

THE NAVIGATOR

A Publication of Roald Amundsen Lodge 6-48
Sons of Norway, Sacramento, California
May / June 2020 - Wash your hands!

Editor: Stephen Rosenthal

rosen@winfirst.com

With Reporter: Dick Tracysen

"Excellence in Creative Journalism"



LODGE AND DISTRICT NEWS: MANY EVENTS CANCELLED

2020 CALENDAR EVENTS ROALD AMUNDSEN LODGE

(As of 4/25/2020)

*****2020*****	
Saturday, 28 March	Torsk Dinner WAS CANCELLED ; ADVANCED PAYMENTS RETURNED
Friday, 3 April	Book Club, WAS CANCELLED
Tuesday, 14 April	Monthly meeting with Cultural Program, WAS CANCELLED
Saturday, 18 April	Sacramento Scandinavian Festival, WAS CANCELLED
Tuesday, 12 May	Monthly meeting with Cultural Program CANCELLED
Saturday, 23-25 May	Memorial Day Weekend Gathering, Camp Norge at Alta CANCELLED
June	No monthly meeting scheduled
June , 18th to 21st	D6 Convention, Mesa, Arizona CANCELLED
June July, 28th to 11th	Trollfjell Folkskule, Camp Norge CANCELLED
July, Date TBD	Family Picnic, Probably CANCELLED
July, 12th to 28th	Camp Trollfjell, Camp Norge CANCELLED
August	No monthly meeting scheduled
Saturday, 5-7 September	Northern California Kretsstevne, Camp Norge, Alta
Sunday, 6 September	BBQ, but no Camper Demonstrations
Saturday, 19-22 September	Camp Oldfjell, Camp Norge, Alta
Friday, 9-11 October	Central California Kretsstevne, Flying Flags RV Park, Buellton
Tuesday, 13 October	Monthly meeting with Cultural Program 7 pm
Saturday, 18 October	Lutfisk 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**. At this point, all events scheduled from July forward to year-end must be considered as **TENTATIVE**.

All previously scheduled in person **book club** meetings have been cancelled.

All **birthdays** have been cancelled. For instance, if you are 64 and thought you were going to be 65 this year, by federal edict you shall remain 64 for another year, and cannot apply for Medicare benefits until 2021.

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.

A LETTER FROM OUR PRESIDENT



When I wrote the February president's letter, the summer ahead promised to be a time of activities and comradeship with our members and others in the Scandinavian community. There were hints of a coming virus. It was largely dismissed as a routine seasonal inconvenience. At our monthly meeting, I repeated a joke making the rounds of being unafraid of a virus named after a beer. According to news reports the initial group at risk included the majority of our lodge membership. Expecting the situation to resolve quickly, we proceeded to plan our spring and summer events. Within weeks the onset of the virus began to consume the news. Now the word pandemic is a part of the American vocabulary.

How do we deal with this new reality? Surprisingly for the general public the answer is from our childhood. Wash your hands, keep your distance from strangers, stay away from sick people, wear the right clothing when going out (facemask), and for heavens' sake stop fidgeting and touching your face. Saved the hardest for last, average is 20 times an hour.

Okay, we have safety covered, now how do we keep from going stir crazy isolating ourselves from the rest of the world? If there is an episode of a TV series, you missed, it will be shown again. Your bookshelf has that book you have been intending to read waiting patiently. Time to oil the squeaky door, organize that drawer that everything migrates to, and stay in touch with family and friends. All clichés start with a ring of truth: we will get through this together. My father's generation marched off to war; I am asked to sit on a couch.

On a personal note, I have little time to feel blue as everything in my house has conspired to choose this time to break. OK, everything I have ignored until now. I have rediscovered cursive handwriting to family, seems more personal than email. I have attacked the aforementioned "junk drawer" armed with a large wastebasket and a grim determination to mercilessly cull anything of questionable value. The choice of a large waste basket was overly ambitious, a small paper sack would have sufficed. Be of good cheer, guard your health, you are not alone in this situation, and I will see you on the other end. Norm

A POSSIBLE CORONA VIRUS PREVENTATIVE?

By Dr. Dick Tracysen (recently received his MD from the University of Elbonia, on line)



As readers have probably noticed, President Trump has been strongly inferring that these three drugs, **Hydroxychloroquine**, **Chloroquine**, and **Quinacrine**, may indeed have Covid 19 virus-fighting properties.

And what is similar about all three of these drugs? They all contain quinine! And what readily available household consumable contains quinine? Tonic water, of course!

