

# THE NAVIGATOR

## MARCH 2026

A Publication of Roald Amundsen Lodge 6-48

Sons of Norway, Sacramento, California

Editor: Stephen Rosenthal

rosen@winfirst.com

With Reporter: Dick Tracysen, a "Specialist in Creative Journalism"

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

Website: [sonsofnorwaysacramento.com](http://sonsofnorwaysacramento.com)

Facebook: [facebook.com/sonsofnorwaysacramento](https://facebook.com/sonsofnorwaysacramento)



### FROM PRESIDENT TOVE-LISE:



Welcoming the Change of Seasons!

I always dislike it when it gets dark early, but now spring is in the air and the days are getting longer. As I notice these changes, I often find myself reflecting on my childhood in Norway, where the winter days were very much shorter. Perhaps the reason I was able to handle it so well was simply because I had never known anything different.

It saddens me to observe that our membership is aging, and, unfortunately, we are losing many members. I try to make an effort to

stay in touch with as many members as possible, but I have to acknowledge that I do not have as much energy as I once did.

Recently, I enjoyed a very pleasant visit with **Ann Sandner**, who is a former president of our lodge. The occasion was to present her with recognition for her forty years of loyalty to our lodge. This visit brought back fond memories of conventions we attended together, sharing a room and always enjoying each other's company.

It encourages me to see that we have recently added a couple of new families with young children. It is especially nice to see that they are interested in Camp Trollfjell. Remember early bird discount if you register by April 1. More information on page 4.

Looking forward to see you at our upcoming events.

Hilsen Tove-Lise.

CONVENTION DELEGATE SELECTION AT MARCH 10TH MEETING, 7 PM. ! \*



**Ann Sandner**

# Torsk, Lutefisk & Meatball Dinner!

Saturday, March 28, 2026

Social Hour 5:00 pm / Dinner at 5:30 pm

Roald Amundsen Lodge 6-48, Sons of Norway

San Juan Masonic Center

5944 San Juan Avenue,

Citrus Heights



Prepaid reservations only: Adults and Teens \$25; Children 12 and under free.

**RESERVATIONS LIMITED—NO AT-THE-DOOR SALES.**

For reservations mail form and payment (check to Sons of Norway) to Pres. Tove-Lise Miller, Roald Amundsen Lodge, 2656 Barbera Way, Rancho Cordova, CA 95670-3742. If you need further information call 916/364-8704 or email to tovelise@aol.com. Maximum attendance about 50.

**MAIL BY MARCH 15th, PLEASE!**

T-L-M Dinner. Please reserve for the following.  
(No tickets—Reservations will be checked at the door.)

Names: \_\_\_\_\_

Phone # and e-mail of submitter: \_\_\_\_\_

# Adults , Teens \_\_\_\_\_ @ \$25 each Total Charge \$ \_\_\_\_\_

# Children 12 and under \_\_\_\_\_ @ FREE

TOTAL ATTENDEES \_\_\_\_\_

FOR OUR PLANNING PURPOSES, PLEASE ESTIMATE HOW MANY IN YOUR GROUP MIGHT BE EATING LUTEFISK \_\_\_\_\_

**DETACH AND MAIL WITH CHECK WITH YEAR DATE 2026!**

## UPCOMING LODGE EVENTS 2026

### MARCH

Tuesday, March 10, Business mtg. 7 PM

Saturday, Mar. 28, Fish/Meatball Social

### APRIL

Tuesday, Apr. 14, Business meeting

### MAY

Tuesday, May 5, All SON members Zoom meeting.

