

THE NAVIGATOR

A Publication of Roald Amundsen Lodge 6-48

Sons of Norway, Sacramento, California

April 2022

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With Reporter: Dick Tracysen

"Specialists in Creative Journalism"

"Most of what we print is true most of the time"

Website: sonsofnorwaysacramento.com

Facebook: facebook.com/sonsofnorwaysacramento



PRESIDENT NORM'S COLUMN:

Goddag, God paske, Welkomen to April.

If you are considering donating to relieve the misery caused by 'Bad Vlad' be cautious. Phony charities run by human buzzards are out there. Be cautious in your giving.

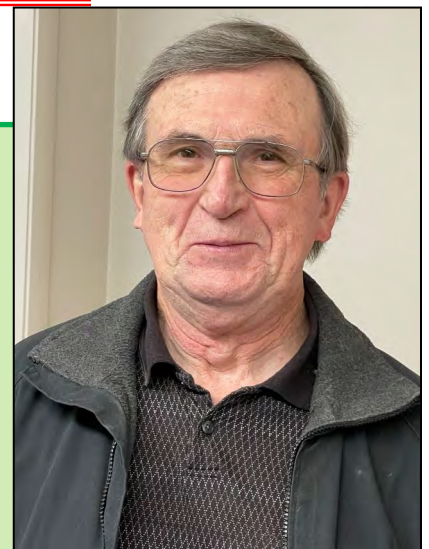
March 20th was the spring equinox, the day divided between 12 hours of dark and light. March madness, the final four ends on April 4th. We are left with the start of baseball season to occupy our sports need. We do however have two very important dates coming up.

April is the month when we follow a biblical admonition to "Render unto Caesar what is Caesar's and unto God what is God's." OK, April 18th and April 17th - the IRS and Easter. Couple of notes on that; God gets first nod this year followed by a hand in our pocket. Caesar (IRS) has a pay as you go plan, God waits and settles up at the end. April is also the month for Ram Navami, Ramadan, and Passover. For secular holidays note that April 7th is National No Housework Day. Also, appropriately April 18th is designated velociraptor day on the Women's Day calendar. Truthfully if one googles the calendar for holidays, both real and invented, you can party all month.

Looking forward to seeing you at the April 12th general meeting. Starting at 6:00 pm. Free soup supper followed by a brief meeting and fraternizing. Warmth both inside and outside.

RSVP (tovelise@aol.com) or call 916/364-8704 or just show up. MangeTakk Ser deg smart!

Norm



APRIL MEETING INCLUDES SUPPER!

Our Tuesday April 12th meeting will start at 6:00 pm and will begin with a delicious light supper including soup, salad, bread, etc.



The supper will be followed by a short business meeting (including review of 2022 budget) and if time permits, a cultural program.

No charge. But please email (tovelise@aol.com) or call 916/364-8704 to let us know if you plan to attend. If you find you can come at the last minute please do so—a firm reservation is not required.

Venue: Masonic Lodge, 5944 San Juan Avenue, Citrus Heights. (About one long block south of Greenback Lane, east side of street.)

2022 SUMMER YOUTH CAMPS CANCELLED

February 8, 2022. Greetings to all associated with the District Six Language and Heritage Camps; Managing the District Six Language and Heritage Camps, a.k.a. Camp Trollfjell and Trollfjell Folkehøgskule has become more and more difficult each year. The greatest challenge is finding qualified staff. Other issues, such as new state laws requiring special training for camp counselors and teachers, managing COVID protocols, and the busy summer schedules of today's children and youth not allowing a two-week activity are also factors.

Over the past several years, I have heard several ideas about how we could re-imagine our summer program. Some of these suggestions include making it a Family Camp, reducing each session to a single week, and combining the two programs together so the total time is just two weeks, not four weeks. These, and other ideas have both pros and cons.

To give us time to evaluate and plan the future of our Language and Heritage Camp(s), we are going to suspend our program this summer. Between now and the summer of 2023, we will seek input from members of District, current and past campers, counselors, and staff.

