

THE NAVIGATOR

A Publication of Roald Amundsen Lodge 6-48
Sons of Norway, Sacramento, California
September—October 2020 - Wash your hands!

Editor: Stephen Rosenthal

rosen@winfirst.com

With Reporter: Dick Tracysen

“Surpassing the New York Times
in Creative Journalism”



Page 2:

CONGRATULATIONS TO LODGE SENIOR MEMBER ROLF OWRE

Dear Members,

2020 is a year of uncertainty and challenge. How to be together when we are to remain apart? Board meetings of the lodge are being conducted on Zoom. One of the main topics of conversation at our board meetings has been how to work around the restrictions and remain connected with our members, and members with other members. We are committed to finding methods to remain in touch with everyone.

Good news about Sons of Norway is both local and international. Lodge member **Rolf Owre** received a 75 year membership pin on the occasion of his wife's birthday. A brief ceremony was held at his home with lodge members **Tove-Lise Miller, Mike and Donna Gordon, Stephen Rosenthal, Sondra Betancourt and Norm Hales** in attendance. Sondra is a member of Rolf's extended family, and other family members were there too. He was presented with a certificate signed by our International President as well as the pin.



Also, the US will receive a new Norwegian Ambassador, the first lady Ambassador ever from Norway to the US.

Do observe safety measures while we weather this recent storm of bad news. Have faith in our ability to overcome adversity. Finally, without personal comment, VOTE, encourage everyone you know to vote. We need everyone's opinion on our future national direction. Just like the census, voting will determine the course of the next decade. Stay safe, remain optimistic, find moments of joy and peace each day. Norm

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.

In Memoriam **LODGE MEMBER DAVID NELSON**

Lodge member **David Nelson** passed away suddenly in August at the age of 66. He was married to **Susan Winje**, also a lodge member. They lived in in the Alta area.

David had committed countless hours to improving Camp Norge. His passing is a tremendous loss to Susan and to all who use the Camp Norge facilities. May he rest in peace.



75-YEAR MEMBER ROLF OWRE RECEIVES **CERTIFICATE AND PIN IN SURPRISE CEREMONY**

On Friday early evening, September 11th, a small contingent from the lodge descended on the house of **Rolf Owre's** nephew and in a surprise presentation, delivered to Ralph his 75-year membership pin and the accompanying certificate signed by the President of Sons of Norway, **Ron Stubbings**. Lodge President **Norm Hales*** read and presented the certificate, and Zone 1 Director **Tove-Lise Miller** affixed the pin to his shirt and presented him with flowers. Rolf accepted gracefully and reminisced a bit about when he first joined the lodge in 1945.

Lodge officers regret that in this Covid-restricted environment Rolf could not be honored in a more public forum. All members receiving service pins this year were named in the January issue of The Navigator. However, the several of them who are really getting "senior" in the Sons of Norway should be noted again, including **Lillie Tonkin (70 years)**, **Eugene Malone (65 years)**, **Edna Johnson (60 years)** and **Pat Schilder (50 years)**. All pins are in the process of being mailed out.

*At least we think that is Norm behind the mask.



LODGE CALENDAR 2020—????

All in-person events have been cancelled until further notice. Book club meets by Zoom—next meeting October 16th at a time yet to be confirmed.

NORWAY HAS AN INTERNATIONAL FILM FUND

The country of Norway sponsors a fund, **The Norwegian South Film Fund (Søfund)** whose overall objective is to strengthen film production in countries where film production is limited for political or economic reasons. The fund desires to help reinforce film as a cultural expression, promote diversity and artistic integrity, and strengthen freedom of speech in such countries. Also, Søfund is to contribute to closer cooperation between the Norwegian and international film industries.

An example film the fund has partially underwritten is **Retablo***, a Peruvian film, now showing on Netflix. “High in the Andes, a teenage boy and his father work together as artisans. But their bond is shattered when the son learns of his father’s secret life.” The film is spoken mostly in Quechua, with English subtitles. Your editor felt that it was an exceptional production. In addition to the story that illustrates the conservative customs and beliefs of the native Quechuan culture, there is great scenery and some native Quechuan dancing.