Sunday, May 17, Norwegian Constitution Day Celebration (Syttende Mai)

### JUNE

Tuesday June 9, Business meeting

### JUNE

BIENNIAL DISTRICT CONVENTION, Sacramento (11th—14th)

### SEPTEMBER

Sunday, Sept. 13, Camper Recognition BBQ

### OCTOBER

Tuesday, Oct. 13, Business meeting

### NOVEMBER

Tuesday, Nov. 10, Business meeting

Saturday, Nov 7, Viking Festival

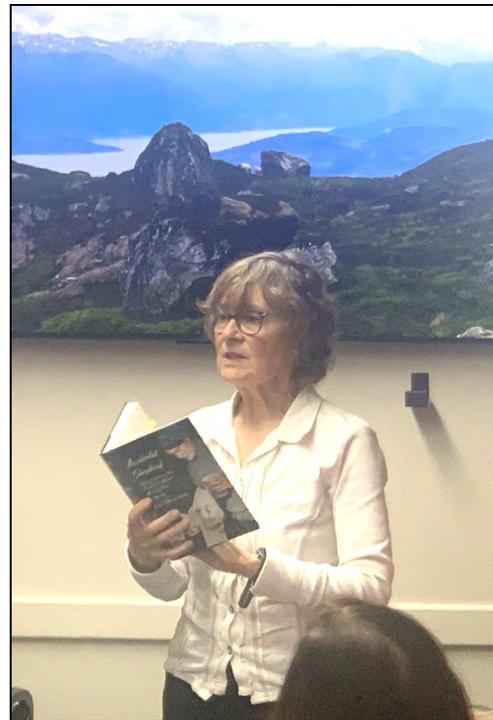
### DECEMBER

Saturday, Dec 5, Julebord with 2027 officer installation.

**All meetings and events at the San Juan Masonic Center, Citrus Heights, unless otherwise indicated. Call 916.364.8704 for more information. Also [sonsofnorwaysacramento.com](http://sonsofnorwaysacramento.com).**

## AUTHOR PRESENTER BROUGHT OVER 30 MEMBERS OUT FOR FEBRUARY MEETING!

And they were not disappointed! **Liese Greensfelder**, author of: *The Accidental Shepherd: How a California girl rescued an ancient mountain farm in Norway*, showed photos and told of her experiences as a young American struggling, due to circumstances, to manage a run-down farm in Norway. Her new book tells this story, and the Roald Amundsen Book Club will be reading it in the near future. Some members already are and have reported that the story is very interesting.



The lodge thanks our Cultural Director, **Christina Newport**, for arranging this program. The book is readily available on Amazon and elsewhere.



# CAMP Trollfjell & Folkehøgskule



## NORWEGIAN LANGUAGE & HERITAGE KIDS CAMPS

REGISTRATION  
JAN 1 - MAY 31

Early Bird Discount  
Register by April 1st

Trollfjell Folkehøgskule (ages 14-17)

- June 28-July 11

Camp Trollfjell (ages 8-13)

- July 12-25



Camp Norge in Alta, CA



<https://sofn6.org/arv/camp-trollfjell/>



[Trollfjell](#)

### 2026 YOUTH CAMPS INFORMATION!

Sons of Norway District Six will offer Camp Trollfjell & Folkehøgskule in summer 2026 at Camp Norge, located near Alta, California in the Sierra Nevada mountains. These Norwegian Language & Heritage Kids Camps provide young people with an opportunity to learn about Norwegian culture while participating in traditional summer camp activities.

Two two-week sessions are planned. **Trollfjell Folkehøgskule for ages 14–17** will be held June 28–July 11. **Camp Trollfjell for ages 8–13** will follow from July 12–25. Each program is designed to be age-appropriate and to encourage learning, participation, and connection among campers.

Daily activities include Norwegian language instruction, folk dancing, rosemaling, hikes, campfires, games, and other group activities. Time is also built into the schedule for recreation and social interaction in a supervised camp setting.

Registration will be open from January 1 through May 31, with an early bird discount available for registrations received by April 1.

