

THE NAVIGATOR

JANUARY 2023

A Publication of Roald Amundsen Lodge 6-48

Sons of Norway, Sacramento, California

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"Specialists in Creative Journalism"

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

Website: sonsofnorwaysacramento.com

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PRESIDENT NORM'S COLUMN:

January 2023 is a time for hope, renewal, and optimism. Hope because we may be getting a handle on this persistent virus, politics is settling down from rabid crazy to merely annoying, and Putin hasn't blown up the planet yet. We need a vaccine for him. Renewal because we have new leaders in our lodge and in our congress. Despite past interruptions, our system of governance still works. Optimism because the year past saw a well-attended Scandifest, Vikingfest, and Julebord. We're back on track and times can only get better.

I have enjoyed my tenure as lodge president, a learning experience on how things change from when you first make plans. While the highly optimistic plans I had on entering the office

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We greatly thank Norm for guiding us through one of the most trying times in recent history! As he says on page 10, the ship is still afloat and steaming ahead! Thanks, Norm!



MMXXIII

Please join us for the Lodge's first event of 2023

Roald Amundsen Lodge 6-48

Sons of Norway

Officer Installation

Potluck Supper*

Tuesday, January 10th, 2023, 6:30 PM

Masonic Center, 5944 San Juan Avenue, Citrus Heights



Please come and thank outgoing officers for all their hard work in the past year, and to welcome the new and returning officers for 2023.

Reservations not required.

Scandinavian Sweaters are encouraged.

***Lodge will supply a ham. Salads, desserts, side dishes needed.**

Invited Installing officers:

King Harald (Can't make it—passport expired)

Sons of Norway International President Ron Stubbings (Can't make it—snowed in)

POTUS Joe Biden (Can't make it—no teleprompters available)

VPOTUS Kamela Harris (Can't make it —too busy at the border)

California Governor Gavin Newsom (Can't make it—haircut appointment)

NFL Star QB from San Mateo Tom Brady (Can't make it—looking for new girl friend)

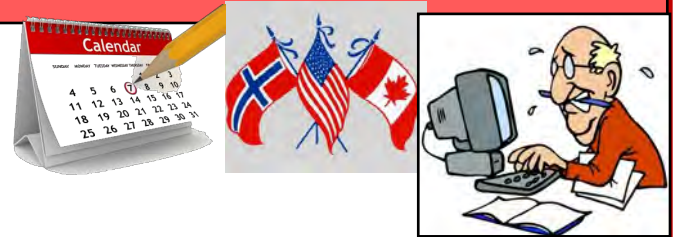
SF 49ers Quarterback Brock Purdy (Can't make it—too insignificant)

Former lodge president and current District 6 Public Relations Officer

Stephen Rosenthal (Trying to learn his lines in time...)

The show will go on...

SIDEBARS WITH THE EDITOR...



UPCOMING SCHEDULE

ROALD AMUNDSEN LODGE

Get out your phones and make these calendar entries:

2023 Schedule:

- Jan 10 Installation (see flyer)
- Feb 14 Regular Meeting. Lodge and Hall & Park 2022 Financial Reports (planned)
- March 25 Torsk/Lutefisk Dinner
- April 11 Regular Meeting. Scintillating Cultural Program hoped for.
- April 23 Scandinavian Festival*
- May 9 Regular Meeting
- June Dark
- July Picnic*
- Aug Dark
- Sept 10 Camper Show and Tell
- Oct 10 Regular Meeting
- Nov 18 Vikingfest
- Dec 9 Julebord

* Not at usual Harding Masonic Lodge venue

LODGE MEMBERSHIP

If you are interested in joining ROALD AMUNDSEN LODGE, our officers have membership forms at most of our events. Forms are also available on the International Lodge website (sofn.com).

By the way, guests are welcome at our meetings and events.

OFFICERS FOR 2023

The chart below shows officers who were voted in at the last lodge meeting of the year. They will be installed at a ceremony scheduled for January 8th (see flyer).

