

THE NAVIGATOR

A Publication of Roald Amundsen Lodge 6-48
Sons of Norway, Sacramento, California
February 2020—Be Someone's Valentine!

Editor: Stephen Rosenthal

rosen@winfirst.com

With Reporter: Dick Tracysen

"Excellence in Creative Journalism"



INSIDE: INSTALLATION, AND OUR GREAT YEAR AHEAD

PRESIDENT NORM'S COLUMN:

Greetings and welcome to 2020!

This year you will be trying a new president locally while some Congressmen are trying to get rid of one nationally. I hope I find myself up to the challenge!

This past year has seen a few unexpected results at our two moneymaker activities, namely the Scandinavian Fest and our own Viking Fest. We sold everything we could provide, a victim of our own success and some timely advertising. Our other activities were well received by the members and their guests. The Kretstevne was well attended and the Christmas program was blessed with the presence of numerous children.



Thank you to all who participated and provided the feast at the Installation Ceremony. Thank you to our kitchen crew, **Joe and Larena Hannon, Tove-Lise Miller, Donna and Mike Gordon, Arlene Kozub**, and anyone I forgot. I wish to extend my thanks for our outgoing president **Donna Gordon's** past service, **Stephen Rosenthal's** MC-ing of the installation of the grandpa president, and to **Tove-Lise** holding the attention of a precocious granddaughter. Thank you to **David Bailey** for continuing as our Treasurer.

The lodge added new members last year, hopefully a sign of growth. There has been a shift in the number of people who join organizations, particularly fraternal ones. I feel our challenge in the coming year is to retain and expand membership. We must all become ambassadors for Sons of Norway. We are increasing our presence and success at our two fests but asking more and more of fewer people. Even hard-working Norwegians could use some help. I look forward to a productive year knowing I can count on your continued support.

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.

Torsk & Meatball Dinner

Saturday, March 28, 2020

Social Hour 5:00 pm / Dinner at 6:00 pm

Roald Amundsen Lodge 6-48



**Sons of Norway
San Juan Masonic Center**

5944 San Juan Avenue
Citrus Heights



Cultural program after dinner—short!

Prepaid reservations only: Adult SofN Members \$22; Non-members \$25;
Children 6 - 10 \$5; Children 5 and under free.

RESERVATIONS LIMITED TO 80—NO TICKET SALES AT THE DOOR.

For reservations mail form and payment (check to Sons of Norway) to David Bailey, 2944 Shirley Street, West Sacramento, CA 95691.

MAIL BY MAR. 14, PLEASE!

Torsk Dinner. Please reserve the following tickets (to be held at the door):

Member Names: _____

Non-Member Names: _____

Phone # and e-mail: _____

Members _____ @ \$22 each Total \$ _____

Non-members _____ @ \$25 each Total \$ _____

Children 6—10 _____ @ \$5 each Total \$ _____

Children 5 and under _____

Grand Total \$ _____

DETACH AND MAIL WITH CHECK



**37th Annual
Sacramento Scandinavian Festival
Saturday, April 18, 2020
10:00 am - 4:00 pm**

**Scandinavian Food, Baked Goods, and Merchandise for Sale
Information about the Nordic Countries
Music, Entertainment and Door Prizes
Scandinavian Folk Dance
Children's Area with Arts & Crafts
Outside - Viking Camp and Ship**

Scottish Rite Masonic Center

6151 H Street

Sacramento, CA 95819
(near Sac. State)

Adults \$5

Children under 12 FREE

For more information contact:

Finland

www.facebook.com/sacramentofinlandclub

Iceland

www.iceland-usa.org

Norway

www.bit.ly/Elise-Waerenskjold or

Sweden

www.monitorlodgesacramento.org or
www.facebook.com/SierraKronan737

www.facebook.com/SacramentoScandinavianFestival

Please note: Some food items may sell out early

ON PICKING DELEGATES FOR THE DISTRICT 6 CONVENTION

By Luella Grangaard, District 6 President



It is time to select your lodge convention delegates. All lodge secretaries were sent their allowed number of delegates. The election of delegates is found in Chapter 7 of the Charter and Constitution, section 4.7, page 45 of the 2018-2020 edition.

