

THE NAVIGATOR

FEBRUARY 2024

A Publication of Roald Amundsen Lodge 6-48

Sons of Norway, Sacramento, California

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

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FROM PRESIDENT TOVE-LISE:

INSIDE: Feb. meeting notice; Stoughton Dancers; March meeting notice; Obituary; Scandinavian Festival; More..!

Welcome to a New Year! Thank you to everyone that attended our julebord and with it our 2024 officer installation.

After a break in January, we now have a busy spring scheduled, starting with our first meeting February 13th. Hope to see you all there (Valentine's Day eve!).

March 12th we have another meeting with election of delegates for the June convention. You must be present at the meeting if you wish to be elected. The convention theme this year is Viking Vision, and so if you are elected to be a delegate, be prepared to dress up like a Viking.

On March 23rd the highly-regarded Stoughton High School Norwegian dancers will be here; see two flyers in this news letter and make sure you let all your friends know about this event. We would like as many people as possible to attend, including especially some teenagers!

April 20th will bring the Scandinavian Festival. May 17th (Syttende Mai) we will be celebrating Roald Amundsen Lodge's 95th Anniversary!

Youth Camp Registration opens February First. Scholarships will be available from Roald Amundsen Lodge again this year. Please contact me, tovelise@aol.com, if you are interested in any of the camps this summer, and check our registration information on the District Six website. As you can see we will have lot of activities. Please make sure you mark your calendar, so you will be able to participate. I am looking forward to seeing you all.

Hilsen, Tove-Lise



FEB MEETING!

FEB. 13TH!



ROALD AMUNDSEN LODGE 6-48 FEBRUARY LODGE MEETING
CELEBRATING VALENTINES DAY (eve)!

Regular Business Meeting

Valentine Peppermint Schnapps Tasting?

Cultural Program: Presentation about High School Dancing Troupe
 visiting in March.

(We apologize that the Taylor Swift Kissing Booth has been cancelled this year by
 order of Dr. Fouci and also by Travis Kelce.)

LODGE PHOTOS ONLINE—HAPPENINGS EXTRA
ON SONS OF NORWAY WEBSITE

The *Viking magazine* is not the only place you will see photos from our lodge as well as from other lodges. Go to the Sons of Norway website (SOFN.org) and use the search icon to find "Happenings Extra." Currently photos of three of our members are exhibited there.

MEMBER DEATHS—"IN LOVING MEMORY"

Member deaths are no longer published in the *Viking magazine*. However recent and past deaths (last two years or so) can be found on the Sons of Norway website. After logging onto the website, use the search icon to find "In loving memory." Here you can check on reported deaths in all of the Sons of Norway lodges.

Search icon looks this:



SONS OF NORWAY ROALD AMUNDSEN LODGE #48
and
DAUGHTERS OF NORWAY ELISE WÆRENSKJOLD LODGE #48
Are pleased to present a performance of the famous
STOUGHTON HIGH SCHOOL NORWEGIAN DANCERS
Of 2023-2024, Stoughton, Wisconsin

Read about the group at <https://www.stoughtonnorwegiandancers.com/>



Performance at Orangevale Community Center, 6826 Hazel Ave., Orangevale, California, Saturday, March 23rd, 2024.

Performance begins at 3:00 pm. Please be on time!

The performance is FREE! However, good will contributions are encouraged and can be deposited at the door. Checks can be made payable to *Stoughton High School Norwegian Dancers*.

(A 501(c)3 organization) All contributions will go to the Stoughton Dancers. This performance is part of their spring vacation west coast tour. For more information email rosen@winfirst.com or kbatos1867@gmail.com.





**SONS OF NORWAY ROALD AMUNDSEN LODGE 6-48
INVITES YOU TO A RECEPTION FOR, AND MEATBALL SUPPER WITH,
THE STOUGHTON (WISCONSIN) HIGH SCHOOL NORWEGIAN DANCERS**

**SATURDAY, March 23rd, 2024, beginning at 5:00 pm ±
Masonic Lodge (normal meeting venue)**

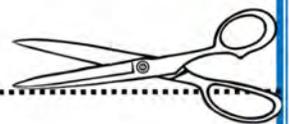
**5944 San Juan Avenue
Citrus Heights, CA 95610**

(See flyer nearby about their dancing performance prior to the dinner)

**High School Students encouraged to come
and meet dancers and can attend no charge.**

Reservations Necessary and Seating is Limited.