POSITION	2023
President	Tove-Lise Miller
VP and Membership	Donna Gordon
Secretary	Arlene Kozub
Treasurer	David Bailey
Social Directors	Peggy Hyde, Norm Hales, Judy Hales
Cultural Director	Stephen Rosenthal
Auditor	Susan Lemmon
Counselor	Norm Hales
Foundation Dir.	Mike Gordon
Greeter	None
Musician	Lars Gjerde
Ass't. Musician	None
Marshals	None
Editor	Stephen Rosenthal
Publicity Dir.	DeAnn Smeltzer
Trustees	Donna Gordon, Betty Williamson, Mike Gordon
Youth Director(s)	Eric Malme
Website Manager	Terje Miller
Facebook Manager	Arlene Kozub
Book Club	Noelle Buer

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FROM THE LODGE IP



I would like to wish everyone a Happy New Year! Sons of Norway has introduced several new insurance policy products to meet the needs of its members. The company now offers insurance for members with medical issues and who don't qualify for coverage from other companies. If you are in that situation please give me a call!

Our annuity rates have stayed the same for the last three years. You never lose your principal and the products help to grow your money.

Adrienne Lincoln, Insurance Professional, Sons of Norway
 0F63907 License number
 530-263-6565



Those Norwegians are everywhere! Recent photo taken in Las Vegas

KNUTE ROCKNE PRAYER QUOTE FOR BOWL SEASON

Norwegian immigrant and famous Notre Dame football coach: *"I have found that prayer works better when you have big players."*

ELECTRIC CARS

Norway leads the world in electric car market penetration. According to several sources 86% of all cars sold in Norway in 2021 (latest year available) were some version of an electric vehicle. (Iceland was next at 72%. United States was well down the list at 5%.)

But wait, what is going on!? Electricity has gotten so expensive in Norway that the city of Oslo recently almost tripled the cost at city-owned charging posts. This caused national el-car association *Norsk elbilforening* to assert that it could no longer recommend that Oslo residents buy an electric car!

"In some cases, it can be twice as expensive to charge an electric car as to fill up with polluting (fossil) fuel," Christina Bu, secretary general of the el-car organization, told newspaper *Finansavisen*. She went on to call the rate hike that was imposed literally overnight by the Oslo city government (ironically led by the Greens and Labour parties) as "idiotic."

Hmmmm. Has the cost of electricity been increasing for us here in the good old USA where we used to produce a lot gas and coal fired power? We wonder what the "take-away" for us is here.... (Norwegian info largely from **NewsinEnglish.no.**)

NORWEGIAN REFUGEE COUNCIL DROP-KICKED IN AFGHANISTAN



According to the AP, the **Norwegian Refugee Council** was one of several NGOs recently forced last week to suspend operations in Afghanistan after the ruling Taliban banned women from working for such organizations. **Neil Turner**, the Council's chief for Afghanistan, says that the council simply cannot function there with-

out the 468 female staff now employed in the country.

Recently the NRC has been trying to help shelter the 20,000 persons displaced by the Taliban from makeshift camps, and in freezing temperatures.



According to the photographer, this lady named Parigul left her home five years ago due to fighting and years of drought and came to Qala-e-Naw in search of safety and support. Her husband passed away in the harsh conditions in the camp, leaving her a widow with six children. Two weeks ago she was forced to leave her home in the settlement and return to her original village. Photo: Christian Jepsen/NRC, reprinted here with permission.

What is the Norwegian Refugee Council (**NRC**)? According to information on its web site the NRC is an independent humanitarian organization working to protect the rights of displaced and vulnerable people during crises. NRC provides assistance to meet immediate

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A true story of “charity” at Christmas...
(And we hope it doesn’t break your hearts...)

THE LODGE WERE GREAT HOSTS AT THE JULEBORD – AND FEW KNEW IT!



David Sliper and David and and Darla Moe at the Julebord. Dorla furnished the boxes of favors that you see in this photo and were on all tables for all attendees.

TO UNDERSTAND what we are about to tell you, you have to know that the Masonic Lodge inadvertently double-booked the lodge facility for the evening of our **Christmas Julebord**. You may read about this elsewhere in this Navigator. The other event was to be a Masonic Lodge Past Grand Master Celebration. We had a contractual right to use the facility and had already paid to use it. The Masonic Lodge group withdrew and called all their planned attendees and told them that their event was postponed. And as you know if you were there, our wonderful event went ahead as scheduled.

Well, two of our members, husband and wife, were sitting near the room entrance at a table that was mostly unoccupied. And here, to protect the innocent, we are going to call them... oh, say, **Ole and Lena**.

