EDITOR...**

### **CAMP NORGE 60TH ANNIVERSARY!**

Join the celebration of Camp Norge's 60<sup>th</sup> Anniversary!

Help us celebrate Camp Norge's sixty years in the Sierras during Kretsttevne Weekend—August 31, through September 2, 2019. The celebration will be highlighted by a banquet on Saturday, Aug. 31st. Rooms will go fast. So be sure to reserve your room or RV site early. Call the camp to reserve accommodations at (530) 389-2508. The

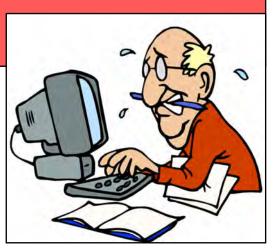
Camp Board will transform Heritage Hall for the special banquet, which will include a delicious menu, fun entertainment and other surprises. Seating is limited. More details and ticket sales will be announced soon.

Direct your questions to fred.hymans@campnorge.org.

### **DISTRICT SIX NEWSLETTER AVAILABLE ON LINE**



As most members know, Roald Amundsen Lodge is governed within a Sons of Norway Regional District—District 6. And within that district we are a member of a zone - Zone One, consisting of other lodges in our immediate geographical area. The officers of District 6 have published their Winter, 2019 newsletter, which can be accessed at the District 6 website: https://sofn6.org/wp-content/uploads/2019/01/sofn6-2019-01-newsletter.pdf. It contains much good information and we recommend your reviewing it.



(SIDEBARS, Continued from page 13)

### INTERESTING GULLDALEN LODGE EVENT FOR NORWEGIAN CONSTITUTION DAY



Learn the history of Syttende Mai and hear the poem "Two Flags" (a Gulldalen tradition) from our Norwegian born native, **Laila Glahn**, and have a front row seat as **Hank Wikstad** tell his first-hand account of the Nazi occupation of Norway and his memories of growing up during WW2 on an island above the Arctic Circle off of Norway's coast. Gulldalen Lodge is relatively close:

NCAA Building, 149 Crown Point Court, Grass Valley, Tuesday May 21<sup>st</sup>, 5:30-7:30 pm.

### WHY ARE NORWEGIANS SO HAPPY? "KOSELIG."

If you missed **Dr. Sanjay Gupta's** presentation on Norway of his program "Chasing Life," on CNN last Saturday, you may get a smattering of it at this website: <u>https://www.cnn.com/2019/04/30/health/norway-koselig-hygge-cozy-nature-chasing-life-wisdom-project/index.html</u>.

### SYTTENDE MAI NORDIC FESTIVAL, LOS GATOS

Nordahl Grieg Lodge is sponsoring a grand festival with entertainment, food, etc., on May 18th. Go to <u>http://</u>nordahl-grieg.org/site/wp-content/uploads/2019/Tidende-2019-05.pdf for more information.

Enjoy: The Vikings of Bjornstad • Nordahl Grieg Leikarring og Spelemannslag • Food and Craft Displays and Demos • Genealogy Resources • Kid's Area • Info Tables • Photo Booths. <u>Available for Purchase</u>: Open-faced Sandwiches, Pølse med Lompe, and Vaffler at Elderid's Café • Nordic Specialities in the Bar • Shopping at the Amazing Solveig Club Boutique • Raffle and More!

### SOME UPDATED SECURITY MEASURES



**Linda Pederson,** Fraternal Director for Sons of Norway, has advised us that on-line security measures require that each family member who is a member of Sons of Norway <u>must have a separate email address</u>, at least for Sons of Norway matters.

Also, officers and members are cautioned not to address emails to multiple recipients when sending out Sons of Norway matters to a group of persons. Additional addressees can be listed in the bcc address line to avoid showing their email addresses.

And finally, in general officers and members should be careful to guard the individual email addresses and other information of Sons of Norway members. (Officers, however, have to expect that their info is in the public domain.)



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

#### The Financial Consequences of Dying...

The expenses and loss of income associated with premature death are the main reason for buying life insurance as well as the major factor in determining the overall need for life insurance.