Any comments or ideas are welcome, please email me at vicepresident@sofn6.org.

Regards, Bruce Fihe, Vice President, District Six, and Executive Director, Language and Heritage Camps

SOCIAL DIRECTOR MESSAGE ABOUT OUR GREAT SOCIAL DINNER

Hello everyone. Did you miss the Torsk, Lutefisk and Meatball dinner last Saturday? Too bad! 60 members and guests did not. Thanks to the great fish cookers, **Kirsten and Erin**, the Lutefisk was cooked to perfection, at least that is what I was told, as personally I don't eat the "delicacy". The Torsk tasted delicious, and so did the meatballs I was told, but since I made those, I had to ask for everyone else's opinion, mine wouldn't count.

It takes a lot of work to put on a dinner like this. On my way home I told myself I am not doing this again. I was exhausted. I have been a part of these dinners for so many years and I find it harder the older I get. We need some more help from some of our younger members. An example of younger members pitching in, you might have seen a couple of very young members helping, especially when it came to clean up. Those two young men were **Wyatt Mattes and Koll Malme**, both 13 years old. Maybe there is hope yet.

Thank you so very much to **David Bailey** who did the ordering of fish and a lot of shopping. Thank you to **Peggy Hyde** for helping me make the meatballs and setting all the tables. But before we were able to set the tables, they had to be moved from one room to the other. Thank you so very much to **Terje Miller** for doing all that work. As you can see it takes a lot of planning before the food is being served.

Thank you to the cookie makers **Ann Sandner, Arlene Kozub, Donna Gordon, Lars Gjerde and myself**. Yes, of course thank you to the lefse makers **Arlene Kozub, Betty Williamson, Terje Miller, Jeanette Anderson and myself**.

Thank you to all the people that helped clean up, clearing off the tables, moving chairs and tables back where they belong, vacuuming, doing dishes and bringing the things back in the storage shed and so much more. Sorry I cannot list their names. I just know quite a few pitched in.

Looking forward to our next event. Please don't wait to be asked to help, please volunteer. Sons of Norway is based on volunteers, yes, it is a lot of work, but we also have fun.

Fraternally, **Tove-Lise Miller**, Social Director, Roald Amundsen Lodge.



***Tove-Lise uncovering
the Rosettes.***

TORSK, LUTEFISK AND MEATBALL DINNER



Clockwise: Co-chefs Kirsten and Erin , the serving table, Holly Woods with Jim and Adrienne Lincoln and Arlene Kozub, and the meal you missed.

TORSK, LUTEFISK AND MEATBALL DINNER



Above: Barbara, Marie and Bob Leque (Semper Fi). Above right: Karen Ellis and Ann Sandner (back to camera). Below: Marci O'Brian, Lars Gjerde. Lars' Kringle bread was delish!

TORSK, LUTEFISK AND MEATBALL DINNER



*President Norm and Judy Hales.
Joe Hannon with Michey and Rob
Burnett. The Sathre family table.*

Torsk



SIDEBARS WITH THE EDITOR...



UPCOMING SCHEDULE ROALD AMUNDSEN LODGE

Get out your phones and make these calendar entries:

Tue Apr 12. Monthly Meeting **6 pm start. See additional information on this supper event elsewhere in this issue.** Also, annual budget will be reviewed.

Tue May 10. Monthly Meeting 7 pm start

Tue May 17. Norway Constitution Day

Thurs May 26. Special Lodge Multiple Birthday Day

June 2-5 SON District 6 Conv. in Mesa, Arizona

Mon July 4. American Independence Day

July SUMMER PICNIC (PROBABLE) AT ROSENTHAL REDWOOD FOREST

Aug. No local events. International Convention from Minneapolis, 8/31—9/1.

Sun Sep 11. Lodge BBQ 12:30 start.

Tue Oct 11. Monthly Meeting 7 pm start

Sat Oct 15. Scandinavian Festival at Lutheran Church of the Resurrection, Granite Bay.