A couple walked in late and asked Lena if there was assigned seating. Lena assured

her that there wasn’t and invited them to sit with her and Ole at their mostly empty table, which they did.

The tardy couple – let’s call them, say, **Mason and Amazonella**, graciously accepted and sat down. Lena introduced herself and Ole and she apologized that they had forgotten their name badges. Amazonella replied that she and Mason had forgotten theirs as well.

The two couples had a great time visiting, discussing past travels, listening to the Christmas music, having dinner and just generally having a great time.

As they settled down to coffee and cookies, Mason seemed to get a little concerned and asked Lena quietly who they were supposed to pay for the dinner. Lena, a little flustered perhaps, told them not to worry that everyone had prepaid. About then, the truth came out, more or less:

Where do we pay!?

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(NPC, continued from page 5)

humanitarian needs, prevent further displacement and contribute to durable solutions. NRC is Norway's largest international humanitarian organization and widely recognized as a leading field-based displacement agency within the international humanitarian community. Also NRC is a so-called rights-based organization and it says that it is committed to the humanitarian principles of humanity, neutrality, independence, and impartiality.

NRC is registered as a foundation under Norwegian law. 2021 marked the 75th anniversary of NRC. It started as a post-World War II fundraiser organization, and now has over 15,000 aid workers assisting millions of people around the globe. In 2021, NRC worked in both new and protracted crises across 35 countries. Its main activity is the delivery of humanitarian aid through program activities in the field. NRC specializes in six areas of expertise, also known as core competencies within NRC: shelter and settlements; livelihoods and food security (LFS); information, counseling and legal assistance (ICLA); education; camp management; and water, sanitation and hygiene (WASH).

Total assets at the end of 2021 were approximately US\$257 million against US\$196 million in short term liabilities. The NRC's Secretary General is **Jan Egeland**, an internationally known Norwegian human rights advocate. Their very interesting website can be accessed at **nrc.no**.

(Charity, continued from page 6)

Mason was in fact a Past Grand Master of a Masonic Lodge, and he and Emazonella thought they had been attending the Past Masonic Lodges' Grand Master event! In fact, they had never heard of the Sons of Norway and were a little perplexed by all the references to it in the proceedings!

Lena graciously assured the somewhat embarrassed couple that they would not have to pay for their dinners and was just happy that they had a good time. Score one for Sons of Norway! Maybe we will have two new members one day... ***(As told to the editor by "Lena," and the editor may have inadvertently altered the story, but not by much!)***



How about some smoked Salmon? Fish Aspic? Pickled Herring? You probably will have to wait until next Julebord now.

LONG-TIME FORMER MEMBER OF LODGE, DR. TRYGVE OPSAHL, DIES

**Wife Myrna was murdered in 1975
by the Symbionese Liberation Army**



It has come to our attention that Dr. Opsahl, who was born in Oslo Norway in 1925, passed away on August 29, 2022 at Meadowview Manor in Sonora, California. He was 96 years old at the time of his passing.

Dr. Opsahl, who graduated from Loma Linda Medical School, was a well-regarded surgeon practicing in Carmichael for many years. His office was located on Walnut Avenue near Mercy American River Hospital in Carmichael. The hospital was closed in 2000 and ultimately torn down. Today the property is the site of single family homes.

Tragedy struck the family in 1975 when his wife was murdered by what today would be called a terrorist group, as described in an American Experience episode on PBS KVIE:

Early on a Monday morning in 1975, a middle-aged woman named Myrna Opsahl walked into a Carmichael, California bank. Moments later, masked robbers burst in, announcing a holdup. When Opsahl made a sudden movement, they opened fire. The robbers escaped with \$15,000, leaving Opsahl bleeding to death on the floor. It would take over 25 years, but the innocent bystander would become a nagging reminder of the Symbionese Liberation Army's pointless violence, and an icon for those in the post-9/11 world who sought to bring terrorists to justice.

...Mrs. Opsahl was simply in the wrong place at the wrong time. The 42-year-old mother of four arrived at the bank with several other parishioners from Carmichael's Seventh-Day Adventist Church, planning to deposit the church's collection from the weekend. The S.L.A. bank robbers showed up at the same time. A local police detective described the scene to news reporters: "...as soon as they entered the bank [they] announced that it was

a hold up, everyone to get down on the floor and put their faces in the rug. And with that a shot rang out hitting Mrs. Opsahl... two of the individuals vaulted the counter, start scooping up the cash. They were kicking people in the head, stepping on their faces and just shouting profanity throughout." Opsahl was taken to a local hospital, where her husband Trygve was a surgeon, but she died shortly afterward.