I have sent a letter to the president urging him to open the **GIN AND TONIC SEASON** early this year. And I recommend that all readers discontinue drinking whatever foo-foo wine they have been drinking and switch immediately to gin and tonics. Also, you better get to the market immediately and stock up on tonic water – soon those shelves will be empty just like the toilet paper shelves. Remember, you heard this first from Dr. Tracysen!

GREETINGS!

Greetings from District 6 Board and the new Zone One Director.



Last weekend District 6 had a very successful “Zoom” board meeting, where I was installed as the new Zone One Director.

Adrienne Lincoln, unfortunately, had to resign due to health reasons. Thank you, Adrienne, for your service as our Zone One Director. You did a great job! I would especially thank you for all the work you did for the 60th Anniversary at Camp Norge. Adrienne will still be our FBC, so if you need information regarding insurance or other financial benefits, please contact Adrienne.

Several of you already know me and for those who don't, I hope to meet you soon. My responsibility is for the following lodges: **Fram #13, Roald Amundsen #48, Snowshoe Thompson #78, Shastafjell #108, Gulldalen #128, Hvite Fjell #151 and Vikings of Lake #166.** Zone One covers a lot of geography, but I hope to visit you all soon. Since we now are all locked down, I don't know when that will happen, but let us keep positive thoughts.

The month of May will be here shortly, which I consider a very Norwegian month, as it contains the Norwegian Constitution Day or **Syttende Mai**. We will not be able to celebrate it the way we normally do, but we can try to make a special meal at home and to fly the Norwegian flag if you have one. Growing up in Norway, I always enjoyed the special meal that day would include polse med lompe og masse iskrem. (in other words: hot dogs with a small lefse and lots of ice cream).

Several years ago we used to have a joint lodge picnic at Camp Norge for all the lodges in the zone. I hope we can do that again next year. It was always enjoyable to see members from other lodges.

I would love to hear from all of you. You can contact me at ToveLise@aol.com or by phone 916-364-8704. If you get a beep when calling that number, it just means I forgot to turn off the fax machine, so try again later.

Hurra for Syttende Mai!

Hilsen, **Tove-Lise Miller**, Zone 1 Director, District 6

YOUTH CAMPS POSTPONED

Camp Trollfjell and Trollfjell Folkehøgskule Programs Postponed to Summer of 2021

It is with deep regret that I announce the postponement of **Camp Trollfjell and Trollfjell Folkehøgskule** until 2021.

Our primary concern is for the health and safety of the children and youth entrusted to our care, our staff, and all their families. The COVID-19 pandemic situation is changing daily, but until there is massive testing capability available or a vaccine, social distancing is the only thing keeping this virus contained.

We know that this is a disappointment for our Campers and Students. We are looking for ways to provide some Virtual Trollfjell activities during the time we would have normally held our Language and Heritage programs. Please watch for future announcements about these on-line opportunities.

With sincere regrets,

Bruce Fihe

Executive Director, Camp Trollfjell and Trollfjell Folkehøgskule

Vice President, District Six – Sons of Norway

IMPORTANT MAY DATES



Just a reminder that there are some important dates to remember in the month of May. These include:

May 10, MOTHERS' DAY! And don't forget Grandma!

May 16, ARMED FORCES DAY! These guys and gals are also helping with the Covid 19 fight.

May 17, NORWEGIAN CONSTITUTION DAY! Norway's National Day. Unfortunately we can not celebrate as a lodge, but if you have a Norwegian flag, you could display it on this day!

May 25, MEMORIAL DAY. Such a good day to visit the Sacramento Valley National Cemetery if not closed by Covid 19 restrictions. Dixon, California.

May 26, EDITOR'S BIRTHDAY! Does this guy like Norwegian cookies and pastry, or what? (Also, the birthday of Tove-Lise Miller, our new Zone 1 Director!)



MEMORIAL DAY REMEMBERED

90-year-old Martin Andrews, a long-time member of Sons of Norway, delivered this talk on Memorial Day, 2009 to his fellow residents at the Veterans Home in Northport, NY.

It is common knowledge that the day we call Memorial Day began at the end of the American Civil War. But it entered our holiday calendar very differently than Veterans Day, the other national observance set aside to honor America's servicemen and women.

Veterans Day had a precise military origin. It marked the Armistice on the eleventh hour of the eleventh day of eleventh month of 1918 when thousands of guns went silent on the blood-soaked western front of World War One.