Tue Nov 8. Monthly Meeting 7 pm start

Sat Nov 19. Vikingfest, day hours TBD

Thurs Nov 24. Thanksgiving

Sat Dec 10. Julebord

The possibility of having a 2022 children's holiday party in December will be assessed later. All events are scheduled for the San Juan Masonic Lodge venue except for those noted as scheduled elsewhere.

SCANDINAVIAN FESTIVAL 2022



The 2022 Scandinavian Festival is scheduled for **Saturday, October 15th, with preparation the previous evening** at the Lutheran Church of the Resurrection, 5365 Douglas Blvd. in Granite Bay. More information will be available in the coming months. Most of the Scandinavian lodges in the area participate cooperatively in this event.

(SIDEBARS, Continued from page 7)

FROM OUR ZONE DIRECTOR



District Six Convention in Mesa AZ is getting closer, June 2 through June 5, 2022. Roald Amundsen Lodge is sending 6 Delegates. We have been waiting for this for a while due to the cancellation in 2020. As some of you might remember, Roald Amundsen Lodge hosted the convention here a couple times and as usual we ask for Norwegian cookies for the cookie breaks. If you are willing to bake some cookies for our delegates to bring, please contact me, and I will make arrangements to pick them up.

Fraternally, **Tove-Lise Miller, Zone 1 Director, District Six Sons of Norway**

DUANE ANDERSON MEMORIAM

Your editor did not do a good job last month of reporting that Duane's daughter **Linda Anderson** and sons **Wynn Anderson** and **Dane Anderson** are members of our lodge. Our condolences to them.

CULTURAL SKILLS EXHIBIT AT CONVENTION

See the flyer in this issue. All the entry materials that you need can be downloaded from the District 6 website. (Flyer may not be in postal version. Go on line to access)

DISTRICT 6 YOUTH SCHOLARSHIPS



District Six offers up to four \$1,200 scholarships per year for students ages 16-23. These scholarships are

available for students attending an accredited post-secondary school or training institution. The deadline for this scholarship application is May 1, 2022. Also, District Six offers a \$1200 scholarship to the Concordia Skogfjorden Language Camp with application due April 14, 2022. Applications are available on the District Six website at www.sofn6.org. Please send completed applications to Luella Grangaard, PO Box 832, Morongo Valley, CA 92256 or e-mailed to morongo2@verizon.net. In addition there are many scholarships offered by the Sons of Norway Foundation at www.sofn.com. Please take advantage of these District Six Member and Sons of Norway member opportunities.

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Norway's 400 Meter Hurdler...

KARSTEN WARHOLM WORLD

ATHLETE OF THE YEAR

Norway's very own Karsten Warholm was recently named the World Athletics Male Athlete of the Year by the International Athletics Federation. Along with this title, he also became the first-ever Norwegian to receive the award.

Warholm was incredibly successful this past season as is evident by his performance in the Tokyo Olympics. He took gold in the 400-meter hurdles with an incredible time of 45.94 seconds. This time set Warholm's second world record in a one-month span. Even more impressive, World Athletics described the 400-meter hurdles as the "discipline with the sharpest competition in athletics in the 2021 season."

When asked by World Athletics if he could lower the record even more, Warholm responded, "We've pushed the limit very far, but I'm always up for a new challenge." He

will certainly be an athlete to keep your eye on in the coming years. (Editor's note: This is an extremely tough race requiring sprinting and jumping hurdles for the full 400 meters.) (Photo courtesy of The Guardian. Their comment: Karsten Warholm smashes 400m hurdles record in one of the greatest races in history.)

SCANDINAVIAN FESTIVAL **AT CAL LUTHERAN**

For anyone who is not attending the District 6 Convention, you might be interested in attending the 45th Scandinavian Festival **June 4-5, 2022** at California Lutheran University, Thousand Oaks, California. For more information, go to <https://scandinavianfest.org/>.