Camp Trollfjell & Folkehøgskule information tree: [linktr.ee/trollfjell](https://linktr.ee/trollfjell)

Register for Camp Trollfjell at: [sofn6.org/arv/camper-registration/](https://sofn6.org/arv/camper-registration/)

Register for Trollfjell Folkehøgskule at: [sofn6.org/arv/folkehogskule-registration/](https://sofn6.org/arv/folkehogskule-registration/)

***NOTE: Roald Amundsen Lodge usually partially subsidizes camp tuition for youth with family lodge affiliation. Contact Tove-Lise at [tovelise@aol.com](mailto:tovelise@aol.com) for more information.***

## **DISTRICT SIX CONVENTION RETURNS TO SACRAMENTO**

### **AFTER 22-YEAR HIATUS!**

This biennial convention will be held at the DoubleTree Hilton Hotel in the Point West area of Sacramento, and will include a one-day trip to Camp Norge available to all delegates. The convention dates are June 11-14.



Roald Amundsen Lodge has qualified by member count for five delegates who will have to be chosen from the membership (see below).

The leadership/membership seminars will be on Saturday morning and the District Convention meetings will be on Saturday and Sunday. There will be a hosted dinner on Saturday and the Banquet with installation of officers on Sunday. Any and all members of District Six may attend even if not a delegate. Save the dates! Any lodge member interested in helping at the convention contact Tove-Lise. See the next page for folk art exhibition information.

## **CONVENTION DELEGATE PROCEDURE – MARCH 10 MEETING**

The biennial District Six (of which we are a part) Convention will be held right here in Sacramento during the long weekend of June 11-15. Additional information can be found elsewhere in this Navigator and in the District newsletter that will be available soon on the District Six website. One unusual feature will be a bus trip for all interested delegates to visit Camp Norge on Friday, March 12<sup>th</sup>.



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

We will select, by majority vote, the lodge delegates at the 7 PM March 10<sup>th</sup> 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 President **Tove-Lise Miller** will be a delegate to the convention by virtue of being a district officer (Zone One Director) and her stipend will be provided by the district. She will not count as one of the lodge delegates.



# 2026 Folk Art Exhibit



Painting



Photography



Rosemaling



Carving



Knitting

## 2026 Folk Art Exhibition

It's time to start preparing your projects for the 2026 Folk Art Exhibition at the Biennial District Six Lodge Meeting and Convention.

An 'Olaf' award will again be presented to a favorite digital or electronic program. So, start, or continue your knitting, stitching, carving, weaving, painting, etc, or get creative with a digital program.



**Sons of Norway District Six  
2026 Biennial Meeting & Convention**

**June 11 – 14, 2026**

**DoubleTree by Hilton Hotel Sacramento  
2001 Point W Way, Sacramento, CA 95815**



[2026.sofn6.org/folk-art-exhibit/](https://2026.sofn6.org/folk-art-exhibit/)



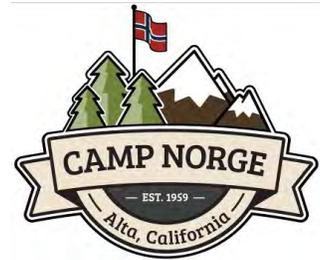
[culturaldirector@sofn6.org](mailto:culturaldirector@sofn6.org)



[2026.sofn6.org](https://2026.sofn6.org)

## TWO SPRING WORK PARTIES AT CAMP NORGE

In preparation for a busy 2026 season and the District Six Convention field trip to Camp Norge, the Recreation Center Board has scheduled **two spring work party weekends** this year—an unusual but important step. Volunteers are invited to help on **Saturday, April 18** and **Saturday, May 30**, as we get the camp ready to welcome members from across District Six.



This year, Camp Norge is hosting delegates during the **2026 District Six Convention**, making spring preparation especially important. Volunteers of all skill levels are welcome—

whether for a full day or just a few hours.

Come for one day or both! No special skills required! Many hands make light work (and good fellowship)!

Contact: Teri Morken: [terimorken@gmail.com](mailto:terimorken@gmail.com) or Fred Hymans: [fred.hymans@campnorge.org](mailto:fred.hymans@campnorge.org)



*Dept. of Labor Inspector not expected*

*Somebody better bring a snow shovel to the first work party!*



### SONS OF NORWAY MISSION

### STATEMENT

The mission of Sons of Norway is to provide quality insurance and financial products to our members, to promote and preserve the heritage and culture of Norway, and to celebrate our relationship with other Nordic countries.