The film has garnered many awards at film festivals. We recommend watching it before reading a lot about it on the Internet.—*Minister of Culture*

* **“Retablo,” strictly translated, means “alterpiece.”** *The word retablo means different things in different countries. In this film, the art items are like small triptychs which open to display a religious or secular display. Think of the English/French word, “tableau.” A triptych is a work of art that is divided into three sections, or three carved panels that are hinged together and can be folded shut or displayed open.*



HUMANITARIAN INFORMATION FROM OUR IP...



If you have lost your home due to our California fires you can now go to our Sons of Norway website and to the Humanitarian section where you will see that you can now apply on-line for a grant for either fire or medical issues, each of which is now a \$5,000 grant. This grant can be a real blessing as you can use it for whatever you need as you are trying to deal with your loss. You don't need a FEMA number as was the case in the past, just proof of your loss.

These are trying times for the Jones fire that came within two miles of our home. I just wanted to put this out to all our members so you are aware of this help; I know we have some members in Vacaville, Fairfield, Winters, Napa and surrounded areas where there are current fires.

Also, if you know of someone give them my cell number or send me a private message so I can help them with these matters. May God keep you safe!

We currently have some great rates for our annuities, which of course are not as risky as the stock market.

We have several term life and whole life insurance products that are now approved in California. Some are guaranteed issue no matter what health problem you may have with coverages from \$5,000 up to \$25,000.

I would love to help you with your needs. **Adrienne Lincoln, 530-263-6565.** *(Editor's Note: Adrienne's note has been edited to some degree, and so if anything is misstated it is probably the Editor's fault.)*

MEMBERS RECEIVE CULTURAL AWARDS FOR READING

Four members of the Roald Amundsen Lodge Reading Group recently received pins for their reading achievements: **Arlene Kozub and Betty Williamson** received Literature Level 1 pins and **Ruth Halley, Stein Buer and Noelle Buer** received Literature Level 2 pins.

The awardees were recently honored and toasted at a lavish sit-down dinner (roasted lamb chops a la Basque, parsleyed spring potatoes and champagne; chef's special chocolate mousse desert) and awards ceremony held at the Sutter Club. **Ms. Carla Hayden, the Librarian of Congress**, came to the ceremony to personally present the awards to our intense readers, all of whom are very studious and wear glasses. She encouraged the awardees to keep reading and not to watch too much television until the election is over.

Sacramento **Mayor Darrell Steinburg** introduced Ms. Hayden and welcomed her to the dinner and to Sacramento. Ms. Hayden thanked him profusely and remarked, "Any excuse to get out of the swamp for a few hours." *Reported on by our Dick Tracysen, who took the assignment after seeing the dinner menu.*

New Lodge Directory as of July 2020 LODGE DIRECTORY BEING MADE AVAILABLE TO MEMBERS WITHOUT E-MAIL

A lodge directory current as of July 2020 (the 2020-2021 Directory) was published and distributed as a password-protected attachment to an e-mail to all members with known email addresses last month. That method of distribution was chosen by the Board after it became evident that the printing cost was going to be disturbingly high. If you have an e-mail address but did not receive a directory, please send your e-mail address to rosen@winfirst.com and we will transmit one to you.

We have a number of members who do not have email and we would like to make the directory available to them, if they want it. Any member without e-mail who wants a mailed directory can fill out the form below and mail it, along with a check for \$3.00 for postage and handling (the lodge will pay for the printing) to: Roald Amundsen Lodge, Sons of Norway, PO Box 3734, Citrus Heights, CA 95611-3734. Write "Directory Request" in the lower left hand corner of the envelope.


Please do so before September 30th, when we will inventory how many requests we have and get the appropriate number of directories printed and mailed.

I am a member of the lodge and do not have email. Please mail me a lodge directory. My check for \$3.50 payable to Sons of Norway to cover mailing and handling, is enclosed.

