

# THE NAVIGATOR

## MAY 2026

A Publication of Roald Amundsen Lodge 6-48

Sons of Norway, Sacramento, California

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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 (MAY):

Growing up in Norway, the month of May has always held a special place in my heart. This is largely due to Syttende mai, Norwegian Constitution Day, which is a memorable occasion for children. The day is filled with parades, music, games, and the delight of enjoying as much ice cream and hot dogs as you can handle. Additionally, May is my birthday month, which adds to the excitement and fond memories.

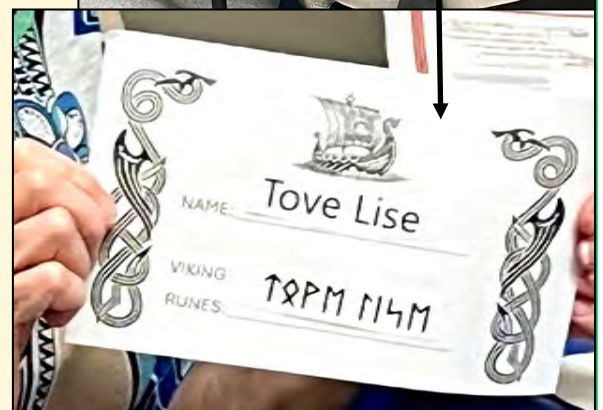
I want to express my gratitude to everyone who attended our soup supper meeting last month. A special thank you goes out to Peggy, Arlene, and Tove-Lise for preparing the delicious soups, and John for baking the wonderful bread. We also enjoyed a fascinating cultural program about RUNER, which added depth and interest to the evening.

If you have not yet signed up for kids' camp, it is not too late. Please consult the information provided in this newsletter. Our lodge currently has three participants registered for Camp Trollfjell and three for Folkehøgskule.

Time seems to be flying by, and everyone is working diligently to ensure a successful District Six convention in Sacramento this June. It is incredible to think that soon we will begin planning for our fall and winter activities. I am grateful to all who step up to help whenever needed.

I look forward to seeing many of you at our Syttende mai celebration.

Hilsen Tove-Lise



## ROALD AMUNDSEN LODGE

### SYTTENDE MAI OBSERVANCE/CELEBRATION!

(SUNDAY, 17th OF MAY, 2026)

Festivities will begin at 2:00 pm at the usual Masonic Lodge venue.

**COME CELEBRATE CONSTITUTION DAY IN A NORWEGIAN WAY WITH**

***PØLSE MED LOMPE* AND A FEW EXTRAS!**

**AND ALSO**

**CAKE AND ICE CREAM!**



**\*If you care to bring something special, please do, but certainly not required.**

**Sweaters and bunads encouraged but not required.**

**NOTE: There is no charge for this event and no formal registration. However, in order to insure proper food quantities, Tove-Lise would appreciate a call (916-364-8704) or email (tovelise@aol.com) indicating your likely attendance and the size of your party.**

**JUST A REMINDER: Constitution Day** is the National Day of Norway and is an official public holiday observed on 17 May each year. Among Norwegians, the day is referred to as *Syttende mai* ('17th of May'), *Nasjonaldagen* ('National Day'), or *Grunnlovsdagen* ('Constitution Day'), although the latter is less frequent. Norwegians often celebrate with large parades in which everyone wears the national costume (bunad). People eat hot dogs, waffles and ice cream and the children play playground games.



## UPCOMING LODGE EVENTS 2026

### MAY

Tuesday, May 5, All SON members Zoom meeting. (on line)

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

### JUNE

Tuesday June 9, Business meeting

### JUNE

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

### SEPTEMBER

Sunday, Sept. 13, Camper Recognition BBQ

### OCTOBER

Tuesday, Oct. 13, Business meeting

### NOVEMBER

Tuesday, Nov. 10, Business meeting

Saturday, Nov 7, Viking Festival

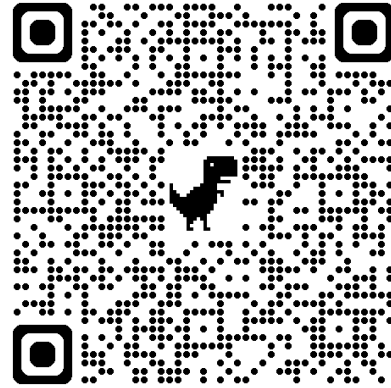
### DECEMBER

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).**



*The QR code below should take you to registration for the All SON Zoom meeting...*



## CHRISTINA WRITES OUR NAMES USING A RUNIC FUTARK!

Our lodge Cultural Director and Viking lore aficionado Christina Newport gave an interesting presentation on Viking Runes at our recent Soup Supper. Also, she translated the names of several members to a Runic Futark (i.e., an alphabet, more or less).