**Sons of Norway** is a fraternal life insurance company devoted to supporting you through every stage of life, while providing opportunities for a vibrant social experience around Norwegian culture. As a Sons of Norway member, you can reconnect with your heritage, learn about modern Norway, build a strong financial foundation and participate in philanthropic endeavors that make a positive impact in your community.

# Sons of Norway District Six Convention June 11 – 14, 2026



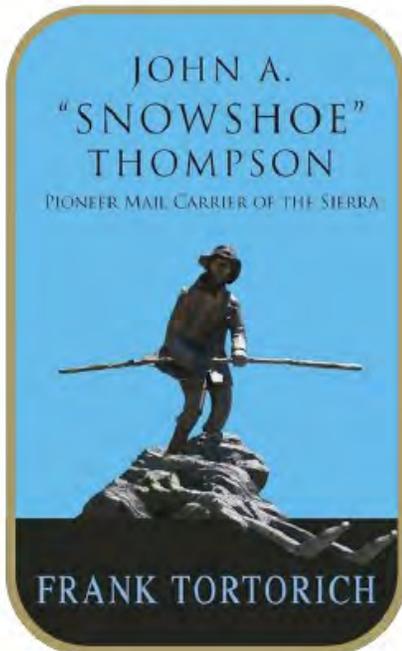
The 2026 Convention kicks off with a  
**Friday outing to Camp Norge!**

🌲 Tour the grounds and reconnect with District Six friends. 🌲

🌲 Enjoy lunch prepared by our very own Kirby Aasen. 🌲

🌲 Author Frank Tortorich presents his program: 🌲

**John A. “Snowshoe” Thompson,  
Pioneer Mail Carrier of the Sierra.**



Camp Norge is conveniently located just one hour by bus from  
the DoubleTree by Hilton in Sacramento.

 [hilton.com](https://www.hilton.com)



[campnorge.org](https://www.campnorge.org)

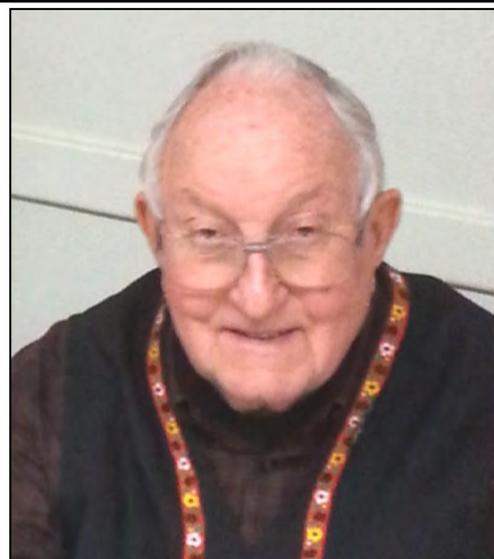
 [2026.sofn6.org](https://2026.sofn6.org)

Former lodge president...

Delegate to many district conventions...

### **REMEMBERING JOE HANNON, 1936 – 2026**

Joseph Hannon was born in Vancouver, Wash., but moved with his family to Redding at the age of 12. He met **LaRena** (also a lodge member) while in college and they married and moved to Sacramento in 1959 where they completed college. He retired from **CalTrans** after 43 years of service. During his life he enjoyed hunting and fishing and traveling the country visiting relatives and seeing the sites. His crowning achievement was designing and building a house near Donner Summit. After retiring he and LaRena would visit their cabin, "Fort Hannon," about twice a month.



Joe was President of Roald Amundsen Lodge during a two-year period 2006-2007. Later, and for several years, Joe was Chairman of the annual Sacramento area Scandinavian Festival, a coordinated event that showcased the crafts and ethnic foods of the various Scandinavian lodges that then existed in the area, including Norwegian, Swedish, Danish, Finnish, Icelandic and Sami.

After the lodge's Hall and Park Association sold its lodge building in 2003 Joe became Treasurer of the Association and was the steward of the building sale proceeds which were invested in securities. He successfully guided and protected these investments during the 2007-2008 recession and for a number of years thereafter.