Name _____
Address _____
City, State, Zip _____
Phone # _____

ROALD AMUNDSEN LODGE 6-48
SONS OF NORWAY

2020-2021 DIRECTORY
OF MEMBERS



Meetings held at
HARDING MASONIC CENTER
5944 SAN JUAN AVENUE
CITRUS HEIGHTS, CA 95610

www.sonsofnorwaysacramento.com
www.facebook.com/sonsofnorwaysacramento

Lodge Mailing Address
P.O. BOX 3734
CITRUS HEIGHTS, CA 95611-3734

For member use only

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.

SIDEBARS WITH THE EDITOR...

INTERNATIONAL CONVENTION TO BE IN MINNEAPOLIS

Of course just about everyone knows, and knows why, the 2020 International Convention scheduled for Norway was cancelled.

The rescheduled, next scheduled, International Convention will be held in Minneapolis in 2022. Reportedly the disparity in cost as between holding it in Norway vs Minneapolis was just too great to ignore (\$100,000+).

So, when you attend the convention in 2022 and see Sons of Norway friends that you have not seen since the last convention in 2018, try not to gasp. After all, those of us who manage to show up will at least be, in a matter of speaking, survivors, even if we look a little worse for wear!



Lake Harriet near downtown Minneapolis.



2020 NCK CANCELLED

The Northern California Kretsstevne (NCK 2020) at Camp Norge over Labor Day weekend was “postponed” until 2021 by decision of the 2020 Committee.

But there is good news—The annual Kretsstevne pin is being designed and produced again this year by **Penny Joseph Knudsen**. They are available for purchase now by contacting **Mary Beth Ingvaldstad** or **Tove -Lise Miller**. See flyer.

The Committee urges everyone interested to watch for news from the Recreation Center Board regarding the opening of Camp Norge for general member use.

LODGE EVENTS PRESUMABLY CANCELLED

The Masonic Lodge remains closed. One should conclude that all remaining 2020 Roald Amundsen Lodge events are cancelled unless things improve significantly and you are advised otherwise in a future Navigator.



(**SIDEBARS**, Continued from page 5)

CAMP OLDFELL CANCELLED

Camp Oldfell, for old people, has been cancelled. It was scheduled to start September 19th. No one in our lodge was old enough to attend, anyway.



Seniors' camping rig.

Available Now: VIKING FOR KIDS!

Sons of Norway is thrilled to announce the launch of our new electronic publication, **Viking for Kids!** Featuring a variety of content such as educational articles, puzzles, quizzes, coloring pages and other activities, the new Viking for Kids is produced entirely by Sons of Norway staff for readers ages 8 to 14. It will be published quarterly, and the first issue is now available for download

from sofn.com/vikingforkids. Watch for announcements of future issues in your email inbox, on our social media accounts, and in other Sons of Norway publications such as E-Post!



Also Now Available: SONS OF NOWAY D6 CULTURAL NEWS (SEPTEMBER EDITION)

This newsletter, available on-line at the D6 website, is just chock full of Norwegian cultural ideas, projects, book reviews, and general information.

Websites for online activities at **Norway's National Museum** and other museums are discussed. Norwegian carving projects and other projects



are presented. Norwegian or Norway-related films from Amazon Prime and Netflix are reviewed (three of which have been previously reviewed in **The Navigator** or shown at a lodge meeting). Also

puzzles, recipes, kids' projects, etc.

The D6 Cultural Director and Editor, **Judy Immel**, really goes all out to produce this publication. We recommend that members take a look at it. —*from Amundsen Lodge Minister of Culture.*

A FRATERNAL BENEFIT SOCIETY IN 2020

Below is the web address for a 7 minute YouTube presentation from the headquarters office on the composition of Sons of Norway.
<https://youtu.be/xXvRjBmu2u8>

(Continued on page 7)

SIDEBARS (Continued from page 6)**TOVE-LISE MILLER HELPS WITH SUMMER CAMPS**

In July **Tove-Lise** helped significantly with both Camp Trollfjell and Trollfjell Folkehøgskule, serving as Assistant Language Teacher. In particular she helped

students pronounce the words correctly in Norwegian of the Norwegian National Anthem. When the head Language Instructor, from Norway, was away she would take over the classes. Also, she provided individual help to one girl who had lived in Norway when she was younger and had at one time spoken Norwegian, but now was trying to restore her fluency. Classes were held using Zoom. Thank-you, Tove-Lise!