When you elect delegates think of members who will represent you at the district meeting. Choose delegates who will make sound decisions on behalf of your lodge and the District Lodge - members who are aware of the Sons of Norway Charter and Constitution. In addition you may want to consider members who actively participate in your lodge in leadership and volunteer positions. Those are the people who are in the know.

Convention maybe a fun time, but it is business first and foremost. The decisions, discussions and interactions plot the future of Sons of Norway. Please send delegates. It is important for all lodges to participate.

Fraternally, Luella

ATTEND FEBRUARY LODGE MEETING TO BE ELIGIBLE FOR CONVENTION DELEGATE NOMINATION



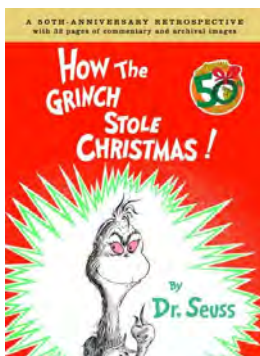
Roald Amendsen Lodge is eligible to send six (6) delegates to the convention (see article above). In order to be eligible for nomination (and potentially elected as a delegate), you must be present at the February 11th lodge meeting. (But, if you absolutely cannot attend but still want to be nominated, you may send a lucid email or letter, to be received before the meeting, to our lodge secretary, Arlene Kozub.)

Members can self-nominate. At the meeting we will elect the six delegates, plus several alternates. The lodge president is automatically nominated and elected if he is personally able to attend.

Attend Feb. meeting!

The dates of the convention are June 18–21 and the venue is Mesa, Arizona.

FAMILY CHRISTMAS PARTY



Thirteen children attended the Family Christmas Party. They enjoyed games and participated in telling a Christmas story. Thank you **Eric Malme** for activating the kids. Of course Santa Claus made a visit with gifts for the kids. Thank you **David Bailey**, as you make a great Santa. A special thank you to **Judy and Norman Hales** for organizing the drinks and snacks.—*Tove-Lise Miller, Social Director.*

(Event photos on the next page.)

FAMILY CHRISTMAS PARTY

Santa worked overtime and showed up at the Family Christmas Party on December 29th, perhaps so he could accrue some additional tax-deductible charity time before the end of the year. The party was held at Lutheran Church of the Master in south Sacramento. The children were delighted and the adults were, well, thankful that they didn't have to play the role. As usual, all attendees had a delightful Christmas Season experience, and our new Youth Directors, **Eric Malme and Sean Moody**, are to be commended.



Santa cuddling the youngest attendee. Santa was impersonated by David Bailey.

David and Danielle Sliper helping some of the younger children.



Omar Siddique and Koll Malme learning Draw Poker as part of the Life Skills program.

NORWEGIAN SCIENTISTS DISCOVER THAT EATING FISH GREATLY AIDS HEALTH

Eating Fish Early in Life Reduces Risk of Disease

It does not take much fish for young children to reap major health benefits. Fish at least once a week yields positive results. In fact, children should be introduced to fish or cod liver oil early in life, already around the age of one. These children have a significantly reduced risk of eczema, asthma and wheezing by the time they are six years old.

“We compared children who had fish at least once a week until they were two years old with children who had less fish,” says associate professor **Torbjørn Øien** at the Department of Public Health and Nursing at NTNU [Norges teknisk-naturvitenskapelige universitet, or Norwegian University of Science and Technology].

All types of fish are favorable

The starting point was numbers from the pediatric allergy survey that began in Trondheim in the year 2000. Data from more than 4,000 families contributed to these new analyses that looked at the relationship between the mother's or the child's fish intake and the development of eczema, asthma and hay fever. All these conditions have increased sharply in Norway since the 1950s. They are, among other things, linked to lifestyle changes. One of these changes is that we {e.g., Norway} as a population eat less fish than previously.

“It seems that eating all types of fish provides a health benefit, not just fatty fish,” says **Melanie Rae Simpson**. She is a postdoctoral fellow at the Department of Public Health and Nursing.

Eating fish has near-miraculous results for older persons, as well



In a separate study, the scientists determined that eating fish at an advanced age can not only improve health, it can actually “turn back the clock” on the aging process. In fact, several gentlemen in their late 60s and early 70s who ate fish constantly – at least two fish sandwiches a day from McDonalds – actually regressed in biological age! Over the course of two years, they became younger and younger in appearance and finally became pre-pubescent, appearing to be only 11 or 12 years old!