FOLK ART SCHOOL AT VESTERHEIM

Their folk art school is open through June 2022 with new online and in-person classes in rosemaling, woodworking, metalworking, jewelry, cooking, fiber arts, weaving and heritage and language, plus special youth and family programming. Registration is available at folkartschool.vesterheim.org.

NORWEGIAN INFORMATION

From the Vineland Lodge Newsletter: On your computer in the search engine enter 'I love my Norwegian Heritage' and you will get a Facebook page of info. Also, go to the URL section at the top of your computer and enter 'norwegianheritage.info' and you will receive more info. Lots of info to be had there.

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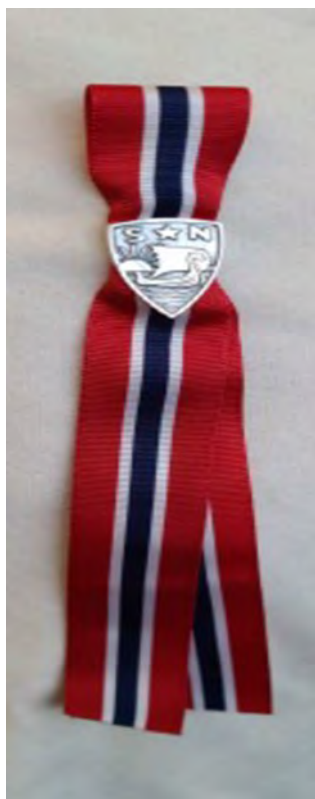
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BUSINESS OPPORTUNITY

The Little Viking Shoppe in Temecula, California is for sale. Call Mette Gaal at 951/676-6800 if interested.



SONS OF NORWAY HERITAGE PIN



Celebrate your heritage with this limited-edition Sons of Norway 17. Mai pin and ribbon! Made in Norway by **Sylvsmidja** of Voss - superior craftsmanship since 1940. Wear the sterling silver (.925) pin and ribbon with your Syttende Mai finery or remove the ribbon and use year-round to accent your everyday clothing.

Sylvsmidja ("silversmith") produces traditional *bunadsølv*, the authentic gold and silver brooches,

cufflinks, clasps, knives and buttons that make Norway's national costumes shine.

\$55 – Members receive a \$5 discount with current member number. To order, visit

<http://sofn.com/SyttendeMaiPin>

REMEMBERING CARL OHMER

1927 – 2022

Carl passed away March 2nd at the age of 95. He only recently joined our lodge but was an enthusiastic member, attending most meetings and events. He was survived by his daughter Joan Chevalier, and other family members.

We believe Carl grew up in Los Angeles where he attended San Fernando High School. Later he studied at the University of California Hastings School of Law in Berkeley (school name change pending). We understand he had a number of pursuits over the years in addition to the practice of law.

In 2013 at the age of 85 he visited relatives in Norway and inspected a still-standing cottage that his great-grandfather had built in 1875.

We enjoyed knowing Carl, even if was only for a short time. May he rest in peace.

Zoom, Zoom, Zoom...

LODGE BOARD MEETING,

3/17/2022

Meeting called to order at 11:00 am. Members in attendance: Norm Hales, Steve Rosenthal, Donna Gordon, Tove-Lise Miller, David Bailey, Arlene Kozub. Minutes approved. Treasurer's report approved – lodge is solvent.

Upcoming Torsk Dinner: We have 60 sign ups. David ordered 25 lbs. of lutefisk from Olsen Fish and 25 lbs. of torsk. Tove Lise and Peggy are making meatballs, Arlene will

Ukraine – Russia War

NORWAY UNCOMFORTABLE – IT'S MAKING LOTS OF MONEY

Time Magazine reports that Norway produces about 2% of the global market's crude oil, and as the supplier of 20% to 25% of Europe's natural gas, it is the second largest exporter to the region after Russia.

But with Russian natural gas embargoed and the price for gas skyrocketing, it now looks like 2022 revenues from oil and gas will be five times higher than previously forecast. This is making many Norwegians uncomfortable, as they much prefer to have the country known for its many humanitarian actions. See the article at <https://time.com/6161024/norway-gas-windfall-ukraine-war/>

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make almond cakes, LaRena is making cookies. Tove Lise, Terje, and Arlene will make lefse. David is getting drinks, plates, etc. at Costco. Terje to set up the tables. We can be at the lodge at noon to start setting up and cooking.