Charge: Adults over age 20, \$5:00



Dancer supper, 3/23/2024

Reservation name and phone _____

_____ Adults @ \$5 _____ Total Charge \$ _____

_____ Age 20 or less (free) (We need both counts)

Mail reservation form with check by 3/16 to:

**Sons of Norway Roald Amundsen Lodge Treasurer
PO Box 3734
Citrus Heights, CA 5611-3734**

JULEBORD 2023



Kirsten Wyatt and Tove-Lise Miller. Tove-Lise prepared much of the food and Kirsten managed the kitchen and serving line.



Arlene Kozub being sworn in as Secretary and some old guy being sworn in as who knows what.

Robert Olsen and Kelli Vermilyer.

JULEBORD 2023



Lodge Musician Lars Gjerde playing Christmas music for the guests. Installing officer Carol Francis installing VP Norm Hales.

In Memory of

RICHARD PETERSON, 1931 – 2024



Long-time lodge member Richard Valentine (note: born on February 14th) Peterson succumbed this past January 5th. A memorial service was held at St. John’s Lutheran Church, 1701 L Street, Sacramento, on January 20th. He was preceded in death a short while ago by that of his wife of 71 years, Carleton. She often accompanied him to lodge events.

Richard was born in South Dakota. He retired from CalTrans some years ago, and had been a member of Sons of Norway for 26 years. He was a loyal member of our Roald Amundsen Lodge, attending most lodge events, including our recent Christmas time Julebord.

He is survived by two daughters, one of whom, Noreen, often accompanied her parents to our lodge events. He also is survived by a grandson and other relatives.

We were fortunate to have Richard as a member of our lodge.

AT LEAST ONE THING CHEAPER IN NORWAY vs. THE US ...

On a percentage basis, at least, there is one service that is much cheaper in Norway. As anyone who has sold a typical house in California knows, the broker always strives for 7% commission, usually shared by the seller’s and buyer’s brokerages. Citing data from a University of San Diego professor, the Wall Street Journal (11/20/2023) reported that the typical commission in the United States as a whole runs about 5.5%, with some countries even higher. The U.K., at 1.3% was one of the lowest. However, Norway was among the lowest as well, typically at about 1.8%.

Tell that to your local California broker and report back as to whether or not he or she cares...



Did you really say you wanted me to reduce my commission????



From the editor,
THIS AND THAT...

JANUARY NAVIGATOR

—DID YOU MISS IT?

You did not miss receiving a January Navigator, because there wasn't one. Or maybe you *did* miss the frequently true but certainly non-peer-reviewed news items that this erratic publication is infamous for. Your editor took a few weeks off, and is not very efficient even in the best of times.

NORWAY APPROVES DEEP SEA MINING

According to the Wall Street Journal, on January 9th Norway approved deep sea mining within its territorial waters, and became the first nation to do so.



Other nations, including the US are considering similar approvals, despite pushback from environmental groups and other nations. There are known deposits of rare earth metals needed for today's electronic equipment existing under many of the floors of the deep seas.

OUR YEAR-END DONATIONS



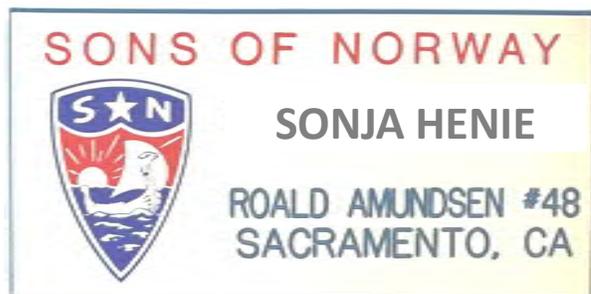
We received many thank-you notes from the various recipients of our year-end donations, including one from the **Sons of Norway Foundation** with a penned additive note from the

Director, **Amy Tuchenhagen**. It is part of the mission of Sons of Norway lodges that have the ability to do so to support local and na-

tional eleemosynary charities and societal institutions. Personal donations to the Sons of Norway Foundation are tax deductible. Go to <https://www.sofn.com/foundation/donate/> to make a donation.

LODGE NAME TAGS

If you would like a Roald Amundsen Lodge name tag, see **Tove-Lise Miller**. From time to time and after we have orders for an adequate number, we in turn order from the vendor. It is prohibitively expensive to order only one at a time. The subsidized cost is \$5.