Now, the study will focus on whether they will live an additional 60 or 70 years from this point on. Additionally, Norwegian law may have to be changed to allow them, in 8 or 10 years, to take a frisky, comparably-aged second wife, as their current wives most certainly will be in nursing homes before these rambunctious youngsters pass their 30th birthdays for a second time.—*From Sons of Norway Newsletter Service, more or less.*

District 6 Events for 2020

Jun 18
2020 District Six Convention

Jun 28
Trollfjell Folkehøgskule
Sun, Jun 28, 2020 - Sat, Jul 11, 2020

Jul 12
Camp Trollfjell
Sun, Jul 12, 2020 - Sat, Jul 25, 2020

Sep 05
Northern California Kretsstevne

Sep 19
Camp Oldfjell

Oct 09
Central California Kretsstevne

SIDEBARS WITH THE EDITOR...

DISTRICT SIX RECREATION CENTER BOARD POSITIONS OPEN AT NEXT ELECTION

The Camp Norge Board has four positions that are up for election at this June's District Six convention in Mesa, Arizona.

Members of the Recreation Center Board are elected to four-year terms at each biennial district convention. To serve on the board you must be a member in good standing of Sons of Norway District Six. Members are expected to attend meetings on a regular basis and participate in board/camp activities and events whenever possible. Most in need are members who have a good attitude, enjoy the outdoors and have professional, managerial, financial or administrative experience, skills and knowledge.

The board meets in person approximately four times each year (not including the biennial meeting at convention). Meetings typically are convened at Camp Norge in Alta, CA, weather permitting. Otherwise

they are held in locations near Alta. The board also holds occasional phone or web-based meetings.



The Recreation Center Board holds work party weekends approximately twice per year and board members are encouraged to attend and participate. This sometimes includes landscaping and other physical labor. However, board members are not required to meet certain physical requirements.

If you are interested in running for the board or would like more information you are encouraged to contact current board members, District Six officers, or Board President, **Fred Hymans** at (916) 412-3797 or email: fred.hymans@campnorge.com.

(SIDEBARS, Continued from page 7)

FROM THE ZONE 1 DIRECTOR



This last year has been extremely busy for everyone in our lodges, working hard to build 2020 membership. A lot of them accomplished it and some exceeded the targets. Congratulations on your hard work!

As we are entering our New Year we have several other things to accomplish. Our convention is in Mesa, Arizona at the Sheraton Mesa Hotel. Dates are June **18th to the 21st**. If you have never been to a convention you should attend one, and this year's is going to be fantastic.

We are asking from our members to donate items for our table that we auction off for fundraising. I am in charge of this and would appreciate items for this from your lodge. We also would like, as we do every convention year, plates of authentic Norwegian cookies.

I would like to see at every one of my lodges in Zone One have delegates attending the convention. Also, we will be asking members driving to the convention to carry with them if possible the cooking donations. Let me know if you can help.

I will be stopping by each lodge to visit and would appreciate it if you could email me your newsletters at alincoln2048@comcast.net so that I get it promptly and can put your meetings on my calendar.

We all have a lot of work to accomplish for our District Six and it's important to carry on our heritage. This is a different message from what I usually do regarding our financial products, but felt it was important to start out the first of the year by starting to plan for our convention.

However, it is also important for my Sons of Norway members to have their annual reviews in order to see how their investments are working for them,

as well as taking a look at their insurance products to make sure no changes have taken place and changes of address or telephone number and beneficiaries are up to date.

My contact number is 530-263-6565 and email is: alincoln2048@comcast.net.

Adrienne Lincoln, Zone 1 Director and FBC
10790 Pittsburgh Road, Nevada City, CA 95959.
(Editor's Note—Adrienne reports that she made contributions to the insurance article that was contained in the February Viking Magazine.)

CULTURAL DAY PROGRAMS AT THE CONVENTION

These sessions will be held Thursday, June 18, 2020, prior to the start of District Six Biennial Lodge Meeting. Come early for Culture, Camaraderie, and Fun. Start planning.

Genealogy sessions – afternoon

Norwegian Genealogical Research: How Things Have Changed in 125 Years.

Norwegian Research: Records You May Not Be Using – But Should.