Premature death can be defined as the death of a working person with outstanding or unfulfilled financial obligations, such as family members to support, children to educate, and a mortgage to pay off. The cost of premature death includes the loss of income to the family, additional family expenses, possible decline in the family's standard of living, and non-economic costs, such as grief and the loss of a role model for the children.

The ownership of life insurance is economically justified for a family member who earns an income that others are dependent on for part or all of their financial support. The financial impact of premature death in not

uniform for all families and varies depending on the family structure. When premature death occurs, the family's share of the deceased person's future earnings is lost forever. I would be happy to give you a financial review; give me a call 530-263-6565 or 530-470-6070.

Thank you, Adrienne Lincoln Adrienne Lincoln Insurance Services Sons of Norway Financial Benefits Counselor 10771 Pittsburg Rd., Nevada City, Ca. 95959 E: <u>alincoln2048@comcast.net</u> License # OF63907



# Celebrate Memorial Day at Camp Norge May 25, 26 and 27th, 2019

The Camp Norge Board invites you to **Camp Norge** for a fun and relaxing three-day camping experience at your own recreation center, our *"Jewel of the Sierras."* Come celebrate this true American Holiday with us. There are a variety of fun activities for everyone to enjoy!

- Our annual Field Trip on Saturday is the perfect way to begin the weekend!
- Cocktail Party and Wine Tasting Saturday
- Family Movie Night Saturday night
- Scenic and energizing Hike on Sunday
- Annual Meatball Cook-off and Aquavit Tasting
- Plus craft workshops and more!

AMP NORGE

Bring your tent or RV or **call Camp to reserve a room at** (530)389-2508. Not familiar with the rooms or want to learn more? Click on ⇔ <u>www.campnorge.org</u>

Delicious meals will be provided for the weekend and served in the Heritage Hall. See page 2 for details. The usual amenities will be available: swimming pool, horseshoe pits, games, hiking trails and more!

### We expect another big crowd this year so call and reserve early!

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20HM	"CAMP" FOR THE "OLD FOLKS" IN DISTRICT SIX	September September	au
WHAT?	FUN FOOD FELLOWSHIP CLASSES		
	EARN NORWEGIAN CULTURAL PINS		
WHEN?	THURSDAY/FRIDAY/SATURDAY/SUNDAY,		4
	SEPTEMBER 10-15, 2019		
WHERE?	CAMP NORGE, ALTA, CA		
έλΗΜ	WHY NOT? CAMP NORGE IS FOR EVERYONE!	Folkeh@gskule for Voksne	for Voksne
	NOT JUST FOR KIDS!		
сwoн	REGISTRATION FORMS AND CLASS INFORMATION CAN BE FOUND ON THE DISTRICT WEBSITE www.sonf6.org PLEASE CHECK THE WEBSITE OF- TEN. AS MORE SPECIFIC INFORMATION WILL BE ADDED AS WE GET CLOSER TO THE ACTUAL CAMP DATES.	New in 2019, Camp Oldfjell, Folkehøgskule for Voksne (Folk School for Adults),	øgskule for
		Camp Oldfjell will be held at our beautiful Camp	ul Camp
CLASSES (	CLASSES (with teachers, as of April 1, 2019):	Norge starting luesday, September 10" through	through
TABLET	TABLET WEAVING (morning class - 4 spaces remaining)	Sunday, September 15". Cultural Skills	classes will
ROSEM	ROSEMALING (morning class – 6 spaces remaining)	be offered in topics such as:	
HARDAN	HARDANGER (afternoon class - 6 spaces remaining)	Music Cooking	
VIKING	VIKING APRON (Thursday and Friday all day, only, - 6 spaces remaining)	re Tab	DL
DANCE	DANCE (after dinner – 15 spaces remaining)		5
COOKIN	COOKING (2 instructors will lead cooking Norwegian food for camp meals)		
MUSIC (	MUSIC (afternoon class)		
LITERAT	LITERATURE (afternoon class – see December's Cultural Newsletter for book selections)	and more! Mark your calendar, submit your vacation	your vacation
CLASSES (	CLASSES ( <u>still needing teachers,</u> as of April 1, 2019)	request & join us for our first ever Camp Oldfjell!	p Oldfjell!
WOODC	WOODCARVING		
VIKING	VIKING WIRE KNITTING	Save the dates:	<b>.</b>
As you can are more the	As you can see, there will be 10 classes offered. Each class will have a limit of 8 students. If there are more than 8 people signed up for any one class, then I will try to schedule a second session.	September	Ser la construction de la constr
► Viking Api will be a \$50 for the fabric you send in fee separa	►Viking Apron students will need to bring their own sewing machine and a basic sewing kit. There will be a \$50.00 material fee which will cover the fabric and pattern for the apron. Color selections for the fabric will be posted on the District Six website soon. Please make your color choice when you send in your reservation along with your material fee. Please pay for the material fee separately, (from the registration fee).	10~15 CAM 2019	CAMP NORGE
I look fo	I look forward to meeting all of you, and having a great time at Camp Oldfjell!		

