

# THE NAVIGATOR

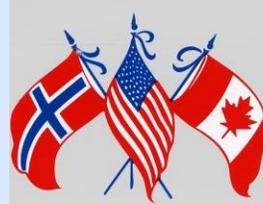
A Publication of Roald Amundsen Lodge 6-48  
Sons of Norway, Sacramento, California  
Summer, 2016 (Published July 17th)

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

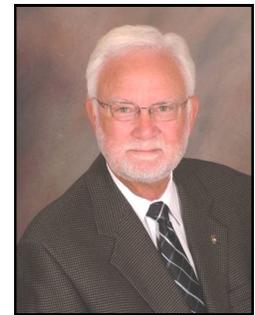
*Intrepid Reporter: Dick Tracysen (currently on leave  
and residing at the Betty Ford Clinic)*



## A MESSAGE FROM THE LODGE PRESIDENT:

Greetings, fellow lodge members,

I guess one could say that we are in the horse latitudes of summer, when as a lodge we have few or no events scheduled – our “ship” is becalmed! But, soon the autumn winds will arrive and we will sail forth onto the fall scene, starting with our September lodge meeting that will not take place on the usual second Tuesday, but rather on Sunday afternoon, September 18<sup>th</sup>. This is our annual meeting scheduled so that our campers can describe their camp experiences and show some of their craft projects. There is a BBQ dinner as part of the event, provided by the lodge at a modest charge (see the flyer elsewhere in this Navigator). Although the flyer does not say so, you campers who attend do not have to pay for your dinners. Lodge members are always very interested to hear about the camp activities and to see the demonstrated crafts that relate to our Norwegian heritage.



We provide a short report on the biennial convention, recently completed, elsewhere in this Navigator. I recommend to any and all to consider being a delegate to a future convention. Among other things, you meet a lot of nice people of Norwegian background from all over the western United States. The hotel was packed, as two or three other conventions were going on at the same time. One was a convention of Model A owners – the parking lot was full of beautifully restored old Model A's (see photo)! I saw one that had been driven all the way from Modesto to Loveland, the site of the convention.

It looks as though our Lutefisk Dinner scheduled for October is a “go.” More on that next newsletter. But for now, enjoy your summer, “put to sea” if you can, and we will see one another when our respective ships return to port.

President Steve



**SIDEBARS FROM THE EDITOR...**

**UPCOMING CULTURAL PROGRAM**



Our last two cultural programs have been most interesting. In May, **LaRena Hannon** presented *Norwegians in Texas*.

In June, **Lyla Hanson** presented a program prepared by Carol Francis on the **history and evolution of the Norwegian flag**. It seemed fitting that that program was presented on Flag Day.

On Sunday, September 18th, we will have our annual Fall BBQ and presentations from our camper kids and teenagers on their camp activities. Come and see how our heritage is being preserved through these young campers, and enjoy a BBQ meal as well. **Reservations are required**—see flyer elsewhere in this Navigator. The cost is moderate.

**NORCAL KRETSSTEVNE  
SEPTEMBER 3-5, 2016, CAMP NORGE**

Not only will you be able to work on your cultural skills, but there will be the annual horseshoe contest, bingo, a Craft Faire, and lots of fellowship!

**ANNIVERSARY MEMBERSHIP PINS**

The lodge has been awarding membership pins for 20 years, and for five-year increments above that. No one has received pins for achieving such status in June or July. Congratulations to **Kent Oren**, who has achieved **20 years** of membership as of August. He should have already received his pin—let us know if that is not the case, Ken!

**Onya Tolmasoff's plate.**



**NAVIGATOR SCHEDULE**

We plan to publish the next Navigator in late August or early September. Please plan accordingly.  
– Editor.

**CONDOLENCES**

**Adrienne Lincoln**, our Financial Benefits Counselor, recently lost her mother after an extended illness. Our condolences, Adrienne.

**ROSEMALING SEMINAR**

See the flyer for this September event elsewhere in this Navigator. Below are the designs each instructor will be presenting:



*Karen Nelson's main design area.*

SIDEBARS (Continued from page 2)

LUTEFISK DINNER?