Genealogy guest presenter, **Jeff Svare**, was born in Minnesota and raised in North Dakota. An employee of Family Search since 1987, he has been involved with records acquisition in Asia, the Pacific Islands, Europe, and Scandinavia. Previously, he was manager of Family Search's Scandinavian collection. He has presented at Brigham Young University's genealogical conferences, local genealogical conferences across the United States, the Family History Library, as well as teaching and creating courses of study for the Salt Lake Institute of Genealogy.



Using the Sons of Norway Cultural Skills Program.

Presenter: **Ruth DeLattre**, Cultural Director, Overtro Fjell #153, Mesa, AZ

Music Cultural Skills Unit – Evening

Presenter: **Judy Immel**, District Six Cultural Director.

(Continued on page 9)

(SIDE BARS, Continued from page 8)

CAMP NEWS FROM THE DIRECTORS

Trollfjell Folkehøgskule for youth age 14 through 17 is June 28 to July 11. **Camp Trollfjell** for children age 8 through 13 is July 12 to 25.

On the last three days of Camp Trollfjell (July 23, 24 and 25), we will have a Vining Village set up in the meadow. The Sjørvaldar Vikings will be teaching our campers how people lived their day to day lives during the Viking era. Our campers will also be learning some Viking era crafts. You can learn more about Sjørvaldar Vikings here: <https://www.sjorvaldar.com/>.

Note to Trollfjell Folkehøgskule students, if you stay over to be a CIT, you can also enjoy this new Viking experience.

We do not want the parents left out of this Viking experience, so rather than just coming to pick up your campers on Saturday as usual, we are inviting you come Friday afternoon and spend the night with us. Visit the Viking Village, have Friday dinner and Saturday breakfast with us and enjoy Camp Norge for a day. Stay tuned for more details.

Online registration for Camp Trollfjell and Trollfjell Folkehøgskule is now open and application for staff positions are now being accepted. Registration forms, staff applications forms and more information about these programs can be found on our website at <https://arv.sofn6.org/>.

Don't forget to check with your lodge and apply for any camperships that they may offer. Applications for District Six Camperships are now available on the District Six website at <https://sofn6.org/scholarships/>.

Camp Executive Director - Bruce Fihe
Camp Program Director - Rebekah Strand

2020 DIRECTORY

The directory is being assembled and will be available soon. We will mail one to each lodge household. It is not distributed to businesses or anywhere else.

2020 SERVICE AWARDS!

Every year the lodge tries, at appropriate events, to honor those who have or will have earned service awards during the year. Service awards are given at 20 years, and every 5-year increment over 20 years. The persons to be recognized with service awards are listed below. Congratulate them if you see them!

75 years!

Rolf Owre (September)

70 years!

Lillie Tonkin (December)

65 years!

Eugene Malone (April)

60 years!

Edna Johnson (March)

50 years

Patricia Schilder (May)

45 years

Jerome Gilbertson (May)

Florence Smith (November)

James Smith (November)

40 years

Carol Francis (March)

Erik Solheim (April)

Kristin Updegraff (October)

Helen Zinn (May)

35 years

Bruce Coulter (July)

Margit Hill (September)

Darla Moe (February)

David Moe (February)

Ann Sandner (February)

DeAnn Smeltzer (June)

30 years

Erna Alfstad (August)

Jill Larsen (December)

Norman Larsen (December)

25 years

Lyla Hanson (June)

If you think there are errors or omissions to this list, kindly let the editor know, and we will check it out.



WANT A \$SCHOLARSHIP? GET BUSY! **(Also, Information on Roald Amundsen Camper Scholarships Below)**



There are various 2020 Sons of Norway educational scholarships that can be applied for, **starting now**. And “now” would be a good time to start the process, as it often takes time to secure the necessary transcripts and letters of recommendation that may be required. In fact, it is almost too late for some of the scholarships. Some of the scholarships are available to older members as well as more youthful members – check them out on the Sons of Norway website, with summary information presented in the January Navigator which can be accessed on the lodge website. About 25 scholarships are awarded each year.

Some are open to adults.

If you want to give your kids a language immersion experience this coming summer check out the **Concordia (College) Language Villages** (<http://www.concordialanguagevillages.org/youth-languages>) programs for the summer of 2020. These camps are located near Brainerd in beautiful north central Minnesota. In addition to Norwegian, they have camps for 14 other languages.