Memorial Day entered the National consciousness quietly and fitfully by the actions of many anonymous civilians. It was women who initiated it - the mothers, widows and sisters of the more than 600,000 men who lost their lives in the terrible battles of the Civil War. The women represented the blue and the gray, the North and the South, both the Union and the Confederate armies. They came individually and in groups to place flowers on the graves of their loved ones.

Local newspapers noted this common practice and soon Congress and the U.S. War Department decided to make it an official holiday. And what better time of the year to make a National date for these floral offerings but the month of flowers, the month of May. Because the flowers so decorated the military cemeteries, they called it "Decoration Day."

During my childhood we still called it Decoration Day. Our entire school would walk to the soldiers' home cemetery to place white carnations and small American flags by every veteran's tombstone. This decoration theme still exists today, for now is the time to visit the VA's national cemeteries that are all transformed by thousands and thousands of American flags by each of the tombstones, set there by an army of volunteers, including thousands of boy scouts and girl scouts. This isn't done on Veterans Day - only on Memorial Day.

Now, it so happened that, 66 years ago, on Memorial Day in 1943, my B-17 bomber crew and I left America to fly across the Atlantic Ocean to England, to join the U.S. 8th Air Force in WWII. We took off from Dow Field in Bangor, Maine. We had some time to kill in the morning so I went to

the Post Exchange, bought myself a cup of coffee, went outside and sat on a bench to drink it.



Soon another pilot of a different squadron joined me. I've forgotten his name, but I've always called him Jim Nichols because he looked like a boy I'd known in high school. Right across from us on our bench was a large clump of blooming irises. They looked absolutely gorgeous in the morning sunshine - purple, blue, yellows and white - each flower with velvety, sensuously curved petals with orange throats. As we looked at them, Jim mentioned that the iris was his favorite flower because he'd grown up in northern Michigan where irises bloomed at the end of the school year. I agreed with him totally because I'd grown up in Wisconsin where the blooming irises heralded the coming of summer.

Jim told me that his wife was about to have their first baby. He worried about her. I worried a bit about him because married servicemen going into combat had so much more to lose. I was a single guy. If I got killed I figured that my father and step-mother and four older sisters could handle that since a lot of people were getting killed. But a wife and child meant a much closer bond.

At any rate, we took off that long-ago Memorial Day to fly to England and start our daylight bombing raids on Nazi Germany. It wasn't long before we heard that Jim Nichols' wife had successfully delivered a baby daughter. Jim proudly showed the baby's picture to everyone, and again and again and again. Young men, I think, don't see beauty in babies as much as women do. But everyone liked Jim and never stopped telling him he had a pretty baby.

But Jim's luck ran out that summer when his B-17 exploded in a ball of smoke and fire over Germany. Ten KIAs. No one survived. Every Memorial Day ever since I think of Jim. In fact I never see a blooming iris without being reminded of that sunny morning we sat together on a bench across from that glorious mass of flowers.

(Continued on page 6)

Adapted from Norway's "The Local"

NORWAY'S NATIONAL DAY CELEBRATIONS CANCELLED



Norway's major cities have moved to cancel the colorful and vibrant children's parades that traditionally accompany the country's National Day celebrations, in a decision both long-delayed and yet inevitable. The parades, which began 150 years ago when a group of several hundred children marched up to the Royal Castle in Oslo, are the central feature of the country's "syttende mai", or May 17, celebrations, which mark the signing of the Norwegian constitution in 1815. The May 17 committees in Bergen, Stavanger, and Drammen also announced that their local events would be cancelled.

"It strikes deep to not have a children's parade in Oslo. This has historical dimensions," Pia Farstad Von Hall, the leader of Oslo's

May 17 committee told NRK. "This has been a difficult decision, but at the same time it is the right decision." The parades were banned during the German occupation, with some Norwegians instead meeting in secret to celebrate May 17. But they were renewed on May 17 1945, just eight days after Germany surrendered on May 8.

Farstad Von Hall said that her committee had judged that generating such a concentration of people in the centre of Oslo could simply not meet the current guidelines on reducing the spread of coronavirus, no matter what mitigating measures were taken. Her counterparts in Stavanger and Bergen, Ann Sesilie Tekfeldt and Erik Næsgaard, also announced on Tuesday that their cities would not hold children's parades.

As of April 24 Norway has 200± Covid 19 deaths, or 37 per 1M population. The United States has 51,000± deaths, or 154 per 1M population.