We are still hoping to have this dinner, scheduled for October 29th. If you can help in any way please call LaRena Hannon at 916/451-3853.

DISTRICT 6 CONVENTION NOTES

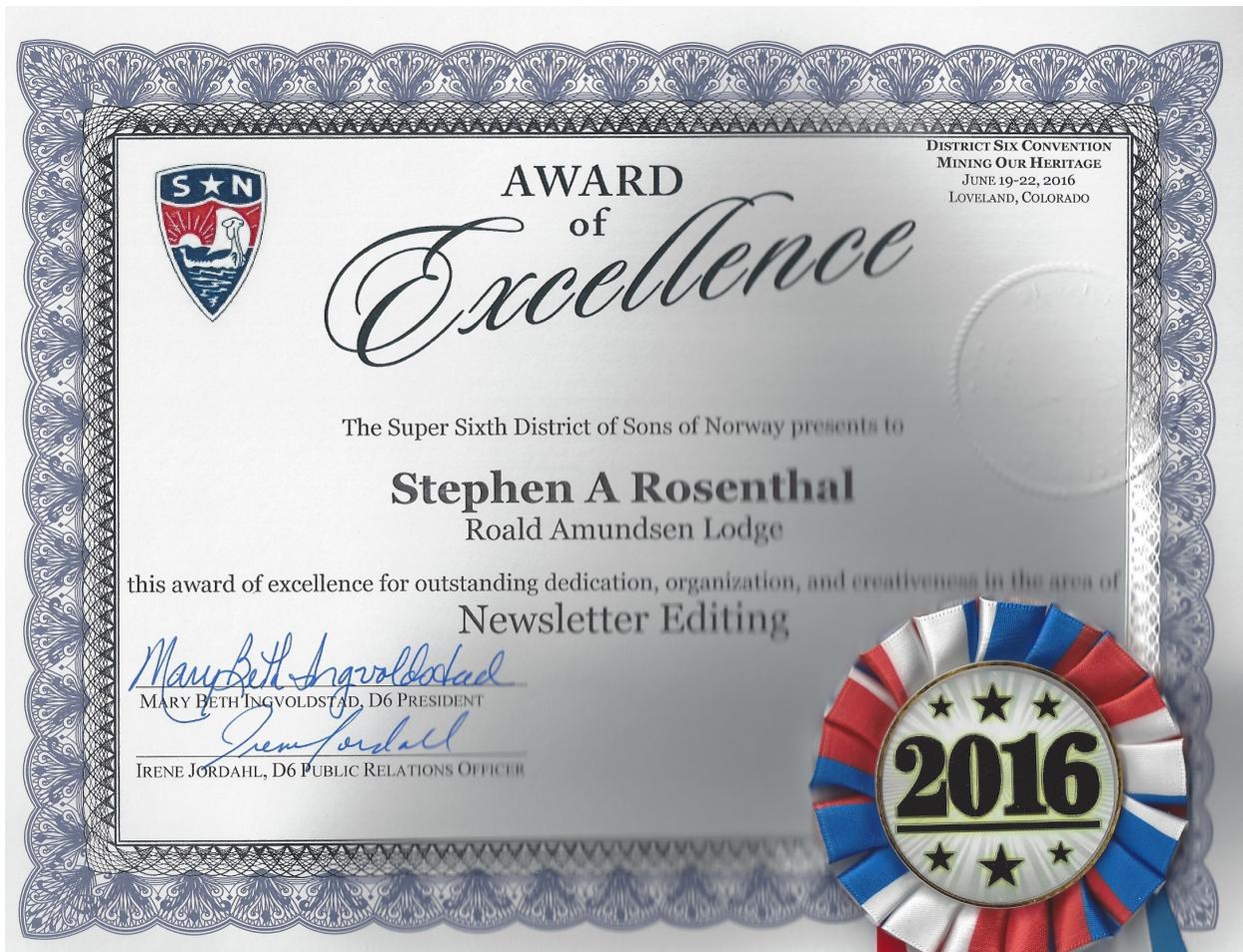
The biennial District 6 convention, just held this past June 19-22 in Loveland, Colorado, was three full days of work but also a time for a little fun. **Mary Beth Ingvaldstadt** was re-elected as District 6 President, and **Carl Ingvaldstadt** was elected as our Zone 1 Director. He was also elected as the district's representative to the International Convention, and our own **Donna Gordon** was elected as his alternate. **John Tehven**, the International President, attended the whole convention, as did several other international officers. Numerous tributes were paid to the late **Lyle**