# Spring Work Party #2

*Help us continue getting Camp Norge ready for an exciting 2026 season! With the District Six Convention just around the corner, there's still plenty to do.*

*Join us for another productive and fun day at camp:*

**Saturday, May 30 | 9am – 5pm**

*Stay the night at camp for free!*

*Breakfast, lunch, and dinner provided.*

*Bring gloves, tools, paint supplies, and cleaning supplies.*

*Projects available for all ages and abilities.*

**Please RSVP — Email Fred at [fred.hymans@campnorge.org](mailto:fred.hymans@campnorge.org)**



# MEMORIAL DAY WEEKEND CAMP-OUT

Join us for a fun & relaxing weekend!

**MAY 22-25, 2026**

STAY

Choose from: Main Lodge, Dorms, Cabins or bring your RV or tent.

Make reservations at: [campnorge.org/site/reservations/](http://campnorge.org/site/reservations/)

**DETAILS**

Come for the day or the whole weekend!

Tons of fun activities to choose from for all skills and abilities.

Meals provided or on your own.

Open to all Sons of Norway and Young Scandinavian Club members and their family and friends.

**REGISTER FOR MEALS**

[campnorge.org/site/memorial-day-meal-registration/](http://campnorge.org/site/memorial-day-meal-registration/)

Deadline to register for meals 5/14/26



## District Six Sons of Norway Convention 2026 DoubleTree by Hilton Sacramento June 12–14, 2026

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### REQUEST FOR NORWEGIAN COOKIES

Hello District Six Lodge Members,

One of the fine traditions of our conventions is the Norwegian cookies or pastries at our coffee breaks. During these breaks, we share ideas, greet old friends, and meet new friends as we delight in Norwegian baked goods.

We are requesting your help in providing the large number of cookies that our delegates, guests, and visitors so thoroughly enjoy. Consumption of thirty dozen cookies at each of the coffee breaks is typical.

Cookies must be authentically Norwegian (or Scandinavian) and be home-baked, which is in compliance with our hotel contract. It must be cookies that the hotel would not provide for us. The cookies are to be delivered to the Convention Registration desk (not hotel registration desk) upon your arrival. Please label your containers, if you want them back, so you or your designee can pick them up at the end of the convention.

Communication is important to ensure that we have enough cookies but not so many that will need to be hauled home or given away. Please designate one member from your lodge to keep track of the quantities of cookies that your lodge members are making. Please contact me regarding the anticipated participation and then keep me informed as progress is made to fill freezers or pantries with containers of cookies.

If your lodge members have not worked on the Cooking Cultural Skills unit, now would be a perfect opportunity to start or continue with Level 2 – Baked Goods and Desserts.

We look forward to a varied and sumptuous cookie feast at the convention coffee breaks.

Tusen takk! We look forward to seeing you in Sacramento in June!

Arlene Kozub, Cookie Chairperson  
916-316-9174 cell  
[arlene.kozub@gmail.com](mailto:arlene.kozub@gmail.com)

**NOTE:** The convention committee is also asking for donations of Norwegian/Scandinavian/Viking items for the silent auction. This is a departure from the usual targeted raffle, where you put your ticket into a bag next to the item you want. (This change is because of California regulations regarding games of chance.) We'll take individual items or baskets/groupings. The volunteers will make groupings on site if necessary. Our lodge volunteers have several empty baskets, ready to make some groupings. If there are significant/large items donated, they will be separate silent auction items.

**NEWS FROM AND ABOUT NORWAY**

**BORDER REGION:** Road information written in Cyrillic is being removed from street and highway signs in Norway's northern border regions. For years the Cyrillic signs existed to aid Russian citizens who crossed the formerly relatively open border to shop and to sell goods in the nearby Norwegian towns. Cross-border traffic across the border is now largely closed.

**DRONES:** Ukraine and Norway will launch joint production of Ukrainian-designed mid-strike drones, with several thousand units planned for the Armed Forces of Ukraine, Ukraine's Defense Ministry said on April 27. The drones will be manufactured in Norway and then transferred to Ukraine's military.

The project will be financed by Norway using additional funds allocated on top of its previously pledged \$7 billion in military support for Ukraine in 2026.

Norwegian Defense Minister Tore Onshuus Sandvik said the cooperation would strengthen both countries' security and industrial capacity. "Supporting Ukraine's fight is the most important thing we do for Norway's security," he said.

**JORDSKJELV! (EARTHQUAKE!):** A 3.0-magnitude earthquake struck near Oslo, Oslo County, Norway. The tremor was recorded in the morning on Sunday, April 26th, 2026, at 9:24 am local time, at a very shallow depth of 4.50 km below the surface.