HALL AND PARK OFFICER ADJUSTMENTS

After our Auditor and others advised us that it was not a good idea to have the same person be Treasurer of both the lodge and the Hall and Park Association, Board member **Stephen Rosenthal** was elected by the Directors to be the Hall and Park Treasurer, and **David Bailey** was elected to be Secretary. The other Board Directors are **Tove-Lise Miller (President)**, **Norman Hales (Vice President)**, **Stein Buer**, **Joe Hannon**, **Mike Gordon** and **Jim Smith**.

Turnover from the previous officers to the new officers is proceeding, albeit somewhat slowly due to Covid and other complications.

NEW SCANDINAVIAN COOKING

Your editor has watched this program on PBS several times and found it quite interesting. Shot entirely on location, **New Scandinavian Cooking** offers a rich visual tour of Nordic cuisine, culture and history.

Award-winning TV host, food journalist and cookbook author **Andreas Viestad** treats viewers to an eye-opening voyage through his native Norway, where he creates tantalizing recipes with unusual ingredients outdoors, against stunning backdrops.

In several episodes, two of Scandinavia's best-known cooking personalities -- **Sara La Fountain** and **Claus Meyer** -- join Andreas on his culinary adventures through Denmark and Finland. It next shows locally on PBS on Sunday, September 20th and 27th, at 10:30 AM.

MEMBERSHIP MEETING VIA ZOOM?

Because of the Covid situation we have not had a Tuesday night monthly meeting for some time. The Board has been discussing having an all-member Zoom meeting in order to conduct some business and to perhaps have a cultural program. We would like to take a sounding on the level of interest—if you think you would participate could you notify **Tove-Lise Miller** of your interest: **916-447-4711** or **tovelise@aol.com**.

(SIDEBARS Continued from page 7)

2020 OFFICERS BEING ASKED TO SERVE IN 2021

Our lodge officers have not had much of a chance to serve in their respective positions this year and therefore the Board is asking them if they would be willing to serve again in 2021. For any who are not, could you notify our Secretary, **Arlene Kozub** (arlene.kozub@gmail.com), that you prefer to stand down. After we are aware of any that prefer not to continue, 2021 officers will be nominated and in some method yet to be determined will have their names presented to the membership for election.

NAVIGATOR BY MAIL

If virus conditions worsen, the editor may no longer be willing to venture to the printers to get the hardcopy printed. So, if you have an email address that we don't seem to have, it would be helpful if you apprised us of what it is.

POTATO PEELS IMPROVE SHELF LIFE NATURALLY

Potato peels are not something we often stop to consider. But Professor of Biotechnology at Høgskolen i Innlandet [Innlandet University College] **Knut Olav Strætkvern** has been conducting research on potatoes for 25 years, and he believes that the peels have potential beyond composting or animal feed. "I do not cease to marvel at all the interesting things that can be derived from the potato," Strætkvern told NRK, the Norwegian Broadcasting Corporation.

The humble potato peel may soon be getting an image upgrade, thanks to Strætkvern and his team. The biotechnologists discovered a way to extract anti-oxidants from peels and use them to prolong the life of other foods, such as cooking oil, without the use of artificial stabilizers. Strætkvern hopes that this technology will provide health, economic and environmental benefits.