**Berge**, who was serving as District 6 International Director at the time of his passing. **Roger Espeland** was elected to that position. Our delegates were **Stephen Rosenthal, Ann Sandner, Mike and Donna Gordon, and Joe and LaRena Hannon.**

Numerous bylaw changes and other matters were considered, but in this writer's opinion nothing momentous was changed. All will be published by the District 6 Secretary at a later date. A complete list of new District 6 officers can be found on the D6 website now.

The next convention is tentatively scheduled for June, 2018, to be held at the Graton Resort and Casino, Rohnert Park, California. Stand by to bake cookies!

Finally, as you can see below, our newsletter got a little recognition.



## SYTTENDE MAI PICNIC REPORT

Our 17<sup>th</sup> of May Syttende Mai picnic was held at the home of lodge member **Steve and Celia Rosenthal** on Saturday, May 21<sup>st</sup>. About 25 persons attended and all enjoyed good eats and camaraderie. **Joe Hannon** served as master grill.

Many participants brought delicious pot luck items. The **Higbe daughters** brought clever little cupcakes (see photo, with **LaRena Hannon**) with Norwegian flags in them. We were all gratified to see **Ray Miller** in attendance as he recovers from a horrific auto accident last year. Nonagenarian **Bill Nilsen** was as entertaining as ever.

Since **Tove-Lise Miller and Steve Rosenthal** celebrate their birthdays on the same day in May very close to the 17<sup>th</sup> of May, they often consider this as sort of a birthday party for themselves, as well. Tove-Lise was 35 this year and Steve was 39.



## *In memoriam, Thelma White...*



Long time lodge member **Thelma Pauline White** passed away this past May 29<sup>th</sup> at the age of 90. She was a gifted pianist, loved travel, music, the arts, painting and politics. For many years she was active with our Roald Amundsen Lodge.

Thelma was also active with the National Organization of Women, the Unitarian Church, and many other organizations.

Thelma was born in 1926 to parents of Knute and Ragna Floe in San Pedro, CA. She attended USC and studied in Music. She is survived by her two sons, Steve and George White, daughter-in-law Sandra White, grandchildren Kristin & Jason White, and great-grandchildren, nieces and nephews. A celebration of her life was held at the Unitarian Church on Sierra Boulevard, Sacramento, this past June 18<sup>th</sup>. In memory of Thelma, the lodge is making a memorial gift to its Scholarship Fund.

## *From Lodge Vice President Tove-Lise Miller—*

*Ray and I want to thank all our members for their good wishes and prayers after the accident we were involved in back in November. Ray is finally home again after spending more than 5 months in the hospital and rehab. He still has a long way to go but is improving a little every day. I am just really happy to have him home again.*

*Mange tusen takk.  
Hilsen Ray og Tove-Lise*



*Ray and Tove-Lise  
at Syttende Mai picnic.*

### **NOTICE! NAVIGATOR DISTRIBUTION CHANGES ARE HERE!**

Many organizations have discontinued the distribution of their newsletters via US mail, and for the last several months we have been soliciting member opinions on a move to send the newsletter only by email to all for whom we have email addresses. The few responses we have received seem to favor the move. **Therefore, BEGINNING WITH THIS ISSUE, we are mailing (USPS) The Navigator only to those for whom we do not have email addresses.** (Exceptions can be made in extenuating circumstances.) Since we will be saving on printing costs, this mailed version will go first class, and so these recipients will get it sooner than otherwise. **If you feel we do not have your correct email address, please inform us of the correction.**

## *In memoriam, Jeanette Braafladt...*



*Walter and Jeanette playing at a lodge event in 2004.*

Long time lodge member **Jeanette Braafladt** of Sacramento passed away this past June 29<sup>th</sup> at 84 years of age. She was born in Seattle, attended and graduated from West Seattle High School in 1950 and Pacific Lutheran University in 1954. In 1956 she married **Walter Braafladt** and together they adopted three children: John, James, and Joanne. She was married to Walter for 57 years and became widowed in 2013. Walter also was a member of the lodge.