Camp Norge raised required funds for their water improvement program with help from our lodge.

Convention: They are asking lodges to bring Norwegian cookies to the convention. Anyone doing this needs to get to Steve, the Gordons, or Tove-Lise prior to their driving to Phoenix. Per-diem checks to be mailed. All required year-end reports have been submitted or are about to be submitted. We will donate a lefse kit to the convention for their raffle. The new lefse kit was donated by a Facebook member. Carl Ohmer passed away on March 5. Steve will put an article in the April newsletter.

Scandinavian Festival: Donna will be attend-

FROM NEARBY GULLDALEN LODGE

April 8, 5:30—7:30 pm, History of Table Weaving with Bruce Fihe. At NCCA, 149 Crown Point Ct., Grass Valley 95945. This is a general meeting.

April 9, 9:00 am—5:00 pm, Table Weaving Workshop, with Bruce Fihe.

To register leave your name and a phone number where you can be reached.

Materials Fee is \$20

Members, please bring fee to Workshop
For Non-members

Please send a check to

Gulldalen Lodge

c/o Karen Nichols

11828 Kemper Oaks Court

Auburn, CA 95603. Check must be post-marked by Saturday, April 2.

ing a planning meeting next week.

Our next board meeting set for Tuesday, April 5, at 11:00 a.m.

Wishes that peace and harmony reign on our lodge....and the world. Respectfully submitted, Arlene Kozub, Secretary (abridged by editor)

Sons of Norway District Six Convention 2022

Sheraton Mesa Hotel, Mesa, AZ
Thursday, June 2--Sunday June 5, 2022



FOLK ART EXHIBITION

Hilsen!

The District Six Board of Directors is pleased to invite all members to participate in the 2022 District Convention Folk Art Exhibition. Participation in the Norwegian Cultural Skills Program continues to be a favorite activity of members. We hope that many of you will take advantage of this exhibition to add to your accomplishments in achieving Cultural Skills pins.

The District Board has decided to have only an exhibition at the 2022 Convention, foregoing the competition. Every participant will receive a certificate of participation. There will be several ribbons awarded to People's Choice items.

For Exhibition information, contact Doug Askegard, Norseman Lodge co-president:
Folk Art Exhibition Rules
Folk Art Exhibition Entry Form & Waiver
Folk Art Exhibition Identification Labels

Pre-registration of your folk art item(s) is essential for proper committee planning and space utilization. Please submit your Entry Form & Waiver before May 15

Mail to: Judy Purrington
PO Box 53900
San Jose, CA 95153-0900

scan and e-mail
judypurrington@aol.com
408-799-3262

The identification labels in the information packet are to be attached to your entry. Use labels "Item #1" and "Item #2" if you are entering two items in the same category. Use labels "Item #1" and "Item #1" if entering two items in different categories. Additional entry forms and labels may be reproduced or downloaded from the District Six website, www.sofn6.com.

Folk Art items may be brought to the Folk Art room between noon and 5:00 pm on Thursday June 2, or between 7:30 and 8:30 am on Friday, June 3. All items must be picked up following the Sunday business session. Any items not picked up will be returned to entrant C.O.D.

We look forward to a great convention and a wonderful display of Folk Art. Enjoy working on your folk art item(s), and thank-you for your participation and for sharing your talent and heritage. "Celebrate Your Roots" by sharing your heritage items.

Judy Purrington
District Six Cultural Director
District Six 2022 Lodge Meeting and Convention Committee

From Convention Committee:

CULTURE and LEADERSHIP PROGRAMS COMING TO

DISTRICT CONVENTION / LODGE MEETING OPEN TO EVERYONE!!!

Even if you aren't attending the District Lodge Meeting you can still come to participate in Culture –Heritage events as well as Leadership events.