**THE KRONE AND THE OSLO BORS (OBX)( Stock Market):** The Norwegian *kroner* has been getting much stronger against the world's most important currencies. As of April 29th it was up 7.8 % against the US dollar since the New Year, and that may fend off a series of interest rate hikes previously expected. Norwegians are crossing into Sweden with their strong currency to shop in cheaper Sweden. The OBX has gained over 21% since the first of the year.

**In Memoriam...****DIANE ENGELBRITE**

We have been informed that Diane passed on December 5th, 2025, surrounded by her family. Unfortunately, we have no information on a planned Celebration of Life, which may have already been held. She was being cared for by a daughter who survives her. Diane had been a member of the lodge since 2005.

Diane and her husband Stan lost their home in the Camp Fire of 2018 in the Paradise California area. We understand that they evacuated with an overnight bag, some documents, and their dog, Victor. Their home was a total loss.

We Roald Amundsen Lodge members offer our condolences to family members on Diane's passing.



## **SONS OF NORWAY FOUNDATION NOTES**

The impact of Foundation support continues to grow. This year, 75 grant requests were submitted totaling \$194,000, supporting projects that strengthen lodges, enrich communities, and promote Norwegian culture. Scholarship interest is also up significantly, with applications increasing from 200 to 309. In recognition of this important work, the Norwegian Royal Family has selected the Sons of Norway Foundation as part of its Royal Patronage program, acknowledging the Foundation's significant contributions to Norwegian culture and heritage.

The Foundation awarded 60 grants in 2026, supporting cultural programs, community initiatives, and outreach that benefits students, families, lodges, and individuals in need. At the same time, scholarship activity continues to grow, with increasing numbers of applicants and awards supporting both domestic and international study. As this article goes to print, scholarship recipients are being notified, each one representing an investment in the future of our communities and our shared heritage.

**To honor the Foundation's 60th Anniversary, every District Six lodge is invited to take part in a shared and visible show of support at the District Six Convention. Each lodge is encouraged to bring and donate \$60 to the Foundation in honor of 60 years of impact. The checks may be presented at the Foundation Coffee Hour during the convention.**

## **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.

# Become A **CETUSA** HOST FAMILY



- Host families provide a room (can be shared), meals when not in school, some transportation for school activities, and a loving/welcoming environment.
- Host families become eligible for a tax deduction.
- Learn more about another country, culture, language, and world perspective.
- Students have their own medical insurance and a minimum of \$250 a month in spending money.
- Students are between the ages of 14-18. They come from Europe, Asia, Australia, and South America.
- Students are excited to be a member of their host family and participate in everyday activities.



[www.cetusa.org](http://www.cetusa.org)

Council for Educational Travel USA

888.238.8721

**SINCE THIS WAS DISTRIBUTED BY SON HOME OFFICE, STUDENTS FROM SCANDINAVIA  
MAY BE AVAILABLE TOO.**

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



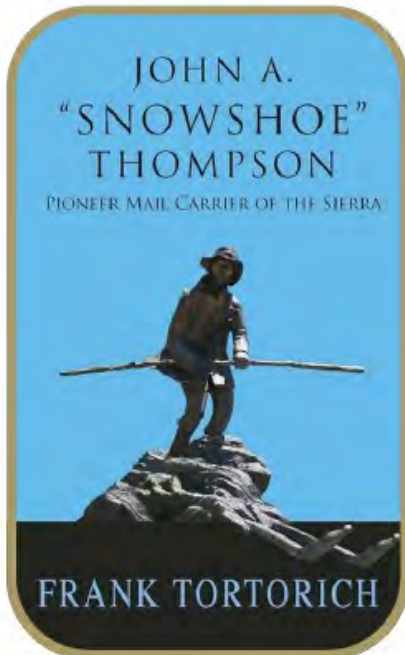
The 2026 Convention kicks off with a  
**Friday outing to Camp Norge!**

🌲 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)



# 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)



# CAMP Trollfjell & Folkehøgskule



## NORWEGIAN LANGUAGE & HERITAGE KIDS CAMPS

REGISTRATION  
JAN 1 - MAY 31

**HURRY!**

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 15.

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

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

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

2026**ROALD AMUNDSEN LODGE 50% OF TUITION****SCHOLARSHIP APPLICATION**

LANGUAGE/HERITAGE (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, Aunts, Uncles 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 13th 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, CAMP NORGE BUTTON:** (<https://campnorge.org/site/>)

Agreed:

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

Date \_\_\_\_\_

Date \_\_\_\_\_

*Please promptly submit this scholarship application and your letter about attending to Tove-Lise Miller. Send to her email [tovelise@aol.com](mailto:tovelise@aol.com), or mail to her at 2656 Barbera Way, Rancho Cordova, CA 95670-3742. Questions: call (916) 364-8704.*