After years of service, Jeanette retired as a teacher from the San Juan School District and was known for her work with mentally and physically challenged students. Prior to and during retirement, Jeanette enjoyed playing the piano and organ and was the organist for numerous churches in the Sacramento area. Both she and Walter at times provided music for lodge events, and she served as the lodge Assistant Musician for a period of time.

Back in 2004 she provided to the Navigator an interesting narrative about her parents' experiences growing up in Norway. In Jeanette's honor, we are reprinting it in this Navigator (see next page).

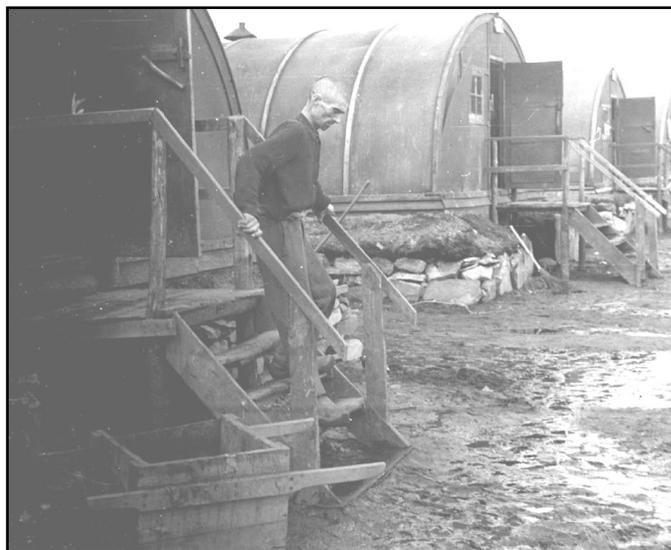
Jeanette is survived by her children and her brother, Ted. A memorial service was held at Carmichael Presbyterian Church this past Saturday, July 16<sup>th</sup>. The lodge is pleased to make a donation to the lodge Scholarship Fund in her memory.

## STORIES ABOUT THE OCCUPATION – Jeanette Braafladt

*Editor's note: The Nazis invaded Norway on April 9, 1940. In 2004 your editor asked whether there were any lodge members living in Norway during WWII who had memories of the Norwegian Underground or Resistance efforts, or whether any others had stories related to them by relatives. The late **Jeanette Foss Braafladt** (see **Memoriam elsewhere in this Navigator**), whose parents emigrated from Norway related these events to your editor at that time. Jeanette always maintained close contact with her Norwegian family members. These were some of the experiences of her family that were related to her during her many visits to Norway.*

My father's family was from the Trondheim area. One of my cousins was (and still is) a Lutheran pastor there. During the occupation he enjoyed a fair amount of freedom to travel throughout the area, as he had to serve about four different churches and moved from one to another frequently. This made him an excellent Underground participant, as he could spread the news and coordinate Underground activities. He was mainly involved in the smuggling of British and Norwegian resistance fighters who had, for one reason or another, lost there "cover" and become intensely hunted by the Germans. The local Underground group maintained a series of caves in the mountains, the locations of which are still, for the most part, secret to this day. The fleeing resistance fighters were transported from one cave to another until they finally could be passed into neutral Sweden. (The distance from Trondheim to the Swedish border, as the crow flies, is about 50 miles.)

The Germans maintained a major naval and submarine base at Trondheimsfjord. Another of my cousins had a portable radio transceiver, and he was involved in monitoring the German warship and submarine traffic in the fjord and transmitting this intelligence to England to help the Allies with their efforts to maintain convoys in the North Sea traveling to the Russian ports of Archangel and Murmansk. He would constantly move from one location to another to avoid detection, transmitting one day from an open field, another day from another location, etc. Tragically, the Germans did catch him, perhaps by triangulating his signal, and he was never heard from again. No information on his fate was ever uncovered.



