

# THE NAVIGATOR

## APRIL 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*

Facebook: *facebook.com/sonsofnorwaysacramento*



### FROM PRESIDENT TOVE-LISE:

We had a great turnout for our fish and meatball dinner. 64 people in attendance. Several long-time members that we haven't seen in a while. Three members receiving their 65 year loyalty pins, three receiving 25 year pins and 3 receiving their 20 year pins. It was so nice to see all of you.

Great with old time members, but we need more younger members. There were several young faces among the guests and they all pitched in to help when the time came for clean-up and move tables and chairs. Your help was very much appreciated.

It takes a lot of planning, shopping and preparing to put on a dinner like this. A lot of people pitched in, but I would especially like to thank the people who made and donated the cookies and the lefse (or since we make them small, they are actually called lompe). Lefse makers: Arlene Kozub, Betty Williamson and myself. Cookie makers: Donna Gordon, Peggy Hyde, Arlene Kozub, Carleton Peterson and myself. Rye bread was made by Kirsten Wyatt, our expert cook in the kitchen. Her assistant was her son Jack Wyatt, one of our new younger members. Thank you all so very much.

Hope a lot of you come out for our regular meeting on April 11<sup>th</sup>. We will be serving soup—see info on another page.

Our next big event is the Scandinavian Festival on April 15<sup>th</sup>, hope to see a lot of you there. Don't forget to sign up your kids or grandkids for summer camp at camp Trollfjell or Trollfjell Folkehøgskule.

Do you like to read? Join our book club. We meet once a month, usually by ZOOM. Next month's read is: ***The almost nearly Perfect People; Behind the Myth of the Scandinavian Utopia***, by Michael Booth.

Hilsen Tove-Lise



**PHOTOS: LUTEFISK, COD AND MEATBALL DINNER, 3/25/2023**



**65 year loyalty pins to Duane Malm, Elaine Troseth and Marilyn Quate (UL). Table set-up before the mob busted down the door (UR). Our great chef and assistant chef: Kirsten Wyatt and her son Jack Wyatt (LEFT). 25-year loyalty pins to LaRena Hannon, Jon Berg and Joe Hannon (MIDDLE, ABOVE) . 20-year pins to Steve Rosenthal, Susan Lemmon and Dave Sliper.**

**(ALMOST) ANNUAL SOUP SUPPER!**

**Tuesday, April 11, 2023, 6:30 pm**

At Harding San Juan Masonic Lodge,  
5944 San Juan Ave.,  
Citrus Heights 95610  
(Our usual venue)

**THE SOUPS:**

**TORTILLA — PEA — POTATO CHOWDER**

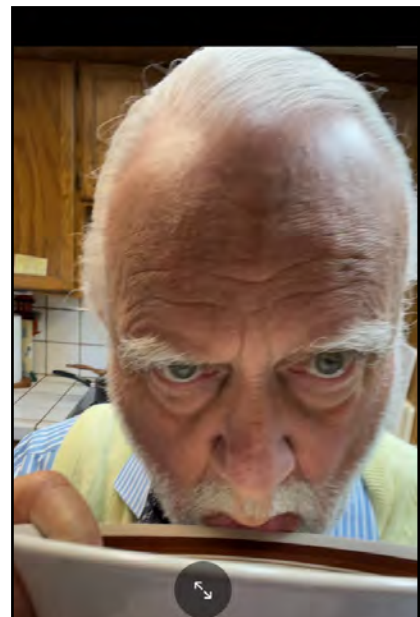


**Enjoy your favorite soup, or all three!\***  
(No charge, but red baskets will be on the tables.)

**SLURP YOUR SOUP IN THE COMFORT OF  
OTHER LODGE SLURPERS!**

\*No, you do not have to put all three soups into your bowl at the same time.

This is a regular monthly Tuesday night meeting.