Joe had been in hospice care and passed on February 1st, at the age of 89.

**LaRena and son Sean and daughter Micheyln Barnett will be offering a Celebration of Joe's Life, scheduled as follows:**

**April 25th noon - 3pm**

**Carmichael Elks Club**

**5631 Cypress Ave.**

**Carmichael, CA 95608**

**Lunch will be served and those planning on attending should please notify Micheyln so that she can get a proper head count for the food order:**

**Micheyln, cell 916-531-9487, [micheylbarnett@yahoo.com](mailto:micheylbarnett@yahoo.com).**

Rest in peace, Joe.



You are invited to a  
Celebration of Life  
for Joe Hannon

Saturday  
April 25, 2026  
Noon - 3 p.m.



Carmichael Elks  
5631 Cypress Ave.  
Carmichael, CA

*Please RSVP by April 18 so we can include you in our lunch count.*

Micheyl Barnett  
(916) 531-9487 | micheylbarnett@yahoo.com



### **WIFE OF MEMBER TROND ASCHEHOUG PASSES**

**Judith Ann Aschehoug**, 82, of Granite Bay, California passed away on February 8th, 2026. She was born in Iowa and met Trond in Ames, Iowa. They were married in 1967. In addition to Trond she is survived by their son Erik of Nesodden, Norway; daughter Heidi Jo Aschehoug of Fair Oaks; and daughter Jill Marie Aschehoug of Granite Bay, and their respective spouses.

Trond has been a member of Sons of Norway for over 48 years. He grew up in Norway.

Services will be held in West Des Moines, Iowa. The lodge sends condolences to Trond and the other family members.



1938 – 2026

**LOIS A. MacNEIL**

Longtime member (38 years) Lois MacNeil passed away this past February 23<sup>rd</sup>, a few weeks short of her 88<sup>th</sup> birthday. She is survived by a sister who lives elsewhere.

Lois occasionally would tell stories about when she was young and worked on the automobile ferry that runs between Sweden and Denmark in the Baltic Sea. Lois could speak Swedish, which was helpful in her employment.

For quite a few years Lois would sit at the lodge information table for the Viking Festival, greeting the attendees and distributing information about Sons of Norway and Roald Amundsen Lodge. She was a cheerful person, well equipped to be our lodge greeter.

If and when we receive any information concerning a funeral or a life celebration, we will pass it on. The lodge members will remember Lois for her cheerful disposition and friendliness.



*Lois, left, and Ann Sandner*

**SUBMARINE SURVEILLANCE IN THE ARCTIC**

Due to recent stepped up incursions of submarines from non-NATO countries in the waters off Norway including Svalbard, Greenland and other Arctic regions, NATO has greatly stepped up its Anti-submarine Warfare (ASW) capabilities in these areas in an effort called Arctic Sentry. If you would like to “go aboard” one of these ASW ships to participate in an ASW exercise, focus on the QR code icon to take the trip on a Spanish warship operating out of Bergen.



*Photo from Royal Norwegian Navy. “A Commanding Officer of a surface ship never likes to receive of photo of his ship in a periscope’s crosshairs.” - from an old ASW officer and sometime editor.*



2:38 minutes.

## NOTABLE NORDIC NEWS...

Probably for the first time ever there are more US-born residents of Norway than there are Norway-born residents of the U.S. ... The **Epstein** taint has struck Norway, too. Google the following: **Børge Brende**, CEO of the World Economic Forum; former Prime Minister **ThorBjørn Jagland**; and Norwegian diplomat **Terje Rød-Larsen**. ... The U.S. is playing catchup in the Arctic. For instance, a group of “highly trained” American Green Berets are now training for arctic warfare in the Swedish Arctic regions. Reportedly soldiers burn more than 7,000 calories a day in the Arctic doing only moderate exercise. ... According to an article in the WSJ (Robert O’Connell), Norway’s Olympic superstars have one major attribute – a remarkable capacity to withstand pain. **Johannes Høsflot Klæbo**, the cross-country skier who won six gold medals, trains for his famous uphill sprint by climbing from sea level to the peak of a Norwegian mountain.