*Photo of a Nazi prison camp for Russians in Norway during WW2.*

My mother's family was from Steigen Island, in the Nordland area, well north of the Arctic Circle. The Germans installed a huge cannon on the island for coastal defense, but somehow members of the Underground sabotaged it, and it never functioned. Also, the Germans constructed a large POW camp or prison there, virtually deforesting the area in the process in order to create the necessary lumber. The prison was for the incarceration of Russian POWs, and they were treated deplorably. Food rations for them were meager, and they were always starving. My mother's family and the other local people would leave food – mostly potatoes and fish – at the edge of the prison fence area, and somehow it found its way to the prisoners. After the war the Russian government constructed a stone monument on the island with the caption, "Thank you for helping to feed our people during the war."

I have great admiration for my family members who endured the Gestapo occupation.



*Photos from the District 6 Convention: Roald Amundsen Lodge President Stephen Rosenthal holding several of the certificates awarded to the lodge, including President's Gold Merit Award (2014), Lodge Gold Merit Award (2014), President's Silver Merit Award (2015), and Lodge Silver Merit Award (2015). Also, Donna Gordon and LaRena Hannon wearing their bunads at the Cultural Night at the convention. Tove-Lise Miller made Donna's bunad.*

**SUNSHINE REPORT**

**Bill Nilsen**, our skilled lodge artist, recently fell and broke his hip. He has had surgery and is recuperating at a facility called The Pines in Placerville.



**Check out the web site at**  
[www.campnorge.org](http://www.campnorge.org)

Work Party April 30-May 1  
Memorial Day May 28-30  
Hardanger August 13-14  
Woodcarving August 18-20

Kretsstevne September 3-5  
Rosemaling September 23-24  
Folk Dance Stevne October 21-22

***Come to Camp Norge with your event!!***





**Special Fall Afternoon Lodge Meeting:**

# **Campers' Show and Tell Afternoon!**

## **Enjoy an End of Summer BBQ!**

**Sunday, September 18th, 1:30—4:00**

**Come and hear our young campers describe their experiences and present their crafts! Enjoy a fall BBQ dinner prepared by a catering service restaurant and provided by the lodge at a very modest charge! This is our annual gathering to admire the skills and camp activities of our young people.**

- When:** Sunday, September 18th, 1:30—4:00.
- Where:** Masonic Center, 5944 San Juan Ave., Citrus Hts.
- Meal plans:** BBQ entrée, salads, desserts and all the related "fixin's" provided by the lodge.
- Reservations:** Required, with payment, by Wednesday, Sept.14th please, so that we know how much food is needed. See form below, and see you there!

**Reservation principal name or names, phone #, and e-mail:**

**Number of persons over age 13 \_\_\_\_\_ @ \$10 = \$ \_\_\_\_\_**

**Number of persons 13 or under \_\_\_\_\_ @ \$5 = \$ \_\_\_\_\_ Total \$ \_\_\_\_\_**

**(Age 5 and under, no charge)**

**Mail to Carol Lee Solheim, 3570 Vista Grande, Shingle Springs, CA 95682; solheim2636@att.net; 530/677-2006.**

SIXTY FOURTH
ROSEMALING SEMINAR AT CAMP NORGE
September 24/25, 2016

It is time to make your reservations for the adult (18 years and over) Fall Rosemaling Seminar at Camp Norge. We will have two classes. The teachers are Karen Nelson and Onya Tolmasoff.

We will be painting a 14" scalloped scoop plate. Karen is teaching an Os pattern on a geranium background. Onya is teaching a Rogaland design on a black/blue/green background. Check the Camp Norge Website for pictures of both projects: www.campnorge.org. I am also attaching them to this notice.