"We are planning for a nice celebration, but it will be done digitally," Tekfeldt said, saying that the municipality aimed to stream events throughout the day. "We'll do a broadcast. A gala performance from Stavanger Concert Hall." Norway's government had for weeks been delaying a decision on the celebrations, unsurprisingly given their special emotional importance to people in the country.

MEMORIAL DAY (Continued from page 5)

Sometimes I think of Jim's daughter, too. She's a grown woman, now, probably with children of her own. She has no grave to go to, but I'm sure she thinks of her father on Memorial Day. And I wish I could tell her how much her father loved her and showed her picture.

When my own daughter was born I came to understand the beauty of babies. About the time that Emily arrived I happened to read a verse by the German poet Heinrich Heine that touched me. It goes like this:

Du bist wie eine Blume
so hold und schön und rein;
ich schau' dich an, und Wehmut
schleicht mir ins Herz hinein.

In English, the poem to his daughter sounds like this: "You are like a flower so sweet, so beautiful and pure, that I look at you and sadness creeps into my heart."

The poet reminds us that babyhood, childhood and life itself are ephemeral but the spirit of love never dies. How good, therefore, to express our own love for our fallen ones on this day of flags and flowers that we now call Memorial Day.

Editor's Note: Martin was later shot down himself, and was a POW for a period of time. After the war he became a producer of documentary films. Both of his parents were Norwegian immigrants. We published this once before, about 10 years ago. Mr. Andrews passed away a few years ago at age 97.



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Annuities can be a great addition to an overall retirement plan, but it's an important decision that you should consider carefully. I can help you evaluate your options based on your unique goals and circumstances.

Please reach out to me now for a free consultation.

Sincerely,
Adrienne Lincoln,
Email: alincoln2048@comcast.net
Phone: 5302636565

With this Coronavirus I am getting emails from Sons of Norway members worried about having insurance on themselves and lives ones. It's so important to have them protected. I can design a plan that will meet your budget and needs.

Keep safe and it's important to keep that distance.
Email me and would love to earn your business.

Adrienne Lincoln, 530-263-6565, alincoln2048@comcast.net



“KIDS RULE”

There is a new cultural hub on the east side of Oslo. You’ll definitely want to visit, but you probably can’t get in. **Biblo Tøyen** is a recently revamped youth library exclusively for kids ages 10 to 15. In 2019, the library was named one of the 50 coolest places in the world by *TIME [Magazine] for Kids*.



The concept behind the library’s brilliant architectural update was to create a cultural “third place” for kids, a refuge between home and school. Kids in grades 1 through 4 can attend a free after-school activity program called *Skolefritidsordning* (SFO), and Biblo Tøyen intended the library as a free and safe place for kids who have aged out of SFO, giving neighborhood kids an engaging place to kick back with friends, learn, create and be inspired. Whimsical seating areas made of old trucks, ski gondolas, and wheelbarrows are punctuated with imaginative displays to create an atmosphere that is equal parts funhouse and library.

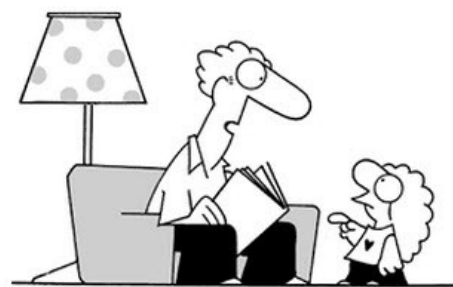


The dream-like interior was designed with input from a psychological architect, as well as from library staff and neighborhood kids themselves. In any given week, kids can do homework, socialize, learn to cook, play chess, attend events like author visits, film nights, concerts and live theater, or explore and express themselves through art, performance and digital technology. Oh, and they can also check out books.

Rather than using an alphabetical or numerical system, books are arranged by subject on shelves that are suspended from the ceiling, so they can be rearranged easily. To make sure that no books get lost in the shuffle, Biblo Tøyen has implemented cutting-edge technology: each book has a scannable tag embedded in it, and a book drone flies over the bookshelves at night to track each book’s location.

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If you’d like to visit, but are over the age limit, Biblo Tøyen usually hosts an open house day in the spring and fall. Be sure to wear your nicest socks to this shoes-off space. If you can’t make it in person, take a virtual tour.



“It’s called ‘reading’. It’s how people install new software into their brains.”

NYCEducator

Note: The mailed version of this Navigator may be late due to the Editor’s reluctance to go to the printer.