VESTERHEIM MUSEUM

Our lodge is a member of Vesterheim, the Norwegian organization / museum located in Decorah, Iowa. They offer on-line classes, books, miscellaneous products, etc. They publish a magazine twice a year and if you would like to read the latest one, see Tove-Lise. One article your editor enjoyed: **"My Journey to the Norwegian-American West."** And if you happen to get to Decorah, you would be remiss to not visit their museum and grounds. Also, how could any beer aficio-

(Continued on page 9)

(Continued from page 8)



nado pass up their beer tour offered this summer (see [https://vesterheim.org/exhibit/2024-skal-](https://vesterheim.org/exhibit/2024-skal-norwegian-beer-brewing/)

[norwegian-beer-brewing/](https://vesterheim.org/exhibit/2024-skal-norwegian-beer-brewing/))



CONVENTION DELEGATE PROCEDURE

The biennial District Six (of which we are a part) Convention will be held in Las Vegas during June 21-24. Ad-

ditional information can be found elsewhere In this Navigator and in the District newsletter that will be available soon on the District Six website.

Roald Amundsen Lodge will be permitted to send five or six delegates to the convention, and their participation will be subsidized by the lodge.

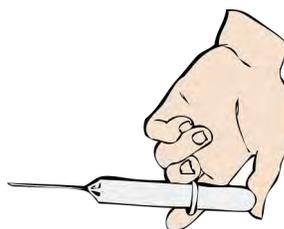
We will select, by majority vote, the lodge delegates at the March 12th meeting of the lodge. Any member can be considered for delegate candidacy, but they must be present at the March meeting to be considered. (If that is not possible, the person concerned must submit a written email request to the lodge president, **Tove-Lise Miller** (Tovelise@aol.com) prior to the meeting to be considered for delegate selection. Stipends for the delegates will also be determined at this meeting.

Lodge members **Tove-Lise Miller and Stephen Rosenthal** also will be delegates to the convention by virtue of their being district

officers, and their subsidies will be provided by the district.

Thanks to Norwegians:

INSULIN WITHOUT NEEDLES!



“There are approximately 425 million people worldwide with diabetes. Approximately 75 million of these inject themselves with insulin daily. Now

they may soon have a new alternative to syringes or insulin pumps. Scientists have found a new way to supply the body with smart insulin.

The new insulin can be eaten by taking a capsule or even better, within a piece chocolate.

Inside these we find tiny nano-carriers to which the insulin is encapsulated. The particles are 1/10,000th the width of a human hair and so small that you cannot even see them under a normal microscope.

“This way of taking insulin is more precise because it delivers the insulin rapidly to the areas of the body that need it most. When you take insulin with a syringe, it is spread throughout the body where it can cause unwanted side effects,” explains Professor Peter McCourt at UiT Norway's Arctic University. He is one of the researchers behind the study.

The research was recently published in [Nature Nanotechnology.](#)”

WHAT “GENERATION” ARE YOU IN?

Pundits have given names to certain age cohorts. For instance, you have heard for years the term “Baby Boomers.” Do you know the definitions of these often used terms? Actually, they vary somewhat in general use, but the definitions given in the chart below are typical. We don’t think you will be surprised to see that our lodge population distribution greatly differs from that of the general US population. What can we do to normalize it? More leadership seminars? Resorting to recruiting bribery? Encouraging more Norwegian—American procreation? Change the definitions? We shall leave it to others to solve this dilemma, if indeed there is one.



DEFINITIONS	NUMBER in LODGE	%± lodge	USA % pop.
The Greatest Generation, born before 1928.	1	<<1%	0.2%
Traditionalists or Silent Generation, born approx. 1928-1945.	61	28%	5.5%
Baby Boomers, born approx. 1946 -1964.	61	28%	20.6%
Generation X, born approx. 1965-1980.	30	14%	19.6%
Millennials or Generation Y, born approx. 1981-1996.	28	13%	21.7%
Generation Z, iGen, or Centennials, born approx. 1997-2012.	22	10%	20.9%
Generation A, born approx. 2013 up until a few minutes ago...	17	8%	11.6%
	220	*	*



*Percentages may not add due to rounding. Two members claiming to be 123 years old have been eliminated (we mean to say, not considered in the statistics) from the calculations until they show up with their birth certificates!



Help build the “Hygge Hus” at Camp Norge!