Please make your bed reservation with me. I develop the list of who is in which room. You will pay for your bed when you arrive at Camp. It is not included in your class fee. Bring your current membership card. If you can't locate your membership card, bring the last issue of your Viking Magazine. It has your number in the address box. Members pay \$16.20 per night; guests pay \$27.00 for beds in the dorms, which includes 8% Placer County Occupancy Tax. Only members are allowed to stay in the main house and the cozy cabins. For people who want to room together, I need to receive the list of names with the first reservation. RV's are encouraged as we have a limited number of beds. Members pay \$25 per night for up to four people per RV. Guests pay \$35 per night for RV's. Camp has electrical and water, but no sewer hookups. Tents are \$15 for up to four people for members, \$20 for non members. No occupancy tax on RV's or tents. Pets are \$2 per night. Pets are not allowed in any of the buildings, pool area or sleeping rooms at any time.

Please include your full phone number, address and lodge name and number when registering. If you have e-mail, please include your e-mail address. It is so much faster and cheaper if I need to talk to you. The supply lists will be sent when I receive your registration form and check. ABSOLUTELY NO E-MAIL RESERVATION REQUESTS. I need the check and registration form together. Be sure to send a self addressed stamped envelope for your supply list and class confirmation information if you do not have e-mail. I will not be sending you a supply list unless you send me a self-addressed, stamped envelope or your e-mail address with your registration form

The cost of the seminar will be \$87 for registration which includes the class and wood piece all base coated and ready to go, hall rent, and the meals. There will be \$25 cancellation fee for any cancellations, but absolutely no cancellations after September 5th. It is difficult for people on the waiting list to take your place if they do not have at least a couple of weeks to make their plans, so please be thoughtful. Melanie Souza will again do our cooking. The cost for food for the weekend is included in the \$87 registration fee. The food includes breakfast, lunch and dinner on Saturday and breakfast and lunch on Sunday. You were so very generous and cooperative with the cookies last time. I do so appreciate that. We will ask just one class to bring cookies, and will rotate those classes each time. The information will be on your supply list.

My e-mail address is pennyjknudsen@sbcglobal.net. My phone number is (916) 941-6433. Please cut off and complete the following registration form, make your check payable to Penny (not Camp Norge) and return as soon as possible with your stamped, self-addressed envelope for supply list if you do not wish to receive it by e-mail, to:

Penny Joseph Knudsen, 3774 Park Drive, El Dorado Hills, California 95762

September 24/25, 2016 ROSEMALING SEMINAR REGISTRATION FORM

Name \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_ I need a bed reservation: y es \_\_\_\_\_ No \_\_\_\_\_
Address \_\_\_\_\_ e-mail address \_\_\_\_\_ I want to room with: \_\_\_\_\_
City \_\_\_\_\_ Zip \_\_\_\_\_ Name of Lodge \_\_\_\_\_
Class I want is: Karen \_\_\_\_\_ Onya \_\_\_\_\_ I am bringing my RV \_\_\_\_\_
I am enclosing \$87 for registration fee for food and class. I am bringing my tent \_\_\_\_\_
My spouse and/or family will be eating with us and I enclose \$35 for each \_\_\_\_\_

## Hardanger!

Come to the first ever District Six Hardanger Retreat at relaxing Camp Norge!!

August 12-14, 2016

Who is this retreat designed for?

Anyone who would like to learn basic Hardanger, those who would like assistance to complete the paperwork and requirements for their Sons of Norway level 1 Hardanger Cultural Skills Program pin or those who just wish to come and stitch with friends.



The cost of the class is \$75.00 members, \$125 for non-members. The fee includes the cost of the instruction, 5 meals with beverages, a class kit and the Cultural Skills Program unit paperwork. Class is limited to 16 participants.

You are responsible for booking your room at Camp Norge 530-389-2508 or <http://campnorge.org/reservations---rates.html>

### Instructors:

**Cheryl Jensen** has experience with needle arts including embroidery, Hardanger, knitting, quilting and quilt restoration. She has completed numerous Sons of Norway Cultural Skills Programs.

**Luella Grangaard** has experience with the needle arts including Hardanger, embroidery, quilting and doll making. She has completed numerous Sons of Norway Cultural Skills Programs.

For further information e-mail Luella at [morongo2@verizon.net](mailto:morongo2@verizon.net) or call 760-363-7704

**NOTE: There is a sign-up form on the District 6 website.**



## Celebrate Labor Day At Camp Norge!!!

It's Tradition!!