These methods will be tested, patented and scaled to create a business model. Knut Olav

Strætkvern says that Innlandet County alone generates around 3000 tons of potato peels annually, and that the project will also reclaim other "waste foods" to see if they can be turned into value. **However, when it comes to Rutabaga waste, they say they are drawing the line.**

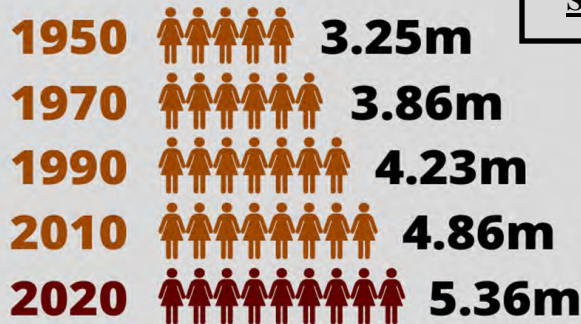


The back room in Knut's lab. (Terri Garr, Gene Wilder, Marty Feldman, Mel Brooks, and Young Frankenstein—Peter Brooks).

**INTERESTING
NORWEGIAN
STATISTICS**

Population of Norway

www.lifeinnorway.net



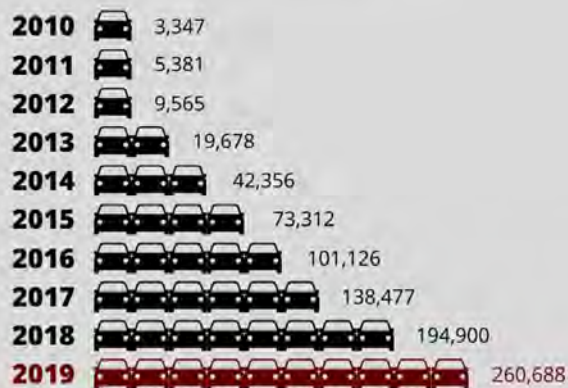
Immigration to Norway

www.lifeinnorway.net



Electric Cars in Norway

www.lifeinnorway.net



Religions in Norway 12/31/2018

- Evangelical Lutheran Church of Norway (69.91%)
- Catholic Church (3.02%)
- Pentecostal congregations (0.76%)
- Eastern Orthodox and Oriental Orthodox (0.51%)
- Evangelical Lutheran Free Church (0.37%)
- Other Christian denominations (2.21%)
- Islam (3.29%)
- Buddhism (0.39%)
- Other religions (0.35%)
- Secular Humanism (1.81%)

At just 1.56, the fertility rate in Norway in 2018 was the lowest since records began. The post-war baby boom hit its height in 1961 when the fertility rate hit 1961. But after the early 1960s, the rate began to drop sharply.

The recent fall in birth rate is mirrored across Norway, and in fact there are many European countries with a lower rate right now. These include Germany, Finland, Portugal, Italy and Spain.

An interesting related stat is that the average age of a mother when giving birth is much later than it used to be. Since the 1970s, the average age has increased by around five years. The average age of a mother giving birth for the first time is 29.5 years, with 31.1 years being the overall average.

Religion in Norway is dominated by Lutheran Christianity, with 69.9% of the population belonging to the Evangelical Lutheran Church of Norway in

2018. The Catholic Church is the next largest Christian church at 3.0%. The unaffiliated make up 17.4% of the population. It is interesting to note that this is about the same percentage as in the US. Islam is followed by 3.3% of the population.

A bill passed in 2016 and effective as of 1 January 2017 created the Church of Norway as an independent legal entity. Until the 2012 constitutional amendment the Evangelical-Lutheran religion was the public religion of the State. The Church of Norway will still obtain financial support from the state of Norway, along with other religious communities.

Early Norwegians, like all of the people of Scandinavia, were adherents of Norse paganism; the Sami having a shamanistic religion. Norway was gradually Christianized by missionaries between 1000 and 1150. Before the Protestant Reformation in 1536/1537, Norwegians were part of the Catholic Church.

Congratulations to Steve Rosenthal, Terje Miller, Arlene Kozub and DeAnn Smeltzer for 2018-2019 Communications Award.



COMMUNICATION AWARD 2020

Special Recognition

Seventy Five Years of Membership

This Certificate of Appreciation is awarded to

Rolf L Owre

Roald Amundson Lodge 6-048

As an expression of gratitude for long and faithful service.