Also, our **Sons of Norway District, District 6**, offers the following scholarships: 1) Up to three \$1000 Academic Scholarships to deserving Unge Venner members attending post-secondary schools or training institutions, 2) One \$1000 scholarship to attend the Skogfjorden Language Camp at Concordia College (Minnesota; previously mentioned above) during the summer, and 3) Two 50% of tuition scholarships to attend the Camp Norge youth camps (Our own lodge usually has ample scholarships for these camps.). If you are interested in any of these scholarship opportunities go to the District website and get busy on the application process now!

Roald Amundsen Lodge Camper Scholarships

Also, our own Roald Amundsen Lodge has a limited number of 2020 camper scholarships, which will pay for one-half of the camper tuition. We understand that full tuition for the camps will be \$900, and therefor each of these scholarships will be \$450. The scholarship application can be found on the next page of this Navigator.

**ROALD AMUNDSEN LODGE SCHOLARSHIP APPLICATION
LANGUAGE/HERITAGE (Camp Troll Fjell or Trollfjell Folkehøgskule)**

Camper Name:

Which camp are you applying for:

Your Address:

Telephone number:

Email:

Please write a letter as to why you want to attend, and **what you hope** to learn at camp. Letter can be written in the space below, if you wish.

Who belongs to Sons of Norway in your family? (Parents, Grandparents, Aunts, Uncles or Guardians)

The lodge name and number that they belong to:

Part of your commitment in accepting this scholarship is to report back to the lodge about your experience at the September BBQ meeting Sunday, the 6th of September, 2020.

Please submit this application and your letter about attending to Foundation Director, Mike Gordon, at 916/972-8041, or to justfordonna@surewest.net.

NOTE:

THE APPLICANT MUST ALSO APPLY SEPARATELY TO THE LANGUAGE/HERITAGE CAMP AND BE ACCEPTED BEFORE THE SCHOLARSHIP MONEY WILL BE SENT TO THE TREASURER OF THE CAMP. APPLICATION ON DISTRICT 6 WEBSITE: <https://sofn6.org/>.

Gulldalen Lodge Rosemaling Workshop

February 29, 2020

Classes are open to adults, 18 years and older. There is a limit of fifteen (15) students. Once the class is filled, a short wait list will be established.

ABSOLUTELY NO TELEPHONE or E-MAIL RESERVATIONS ARE ACCEPTED. Please complete the registration form below – one for each person you are paying for.

Confirmation and class info will be sent, via email, once registration closes. NOTE: If you do not have an email address, send a self-addressed stamped envelope (SASE) when you register so the confirmation and class info can be mailed via postal service. If you have questions regarding registration, please email me at thebigmranch@aol.com.

Send your completed registration form with your check (payable to Gulldalen Lodge) to Cindy Mills PO Box 13, Newcastle, CA. 95658. Registrations are logged in by postmark date, as received.

Name _____

Phone _____

Address _____

E-mail _____

City/State _____

Zip _____

Lodge _____

SoN Membership # _____

How did you hear about the class: _____

Class registration: (submit a separate form for each person taking class) \$70 per person

Total Enclosed: _____

FROM THE INTERNATIONAL PRESIDENT:

Congratulations!

Roald Amundsen Lodge, 6-48 met the 2019 new member recruitment goal.

Thank you for giving a warm welcome to the 5,985 newest members of our Sons of Norway family.

Dear Stephen,

It's only fitting that as we begin our exciting 125th anniversary year I have outstanding news to share with you: In 2019 you not only helped Sons of Norway *reach* the goal of 3,900 new members set by the International Board, *you blew past it*. With **5,985 new members in 2019**, we ended the year **53% above goal**.

Thanks to your support and enthusiasm **Roald Amundsen Lodge** is one of **112 lodges** meeting their goal. Meeting the goal means your lodge will receive a special prize package in a few weeks. It includes:

First access to a new cultural program—This fun, interactive trivia game will help members test their knowledge or learn more about Norway's Stave Churches. It can be played by members at a meeting or other lodge event. There's even an added a prize for the winner.