Thursday, June 2

1-5:00 Genealogy-**John Saevre**. Canyon Ballroom A, B, D

1-3 Literature—**Lotte Sather & Luella Grangaard**. Canyon G

3:15-5 music—**Mary Beth Ingvaldstad & Tove-Lise Miller**. Ballroom G

5:00-6:00 Dinner on your own

Friday, June 3

8:30-12:00 Leadership workshop. Canyon Ballroom A, B, D

8:30-9:45 Sons of Norway presenter marketing—**Connie O'Brien**

9:45-10:00 coffee break

10:00-11:30 panel discussion: Communication is more than a newsletter.

Lis Barca, facilitator

11:30-12:15 Generational differences—**Luella Grangaard**

12:00 Lunch on your own

1:30-2:30 Newsletter. **Kristen Hunsbedt**

There is a nominal charge for each of these events. For further information go to the District Six Convention Website and check out the class descriptions at [Pre-Convention-sessions-2022-final-2.pdf \(sofn6.org\)](#). You can register for these sessions online.



A nation's culture resides in the hearts and in the soul of its people.

— Mahatma Gandhi —

CULTURE: Think of Ukraine—Editor

LOYALTY PINS 2022

Each year we recognize members (in 5 year increments) who have been members for 20 or more years. That is, we recognize by awarding pins for reaching 20 years, 25 years, 30 years, etc., all the way up to 75 years. In an interesting numerical anomaly, a remarkably few members out of our 200+ members reached these 5-year-increment plateaus this year. For instance, only one person reached the 20-year mark, but next year, based on the current membership, six persons will reach the 20-year mark!

Here are the recognized members for 2022:

75 years

Ronald Waraas (Aug.) CONGRATULATIONS!

But we should make special mention that there are others in the 70+ -year category! These are: Ralph Owre (77 years!), Helen Rezba (74 years), Knute Blodger (73 years), Lillie Tonkin (72 years), and Bettybe Wright (71 years).

45 years

Trond Aschehoug (Dec.)

Diane West (June)

40 years

Gwen Lokke (Sept.)

35 years

Vernon Armstrong (Feb.)

30 years

Sharon Brooks (Aug.)

Donna Gordon (June)

Kristine Mattes (June)

25 years

Edward Coughie (Sept.)

Randi Greene (Oct.)

20 years

Michael Van Baaren (Dec.)



We hope to award these pins at future meetings or events, but otherwise we will mail them to the recipients. If anyone suspects errors or omissions, please contact the Editor.

VIRTUAL, WHAT DOES IT MEAN? With regard to computing: not physically existing as such but made by software to appear so. "a virtual computer"

Or, carried out, accessed, or stored by means of a computer, especially over a network. "a virtual library"

THE 2022 REAL INTERNATIONAL CONVENTION WILL BE VIRTUAL

From the International SON website:

We are living in extremely difficult times where our ability to adapt is more important than ever. Due to the emergence of the Omicron strain and other mutations of the COVID-19 virus and varying restrictions based upon jurisdiction, **the International Board of Directors voted to hold the 2022 International Convention virtually, rather than have the delegates and members attend an in-person meeting.**

Unfortunately, this is not the first time COVID-19 has required that our organization make adjustments for the health and safety of our Sons of Norway members, staff, vendors, and local communities. With the ongoing travel and health advisories, and the size and complexity of our conventions, the International Board utilized legal counsel in approaching alternative ways in which we could maintain the fraternal operations of Sons of Norway given such uncertainties.

This put us in a tough situation as we have to maintain the fraternal governance of the Order while ensuring the health and safety of our members and employees and the financial longevity of Sons of Norway.

The International Board of Directors met on February 9, 2022 and, in factoring all relevant fraternal, financial, and COVID-19 related information, made the difficult decision that the 2022 International Convention will be held virtually for all delegates and members. This means that the elections for the International Board will still be conducted virtually in 2022 and therefore the districts should be electing their delegates to the International Lodge.



Expected convention screen #1 of 45.