The Recreation Center Board is excited to announce the launch of our 2024 fundraising campaign to build the “**Hygge Hus**” (Cozy House) cottage adjacent to Heritage Hall at **Camp Norge**. This duplex unit will consist of two apartments, each featuring a bedroom, bathroom, kitchen, and a front room for hanging out. **Importantly, these fully accessible units will ensure inclusivity for individuals using wheelchairs and walkers.**

For decades, we've shared the heartache of our aging and disabled guests who, due to terrain and room limitations, are unable to join us at Camp. We want to turn that around.

But we need your help!

Our vision includes constructing the **Hygge Hus** in the parking area behind Heritage Hall, connected by a level, paved walkway, so our older or disabled guests can join the fun.

But here's where you come in! We're seeking your generous support to make our effort a success. The fundraising campaign will run throughout the year, culminating at the District Six Convention in Las Vegas this Summer. Let's come together to build the **Hygge Hus** and make **Camp Norge** a haven for all, regardless of age or ability.

Watch for more news about the Build the Hygge Hus Campaign.

Contact any member of the Camp Norge Board, or Fred Hymans: fred.hymans@gmail.com



**40th Annual
Sacramento Scandinavian Festival
Saturday, April 20, 2024
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**

**Elks Lodge #6
6446 Riverside Blvd
Sacramento, CA 95831
(in Pocket area)**

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

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

For more information contact:

Denmark

www.danishsoldiersclub.com

Finland

www.facebook.com/sacramentofinlandiaclub

Iceland

www.iceland-usa.org

Norway

www.bit.ly/Elise-Waerenskjold or
www.sonsofnorwaysacramento.com

Sweden

www.monitorlodgesacramento.org or
www.facebook.com/SierraKronan737

www.facebook.com/SacramentoScandinavianFestival

Please note: Some food items may sell out early



Camp TROLLFJELL & FOLKEHØGSKULE

AT CAMP NORGE ALTA, CA

Save the Dates

FOLKEHØGSKULE
JUNE 30-JULY 13
AGES 14-17

TROLLFJELL
JULY 14 - 27
AGES 8-13



ROALD AMUNDSEN LODGE 6-48
PLANNED SCHEDULE 2024

JANUARY

No meeting

FEBRUARY

Tuesday Feb 13th, meeting



MARCH

Tuesday, March 14th, meeting

Saturday March 23rd, Program (Stoughton High School Norwegian Dancers) and Supper.



APRIL

Tuesday, April 9th meeting

Saturday, April 20th Scandinavian Festival, Sacramento Elks Lodge #6, 6446 Riverside Blvd. Sacramento, Ca. 95831



MAY

Friday, May 17th, Syttende Mai Celebration

JUNE

No local meeting

District 6 Convention, June 21-23, Las Vegas



JULY

Lodge Picnic, to be scheduled, outside venue



AUGUST

No meeting

SEPTEMBER

Sunday, September 8th, Camper Recognition BBQ



OCTOBER

Tuesday, October 8th, meeting

NOVEMBER

Saturday, November 9th, Viking Festival



DECEMBER

December 7th, Julebord with officer installation.



All meetings and events at the San Juan Masonic Center, Citrus Heights, unless otherwise indicated.

OTHER EVENTS

Memorial Day Weekend Events at Camp Norge, May.

Youth Camps at Camp Norge, June-July.

Kretstevne at Camp Norge, Labor Day Weekend.

Oldfjell Camp at Camp Norge, September Rosmaling Class—check District Six website.



Mark the Date for the District Six Lodge Meeting and Convention!
June 20-24, 2024
Tuscany Suites and Casino, Las Vegas, NV

2024 ROALD AMUNDSEN LODGE OFFICERS

Like all organizations these days, we could really use some younger folks volunteering to at least understudy for lodge leadership positions.

POSITION	NAME
President*	Tove-Lise Miller
Vice President and Membership Chairman*	Norman Hales
Secretary*	Arlene Kozub
Treasurer*	Stephen Rosenthal Kathy Bennett
Social Committee*	Peggy Hyde, Norman Hales, Judy Hales
Cultural Director (Tsar)*	Stephen Rosenthal
Scandinavian Festival Committee	Peggy Hyde, Norman Hales
Auditor	Susan Lemmon
Counselor*	Norman Hales
Foundation Director	Tove-Lise Miller
Musician	Lars Gjerde
Editor	Stephen Rosenthal
Public Relations	DeAnn Smeltzer
Trustee(s)	Betty Williamson
Youth Director	Eric Malme
Facebook Manager	Arlene Kozub
Website Manager, Zoom Contractor	Terje Miller
Book Club Founder	Noelle Buer
* Board member	