**39<sup>th</sup> Annual  
Sacramento Scandinavian Festival  
Saturday, April 15, 2023  
10:00 am - 4:00 pm**

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

**Scottish Rite Masonic Center  
6151 H Street  
Sacramento, CA 95819  
(near Sac. State)**

**Adults \$5/person – cash only  
Children under 12 FREE**

**Food & admission – cash only  
Vendors do accept credit cards**

For more information contact:

Finland

[www.facebook.com/sacramentofinlandiaclub](http://www.facebook.com/sacramentofinlandiaclub)

Iceland

[www.iceland-usa.org](http://www.iceland-usa.org)

Norway

[www.bit.ly/Elise-Waerenskjold](http://www.bit.ly/Elise-Waerenskjold) or  
[www.sonsofnorwaysacramento.com](http://www.sonsofnorwaysacramento.com)

Sweden

[www.monitorlodgesacramento.org](http://www.monitorlodgesacramento.org) or  
[www.facebook.com/SierraKronan737](http://www.facebook.com/SierraKronan737)

[www.facebook.com/SacramentoScandinavianFestival](http://www.facebook.com/SacramentoScandinavianFestival)

*Please note: Some food items may sell out early*

**SIDEBARS WITH THE EDITOR...**



**OFFICERS FOR 2023**

The chart below shows officers who were voted in for 2023 and were installed on January 8th.

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	Eric Malme
Website Manager	Terje Miller
Facebook Manager	Arlene Kozub
Book Club	Noelle Buer

**UPCOMING SCHEDULE**

**ROALD AMUNDSEN LODGE**

Get out your phones and make these calendar entries:

**2023 Schedule:**

- April 11 Regular Meeting. Soup Supper. Scintillating Cultural Program hoped for.
- April 15 Scandinavian Festival\*
- May 9 Regular Meeting
- June Dark
- July 15? Picnic\* July date, but tentative
- 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.

\*Deceased. Acting Treasurer is Stephen Rosenthal.

\*\* Deceased. Position vacant.

## Governor Plans Typical Norwegian Prison Paradise

### SAN QUENTIN TO GET “REMODELED”

*By Dick Tracysen, Reporter (Editor’s note: Mr. Tracysen does his own research and creates his own facts, and the Navigator cannot be responsible for any errors in his presentation, however few there may be.)*



San Quentin Prison is California’s oldest, having been first constructed in 1852 to house all the bad guys that the Gold Rush attracted to the state. The government made the convicts themselves build it – one of the few government projects ever that made total sense. It has been the sole state facility to hold execu-

tions, and for a while during its history, the staff got quite proficient at it and readily took to new methods as they developed – originally using the hanging technique but later embracing the use of electricity in the form of “the chair,” as well as the gas chamber and finally that admirable scientific advancement, lethal injections. Some of its famous residents included Richard Ramirez, referred to as the night stalker, and Charles Manson. Although already a prison known throughout the world, it was immortalized with the release of **Johnny Cash at Folsom Prison (1968)**, recorded live in front of an audience of 2,000 inmates at the prison.

***To be rebuilt following the Norwegian model...***

But that brutally colorful history will soon be just that – history. California Governor Gavin Newsom has announced that the state will transform San Quentin Prison into “a center for education and training within the prison system,” modelled after Norway’s “rehabilitation facilities” emphasizing services and support instead of punishment and cold, dank cells suitable only for, well, maybe convicts.

Norway’s criminal justice system, known internationally as the “Norwegian model” focuses of rehabilitation and the residents have private apartments, ombudsman representation, and other rights. The normal maximum sentence is 21 years – does this mean Anders Breivik, shooter of 69 members of the Workers’ Youth League on the island of Utoya in 2011 will one day be walking among all the tourists in Oslo? Don’t know.

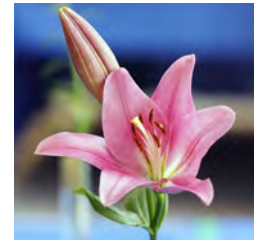
Anyhow, back to San Quentin. Needless to say, an NBA-quality basketball court will be con-

*(Continued on page 7)*

Please note:

## MEMORIAL SERVICE FOR DAVID BAILEY

11:00 AM, Saturday, April 22nd, 2023  
 St. John's Lutheran Church  
 1701 L Street, Sacramento



(We believe that there is parking in a structure behind the church.)

### *San Quentin (Continued from page 6)*

structed on the grounds, and also some Wimbledon-quality tennis courts for the white collar criminal boys. Residents will be able to check out sailboats for relaxing on San Francisco Bay. It is rumored that the plan is to build 10 bungalows with adjacent cabañas on the edge of the San Quentin property overlooking San Francisco Bay for use by the better behaved residents, and perhaps several penthouses on the top of one of the buildings. One of these will be reserved for the "most notorious scoundrel currently in residence." Another feature to be added will be a helicopter pad for the use of friends of in-residence drug dealers. These residents, as part of their rehabilitation, will be allowed to joy-ride on their friends' copters, as long as they promise not to fly over Mexico.