2019 Founders Award Certificate—This certificate recognizes your lodge's achievement in meeting the recruitment goal. Plus, individual achievement certificates recognize your lodge's recruiting members. Please be sure to congratulate those who receive them.

Thank you for welcoming new members to your lodge and sharing the warmth of our Sons of Norway family. I look forward to sharing more good news with you as we grow in 2020 and beyond!

Fraternally,

Ron Stubbings

President

(letter slightly abridged)

(Ron with Tove-Lise of our lodge.)



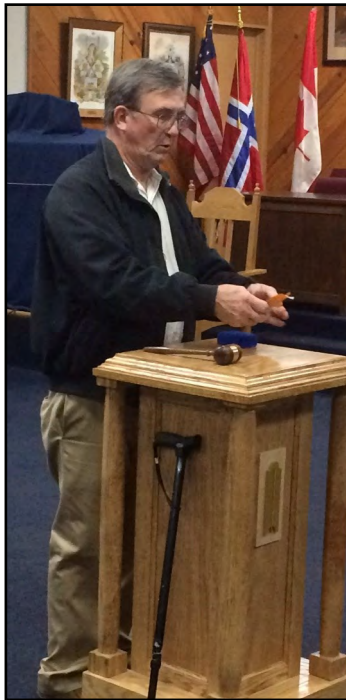
2020 OFFICERS INSTALLED

By Dick Tracysen, Reporter

In a lavish ceremony featuring champagne, aquavit toasts, and wild boar cooked on an open spit, the 2020 officers of the lodge were installed on January 12th. Outgoing officers were presented engraved gold watches and personal congratulatory framed letters signed by the International President, Ron Stubbings, plus silver challises, each engraved with a pithy saying in Latin. For instance, one contained the phrase “Mira antes de saltar.”

Our new president was completely overwhelmed and moved to launch into a 1 ½ hour speech, which by the time it was over prompted some of the new officers to give him the nickname of “Fidel.” He promised, well, I don’t know what, but I am sure it will be accomplished during his reign.

If you want to see who the new officers are, they are listed in the January Navigator. And remember, just as they say at the DMV, they are here to serve you.*



The new lodge President, Norm Hales, takes the podium. All of a sudden, this little gal decided she didn’t want to be an officer. Tove-Lise Miller cuts the special Installation cake.

*In another report, the officers were installed in a nice traditional ceremony after a typical Sons of Norway pot-luck lunch. The officers are eager to launch 2020 activities.

2019-2020 CALENDAR EVENTS**ROALD AMUNDSEN LODGE**

(As of 1/25/2020)



*******2020*******

Tuesday, 11 February	Monthly meeting with Cultural Program, “Knorwegian Knitting”* 7 pm
Wednesday, 6 March	Book Club, 1:00 pm, Arden Dimick Library
Tuesday, 10 March	Monthly meeting with Cultural Program 7 pm
Saturday, 28 March	Torsk Dinner (see flyer)
Friday, 3 April	Book Club, 11 am, Arden Dimick Library
Tuesday, 14 April	Monthly meeting with Cultural Program 7 pm
Saturday, 18 April	Sacramento Scandinavian Festival, 10 am
Tuesday, 12 May	Monthly meeting with Cultural Program 7 pm
June , 18th to 21st	Convention, Mesa, Arizona
July, Date TBD	Family Picnic
August	No meeting
Sunday, 6 September	BBQ, with Camper Demonstrations
Tuesday, 13 October	Monthly meeting with Cultural Program 7 pm
Saturday, 18 October	Lutefisk Dinner
Tuesday, 10 November	Monthly meeting with Cultural Program 7 pm
Saturday, 5 December	Julebord
December, TBD	Family Christmas Party

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**.

* Or, Norwegian humor (?)

NOTE: MAILED NAVIGATOR MAY HAVE FEWER PAGES THAN THE ON-LINE VERSION.

**US MAIL FEBRUARY NAVIGATOR HAS FEWER PAGES
THAN ON-LINE VERSION**

The following pages are missing from the postal version due to printing constraints:

- An announcement of a rosemaling workshop event sponsored by Gulldalen Lodge.
- A letter from the International President.
- The camp scholarship application for our young campers.

If you feel you need any of these pages and absolutely do not have on-line access, call or text the editor at 916-539-5614 and leave a message, and we will mail them to you. Please specify which page or pages you need.