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May-June, 2019

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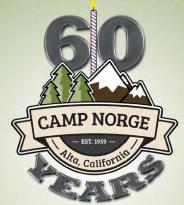
CAMP OLDFJELL	n
FOLKEHØGSKULE FOR VOKSN	IE
REGISTRATION FORM	
September 10 – 15, 2019	
Sept. 10 -15, 2019 full program: Price: \$300.00	
Sept. 10 -12, 2019 half program: Price \$150.00 Sept. 12 -15, 2019 half program: Price \$150.00	
Lodging: \$16.20 per bed per night for Sons of Norway members	
\$27.00 per bed per night for non Sons of Norway member	ers
Tent Camping: \$17.00 per night for 4 persons for Sons of Norway \$22.00 per night for 4 persons for non Sons of Norw	
RV Camping: \$27.00 per night for 4 persons for Sons of Norway \$37.00 per night for 4 persons for non Sons of Norwa	
Name:	
Address:	
Phone #:	
Sons of Norway Lodge:	
Classes: (class size limited to 10 per class except for music, d	ancing & cooking)
Rosemaling Hardanger	
Tablet/Card Weaving Carving	
Viking Apron Viking Knitting	
Literature Cooking	
Music Dancing	
Class material fees will be paid directly to the teacher and will dep	end upon material costs.
Mail form to: Judy Immel, Cultural Director 9331 Shannon Ave. Garden Grove, CA 92841	
Registration and ½ half of registration fee is due no later than Mar One registration form per individual please. Questions? cultural	

### 2019 CALENDAR EVENTS ROALD AMUNDSEN LODGE

(As of 5/6/2019)

Sunday, 12 May	MOTHERS' DAY	
Tuesday 14 May	Monthly Meeting, Pea Soup Supper with Syttende Mai Cultural Program.	
	6:30 pm	
June/July/August	<b>NO MEETINGS</b>	
Sunday, 21 July	Summer Picnic (See flyer.)	
Sunday, 8 September	BBQ Afternoon. Youth Camper Demonstrations, etc.	
	(No other September meeting.)	
Tuesday, 8 October	Monthly meeting with Cultural Program 7 pm	
Saturday 12 October	Lutefisk Dinner	
Tuesday 12 November	Monthly meeting with Cultural Program 7 pm	
Saturday 16 November	Vikingfest	
Saturday 14 December	Julebord	
December, Date TBD	Family Christmas Party (Date and Venue to be announced.)	
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.		

### Camp Norge is turning 60 this year and you are invited to celebrate with us!



### Save the Date Saturday, August 31, 2019 5:00 - 9:00PM Heritage Hall, Camp Norge

We are planning a delicious banquet followed by a fun night with entertainment, special guests, door prizes and fellowship with your Sons of Norway friends from around District Six and beyond. Note to readers of the postal version: The on-line edition contains more pages (20) with information about the Camp Norge events, etc. That version can also be accessed at the lodge website: sonsofnorwaysacramento.com.

We have printed this postal version in a 1/2 page format, so as to give you at least 16 of the 20 pages found in the on-line version. We apologize if this causes you any difficulties.