Issued by the authority of the International Board of Directors of Sons of Norway at Minneapolis, Minnesota on this 25th of August, 2020.

Ron Steubing

International President

Marci Larson

International Secretary



SONS of NORWAY

www.sonsofnorway.com

Rolf Owre's 75-year membership certificate!



Artwork on the 2020 Virtual Camp T-shirt!



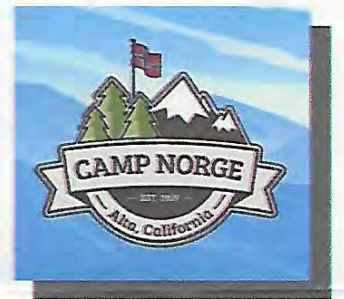
2020

Pandemic Pin by Penny

To benefit Camp Norge

An “Annual Tradition” at our Northern, Central and Southern California Kretsstevner since **1976**, this special **44th Anniversary Pin** is available for purchase.

Even though we cannot “gather together” at a Kretsstevne, we can still support our special Camp.



Please contact your Registrar to order a pin(s) to be sent to you. Minimum \$5.00 donation each for these collectable pin(s) incl. postage

NCK—Tove Lise Miller tovelise@aol.com 916-364-8704

CCK—Kristine Pilkington kristinepilkington@hotmail.com
805—965-0309

SCK—Nancy Madson Norsknm@gmail.com 760-343-0848

Payment by check, to District Six, or by cash upon receipt of pin(s)!

Tusen Takk!!

DISTRICT SIX RECREATION CENTER***Greetings from the Board of Directors!***

We would like to give you all an update of the latest news of the Camp and also let you know of the most recent happenings on the Board.

These last months have of course been very unusual times for us all. We had previously set a Camp reopen date of 7/31/20, but unfortunately, we have had to make the difficult decision to keep Camp closed until normal operations can resume next Spring. Our new target reopening date is April 1, 2021. We will revisit this decision at each Zoom Board Meeting until then, and keep you updated.

We do want to report we are using the time wisely by doing sleeping room refreshes, tree work, grounds cleanup work, and a very beautiful redo of the Social Hall with a brand-new deck.

Our finances are stable. We are balancing our income to expenses due to our revenue from our cell tower lease, rental of the apartment, donations, and careful management of our funds. Thank you to all the members of District Six who have been so generous with donations, especially now when our revenue generating need is the greatest, and we have the access while we're closed to accomplish much on our task lists.

An outside review of the Camp's financial records, kept by our Treasurer Susan Winje, found them in excellent order. Financial Statements were prepared and have been sent to International Headquarters. Our new 501c2 2019 Tax Returns are on Extension until Oct. We have an excellent new CPA doing the returns this year. We received a letter from the CA Attorney General regarding our Tax-Exempt status, which we responded to. There has been no word back yet; we answered all concerns and do expect a favorable outcome.

With great sadness we report the unexpected passing of Susan Winje's husband David, a wonderful friend to the Camp. David provided many, many hours of volunteer time. He was a tremendous support to Susan and to us all as Board Members. He will be greatly missed.

I (Eden Washburn) was awarded my PhD in Archaeology and Forensic Anthropology in June. My husband Ross Tunheim (also a life-long SoN member) and I welcomed our first child, Adam, also in June. Welcome to District Six's new little Norwegian and future Trollfjell camper, Adam!

Our Board Officer elections that are due every two years in June at the District Six Convention were just completed at our August Zoom Board Meeting. Our new Board Officers are Eden Washburn, President; Susan Winje, Vice President (and Camp Manager); Jaynee Morse, Secretary; and Vicki Running, Treasurer. All existing Board terms of office have been extended by 2 years. A huge vote of thanks to the outgoing Board officers for their years of service as officers!

We look forward to welcoming everyone back to Camp as soon as we can – the beauty of the Camp is unsurpassed. Tusen Takk for your generous support of the facility and our board.

Fraternally,
Eden Washburn
President, on behalf of all the Recreation Center Board of Directors.