## THE RED HAT LADIES...

As is widely known, there are more folks of Norwegian descent in Minnesota than in any other state. Also, a lot of them knit.

During WW2 a red knitted hat, called a “nisselue,” which roughly translates to Santa hat, became popular as a silent protest of the Nazi occupation of Nor

## Penny’s Rosemaling Spring Retreat Save the Date!!!

At Camp Norge April 25-26, 2026

Looking forward to seeing you at camp.

Be the first in the know—Join our email list

Email: PennysRosemalingSeminar@gmail.com



way. The pattern for it is still available from the **Norwegian Resistance Museum**. The “**Needle and Skein**” knitting store in Minneapolis ordered the pattern in January and during January and February the knitting and wearing of these hats became very popular. The pattern sells for five bucks and the store is donating about half the proceeds from its sale (so far donations of somewhere north of \$200,000) to several immigrant help groups. For some reason the head-gear has come to be called the “Melt the Ice” hat. That is about all we know about that.



## WINTER OLYMPICS WRAP-UP



Members of the 232-athlete US Winter Olympics	RANK		GOLD	SILVER	BRONZE	TOTAL
	1	NORWAY	18	12	11	41
	2	UNITED STATES	12	12	9	33

team certainly turned in some masterful performances, perhaps exemplified by the wonderful free-style skating of **Alysa Liu** and the **gold metal wins of both the men's and women's hockey teams.**

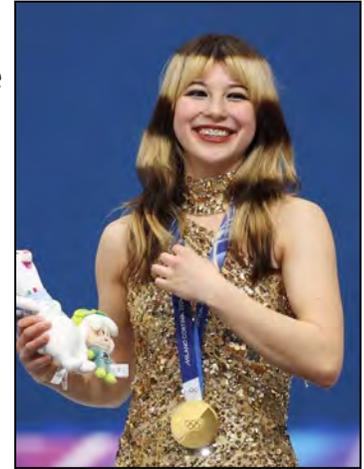
But, how does a country with a population of less than 2% of the population of the United States - and this year with a modest athlete count of only 86 - consistently finish with the most medals, and most gold medals, in the Winter Olympics? Well, it's not, as one pundit suggested, "...because Norwegians pop out of the womb in skis and skates." This year, Norwegian cross-country skier **Johannes Høsflot Klæbo** won six gold medals, the most ever won in one winter Olympics by one person. \*

Maybe it has something to do with the way Norway's philosophy of youth sports differs from that here in the United States, where participation in youth sports have become terrifically expensive and youth start specializing in one or two sports at an early age.

Norway insists that youth sports be affordable for everyone, and fun. Facilities are often modest. They encourage kids to sample many sports and not to specialize too early. In some sports they don't

even bother keeping score until athletes are 13. Only after that childhood experience are the country's elite athletes selected for training academies where they have access to top coaches and other elite athletes. And prior to this Olympics they took their whole team to a one-week camp in Spain to make them feel less like individual skiers and skaters and more like a real team. For now, at least, their approach has obvious results. (For an interesting and more complete article on this subject, look on-line for a Feb. 17<sup>th</sup> article from the Wall Street Journal entitled One Tiny Country Dominates the Olympics – and Everyone Wants the Secret, By Ben Cohen and Joshua Robinson. It should be readily available without a Wall Street Journal subscription. Or if need be, ask this editor for a copy.)

*\*Klæbo won six gold medals, but only four were in individual events. American speed skater **Eric Heiden** won five golds at the 1980 Lake Placid Olympics and all of them were in individual events, and so his record of five gold in individual events still stands. He is from Shorewood Hills (suburban Madison), Wisconsin (very close to where your editor grew up - much earlier). Heiden went to the University of Wisconsin and then to Stanford Medical School and became an orthopedic surgeon who practiced for a while right here in Sacramento. He is now 67 years old.*



*Liu; Klæbo.*