Mrs. Opsahl's murder would remain unsolved for decades.

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Myrna Opsahl

(Upsahl, continued from page 8)

Previously the group had in 1974 kidnapped the young **Patty Hearst** of the famous Hearst family. Patty eventually succumbed to what is today often called the "Stockholm Syndrome", i.e., she more or less fell in with her captors. She was recorded on tape reciting this ode to fallen members of the SLA: "Gabi crouched low... she practiced until her shotgun was an extension of her right and left arms. Zoya, female guerrilla. Perfect love and perfect hate reflected in stone cold eyes. Fahi-zah taught me to shoot first and make sure the pig is dead before splitting."



So what ultimately happened? Again, quoting American Experience:

Former S.L.A. member and fugitive **Kathleen Soliah had adopted the name Sara Jane Olson** and was living a comfortable life in Minnesota, married to a doctor and raising three daughters. She had seemingly buried her radical past. But she was apprehended in 1999, prompting two Los Angeles prosecutors to take a new look at the cold case files on the S.L.A. They decided there was enough evidence to prosecute Olson not only for explosives and conspiracy charges in Los Angeles, but also for Opsahl's murder in northern California. When they took their plan to Sacramento prosecutors and found little interest in reopening the case, the Los Angeles team approached the Opsahls. Jon Opsahl, who had been just fifteen years old when his mother died, began a public-awareness campaign, pressuring Sacramento officials to seek justice.

On November 7, 2002, over 27 years after the crime was committed, four former S.L.A. members pleaded guilty to the second-degree murder of Myrna Opsahl. At the February 2003 sentencing, Emily Harris Montague, who acknowledged she had fired the murder weapon, received an eight-year prison term. Her accomplices, including her ex-husband William Harris, Sara Jane Olson, Michael Bortin, and James Kilgore, each received lesser sentences. The former S.L.A. members expressed remorse. In court, Bortin would offer an emotional apology to the Opsahl family, saying in part, "the fact that Mrs. Opsahl was murdered unintentionally in the bank is of no consequence to the family. Or the fact that we beat ourselves up more than anyone could... A woman is dead and many people suffer from those consequences. And I can offer nothing but my apologies." And Olson offered, "I never entered that bank with the intent of harming anyone... I am truly sorry, and I will be sorry until the day I die."

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(Upsahl article, continued from page 9)

When last checked Olson was still living in Minnesota with her husband and children.

Patty Hearst was tried and convicted in March 1976 for bank robbery and felonious use of firearms. Sentenced to seven years, she spent the next three years partly in prison and partly at liberty (during appeals). She was released in February 1979 after **U.S. President Jimmy Carter** commuted her sentence.

Now, **Mrs. Hearst-Shaw** lives in New York and Connecticut with her former bodyguard husband, **Bernard Shaw** and their two daughters. Bernard Shaw is now the head of security for the Hearst Corporation. (www.britannica.com)

What a terrible crime and tragedy. We would be interested to know if any of our long-time members knew Dr. and Mrs. Opsahl and whether they have any remembrances they would like to share.



The former Crocker Bank building, located on the south side of Marconi Avenue (5746), close to the intersection with Fair Oaks Boulevard in Carmichael. Ironically, it is now a church, the Ark Mission Korean Church.

(Photo by editor)

(President's letter, continued from page 1)

came to naught, I am happy to report we are still afloat and will be sailing into the future under an experienced captain. I have gained an appreciation for the labors of a cadre of core members of the lodge in making Roald Amundsen a warm and inclusive place for all to enjoy. I also appreciated the volunteers who help setup and take down the tables and chairs at our events and meetings. My hope for the future is that we can expand the number of youths that participate in lodge activities. I have often been chided in the past for my somewhat negative view looking forward to which I reply that I am positive that pessimism will prevail. I amend that now to my belief that times will only get better. I look forward to seeing you all in a brighter future. Fare well. Norm

SOCIAL DIRECTOR REPORT –

JULEBORD

It has been a really busy fall for our lodge: Scandinavian Festival, Vikingfest and finally Julebord on December 10th.