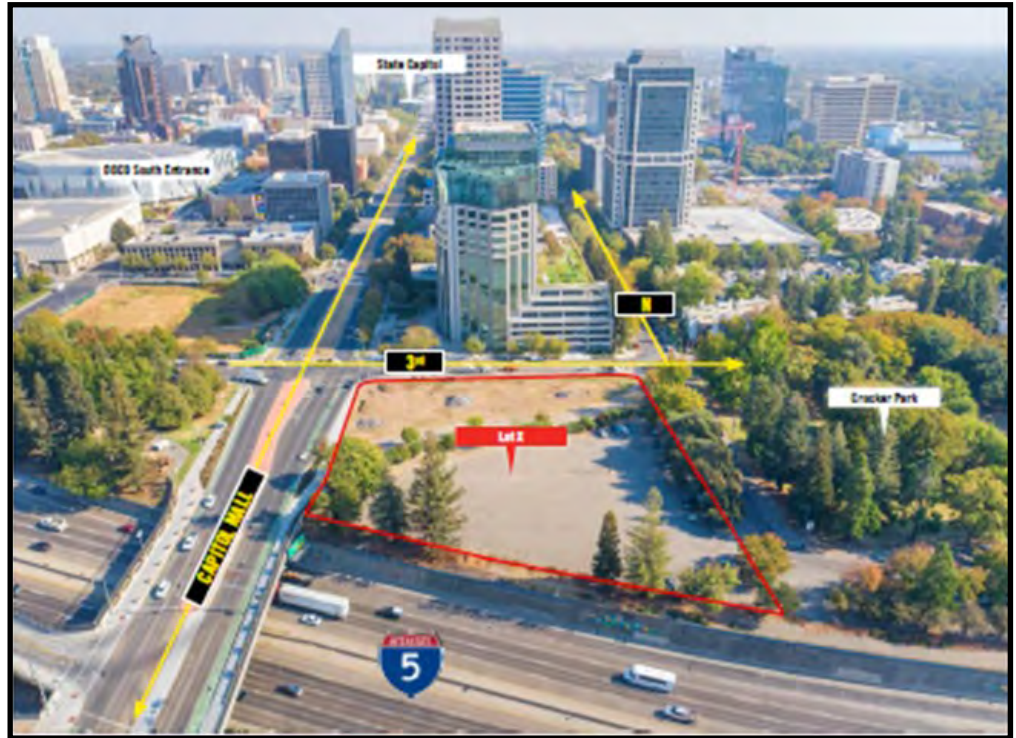
One has to conclude that in only a few short years many of these rehabilitated chaps will be qualified for jobs at Apple, Google, and the CIA. Isn't enlightenment a wonderful thing?



***San Quentin "residents" to be ferried over to Oracle Park to attend Giants games.***

## Lot X may get 14-story building made of wood using Norwegian techniques! **THE BUMPY HISTORY OF SACRAMENTO DOWNTOWN LOT X**

Back in 2006 California's huge pension system, CALPERS, (current asset value somewhere around \$442 billion!) was trying to make money in real estate. Around that time they agreed to co-invest with a local developer to develop two of the tallest residential buildings west of the Mississippi River, right here in Sacramento. The planned site? – Lot X at the southwest corner of Capitol Mall and Third



Street, near the Tower Bridge, as shown in the picture-diagram. However, the economic downturn of 2008 killed that project and to protect at least a portion of its investment PERS had to buy out the developer for about \$71.8 million. Since the land was appraised at about \$15.8 million the fund had to write off about \$50 million. In the interim other projects have been proposed for the site, but none has come to fruition. PERS has decided to sell the parcel, which seems imminent, and they may recoup some of their investment when they do.

A Nashville developer has plans to build a 14-story mass-timber (i.e., wood!) building on the site. This is a type of construction developed in Norway and now being increasingly considered throughout the world wherever there is an ample supply of timber. (See next article.) The construction features glu-lam beams (layers of wood glued together to make a very strong beam), and the resultant project is very strong, fire resistant, and attractive – the wood can be left exposed, unlike a steel building which has to have some sort of skin material. This type of construction is a far-cry from what California has been used to for many years –wood frame and stucco buildings that cannot be taller than three stories. So, the project bears watching...

***“A million here, a million there, and before you know it you’re talking real money...”  
 -attributed to late Senator Everett M. Dirksen (Illinois). \$50M would pay a few politicians’ pensions.” - Dick Tracy***



## **WOOD IS IN (AND ALSO UP IN THE AIR!)**

For years the general opinion of American engineers and construction companies was that the maximum height of wood-structures should not exceed three stories. As can be readily seen in many communities in the southern and southwestern portions of the United States, there are thousands of three story apartment buildings built in the mid to late 20<sup>th</sup> century and constructed of “stick,” or as is often said in California, “frame and stucco” construction.