We had a very nice turnout for the Julebord and after fighting the flood in the kitchen from the previous night's heavy rains, everyone had a chance to enjoy **Scott Perkins'** singing accompanied by **Lars Gjerde's** piano music, before taking part in the Norwegian style Julebord feast.

I have to send a special thank you to my son **Terje Miller** for all his efforts to try to prevent us from having to cancel the dinner due to a constant flow of water into the kitchen and also for setting up all the tables as he has been doing for the last 20 plus years.

Thank you so very much to **Peggy Hyde** for all the work she did in planning and setting up the Julebord. Without her help it would not have happened. A special thank you to one of our youngest members, **Wyatt Mattes**; he always asks if there is anything he can do to help. He helped to serve the dinner and most of all, he helped coordinate getting the tables and chairs back where they belonged and organizing the room. Thank you to everyone else that pitched in.

Thank you to **Arlene Kozub, Donna Gordon and Pat Harrington** for contributing with lefse and cookies. Thank you to **Darla and David Moe** for the gift packages they donated and placed on the tables. Thank you for the door prizes donated by our president, **Norman Hales and his family**.

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(Julebord, Continued from page 11)



Thank you to **David Bailey** for taking the reservations and **Kirsten Wyatt** for coordinating the kitchen. I am sure I have forgotten someone, but that does not mean I don't appreciate you.

When I started doing this Julebord in 1992, I never thought I would be doing it in 2022. I have had a lot of help over the years, but unfortunately a lot of those helpers are no longer with us. Hopefully more of our newer members will be getting ready to pitch in in the coming years.

Wishing everyone a Happy New Year, or like we say the Norwegian way, Godt nytt år.

Hilsen, Tove-Lise, Social Director, Roald Amundsen Lodge

(Editor's note – Tove-Lise personally prepared much of the meal and has put her heart and soul into the Social Director job the last few years and the lodge owes her an inestimable debt of gratitude. We thank you so very much.)



Kirsten Wyatt owns the kitchen during events. Scott Perkins sings Christmas carol in Swedish while Lars Gjerde accompanies.



ST. OLAF CHOIR COMING SOON



Perhaps many of you watched and listened just before Christmas to the combined choirs and orchestra of St. Olaf College present a wonderful Christmas concert on PBS.

You can hear at least one of their choirs again soon; **they will be presenting a concert at the Mondavi Center at UC**

Davis on February 6th. Tickets can be purchased on line—go to <https://tickets.mondaviarts.org/7845>.

As reported in Wikipedia, **St. Olaf College** is a private liberal arts college in Northfield, Minnesota. It was founded in 1874 by a group of Norwegian-American pastors and farmers led by Pastor Bernt Julius Muus. The college is named after the King and the Patron Saint Olaf II of Norway and is affiliated with the Evangelical Lutheran Church in America. It was visited by King Olav in 1987 and King Harald V and Queen Sonja of Norway in 2011. Queen Sonja of Norway visited the college's campus a second time in 2022 as part of a tour to celebrate the connections between Norway and Minnesota's Norwegian-American community.

As of 2017 the college enrolled 3,035 undergraduate students and 256 faculty. The campus, including its 325-acre natural lands, lies two miles west of the city of Northfield, Minnesota; Northfield is also the home of its neighbor and friendly rival Carleton College. Between 1995 and 2020, 154 St. Olaf graduates were named Fulbright Scholars and 35 received Goldwater Scholarships. Of the nation's baccalaureate colleges, St. Olaf ranks 12th in the number of graduates who have gone on to earn doctorate degrees. Some members of our Roald Amundsen Lodge have attended the college.

Since the 1920s, the St. Olaf Choir has performed on annual tours domestically throughout all regions of the United States. The choir has attracted capacity audiences at venues such as Carnegie Hall, the Kennedy Center, Severance Hall, the Kauffman Center, Meyerson Symphony Center, and the Orchestra Halls of Chicago and Minneapolis. Furthermore, it travels internationally every four years, with previous performances in Scandinavia, Great Britain, France, Japan, South Korea, New Zealand, and Australia.

In 2013, the choir appeared in a television special titled “Christmas in Norway with the St. Olaf Choir,” filmed at the **Nidaros Cathedral in Trondheim, Norway**. The special won two regional Emmy Awards in 2014.