In Norway and other Scandinavian countries high rise buildings are increasingly being constructed of wood products manufactured from local timber. The largest such building, Mjostarnet, was finished several years ago. It is an 18-story structure containing office floors, hotel floors and in the upper floors, apartments. The total floor area is around 122,000 square feet. The name reportedly translates as Tower of Mjosa, as it is located in the city of Brumunddal on the northeastern shore of Lake Mjosa in Norway (Norway’s largest inland lake). The building is the tallest all wood structure in the world. It has office, residential and hotel levels. The glulam beams are manufactured from local lumber, and the trees that are used must be replaced per Norwegian laws.

At first, the locals referred to the building as “the world’s tallest torch,” but in fact glulam beams char in a fire but are not totally consumed. An upscale sprinkler system capable of holding a greater than typical volume of water is installed to further increase the fire safety in the building. All the facilities in the tower are equipped with separate fire safety systems to control the spread of fire horizontally and vertically. The outer wall elements are designed to prevent the spread of fire via the facade.

And as our previous article indicated, such buildings are being contemplated in the USA.



***The Tower of Mjosa***





**REGISTER  
STARTING  
FEB. 1ST**

# SONS OF NORWAY CAMP TROLLFJELL & FOLKHØGSKULE AT CAMP NORGE



**FOLKHØGSKULE  
JUNE 25-JULY 8  
AGES 14-17**

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Family Transition Weekend  
July 7 - 9  
Come with your family!  
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**TROLLFJELL  
JULY 9 - 21  
AGES 8-13**



## CAMP NORGE | ALTA, CA

Norwegian Language | Folk Dancing | Rosemaling  
Cooking | Hiking | Games & Sports | And a Lot More...

For more info:  
Website: [sofn6.org/arv/](http://sofn6.org/arv/)  
Facebook: Trollfjell  
Instagram: trollfjellsofn



**2023**  
**ROALD AMUNDSEN LODGE 50% OF TUITION**  
**SCHOLARSHIP APPLICATION**

(Camp Troll Fjell or Trollfjell Folkehøgskule )

Name: \_\_\_\_\_

Which camp are you applying for: \_\_\_\_\_

Address:

Telephone number: \_\_\_\_\_ Email: \_\_\_\_\_

Who belongs to Roald Amundsen Lodge Sons of Norway in your family? (Parents, Grandparents or Guardians) (Name or Names)

**Please write a letter as to why you want to attend, and what you hope to learn at camp. Letter can be written on the back of this application, if you wish. Note: Part of your commitment in accepting this scholarship is to report back to the lodge about your experience at the September BBQ meeting Sunday, the 10th of September. Also, you must apply to the Camp, be accepted, and pay your 1/2 of the fee before the lodge will release the scholarship funds which will be paid directly to the camp. CAMP APPLICATIONS ARE ON THE DISTRICT SIX WEBSITE.**

Agreed:

Camper \_\_\_\_\_ Parent/Guardian \_\_\_\_\_

Date \_\_\_\_\_

Date \_\_\_\_\_

*Please submit this application and your letter about attending to Donna Gordon, 5245 McKenzie Glen Court, Carmichael, CA 95608. (916) 972-8041 or justfordonna@surewest.net as soon as possible.*

# NEW GOLDEN MEMBERS



Lodge members who are at least 65 years of age and have been members for at least 30 years receive a special designation – Golden Members. We have a number of lodge members who qualify for that designation this year and will receive their pins. We hope to award pins and certificates at lodge events, but failing in that, we will mail them to the recipients. Congratulations to new Golden Members!

Lois A MacNeil	(now)
Erna Ingrid Alfstad	(now)
Norman G Larsen	(now)
Clarissa P Coulter	(July)
Margaret E Karlstad	(Sept)
Lois C Sando	(now)
Jeanne Lemkuil	(now)
Sharon A Brooks	(now)
Carollynn T Provenzano	(now)
Ruth A Halley	(now)
Robert A Stedjee	(now)
Kristine L Hamilton	(now)
Debbie J Reynolds	(now)
Ken B Habbestad	(now)
Jill C Larsen	(now)

If there are other members who believe they qualify for this pin but haven't received it, alert the editor and he will check on it for you.