2016 Northern California Kretsstevne

September 3, 4 and 5, 2016

The District Six Board of Directors invites you to **Camp Norge** for the annual "Gathering of the Clan" at our "Jewel of the Sierras"! Come for part of the weekend or play with us for the entire three days!

- ♥ You will be able to work on your **Cultural Skills Pins** throughout the weekend.
- ♥ **Delicious meals** provided by our lodges will be served in the **Heritage Hall**. The usual Kretsstevne activities will be available: horseshoe tournament, bingo, kids' games, swimming pool fun, hiking and general camaraderie!
- ♥ Join in a Craft Faire with **Cocktail Party** and appetizers.

Bring your tent or RV or **call Sandy to reserve a room (530) 389-2508**. Check out the accommodations at [www.campnorge.org](http://www.campnorge.org).

**COME! SUPPORT YOUR WONDERFUL CAMP !**



Mail this form and a check for the meals, made out to NCK to: Carl Ingvaldstad,  
Kretsstevne Treasurer, 17207 Squirrelhill Road, Hidden Valley Lake, CA 95467

Name \_\_\_\_\_ Lodge Name & # \_\_\_\_\_

Address \_\_\_\_\_ City/State \_\_\_\_\_

Zip \_\_\_\_\_

Contact # (\_\_\_\_) \_\_\_\_\_ Email \_\_\_\_\_

Saturday Breakfast.....Adult(s) \_\_\_\_\_ x \$7.00 = \$ \_\_\_\_\_ Children (under 12) \_\_\_\_\_ x \$3.50= \$ \_\_\_\_\_

Saturday Dinner..... Adult(s) \_\_\_\_\_ x \$12.00=\$ \_\_\_\_\_ Children (under 12) \_\_\_\_\_ x \$5.00= \$ \_\_\_\_\_

Sunday Frokost..... Adult(s) \_\_\_\_\_ x \$8.00 = \$ \_\_\_\_\_ Children (under 12) \_\_\_\_\_ x \$3.50 =\$ \_\_\_\_\_

Sunday Dinner..... Adult(s) \_\_\_\_\_ x \$12.00=\$ \_\_\_\_\_ Children (under 12) \_\_\_\_\_ x \$5.00=\$ \_\_\_\_\_

Monday Breakfast..... Adult(s) \_\_\_\_\_ x \$6.00= \$ \_\_\_\_\_ Children (under 12) \_\_\_\_\_ x \$3.00=\$ \_\_\_\_\_

2016 Kretsstevne Pin ..... # of pins X \$2.00 \_\_\_\_\_

**Or purchase the weekend package and save (includes the pin)**

Weekend Package.....Adult(s) \_\_\_\_\_ x \$40.00 \_\_\_\_\_ Children (under 12) \_\_\_\_\_ x \$20.00 = \$ \_\_\_\_\_

PRE-REGISTRATION of meals is imperative in order to purchase the correct amount of food.



**The Registration Deadline is August 26, 2016.**

**Make checks payable to NCK and mail to Carl Ingvaldstad.**





## **LODGE SCHEDULE, REMAINDER OF 2016**

(All events at the Masonic Center, 5944 San Juan Avenue, Citrus Heights 95610, unless shown otherwise)

Aug 25-27	International Convention, Tacoma
Sept. 18, Sunday	BBQ Social and Camp Kids reports
Oct. 1, Saturday, 10 am – 4 pm	Scandinavian Festival, Divine Savior Cath. Church
Oct. 29, Saturday,	Lutefisk Dinner (may be cancelled)
Nov. 19, Saturday, 10 am – 2:30 pm	Vikingfest
Dec. 11, Sunday, 5 pm	Julebord Dinner
Dec. 18, Sunday (planned)	Family Christmas Party, Luth. Church of Good Shepard

Additionally, there are 7 pm second Tuesday meetings scheduled for October and November.

**Note: The on-line version of this Navigator contains one more page, (13 pages) which is a flyer for the fall Kretsstevne at Camp Norge. The flyer can be found on the District 6 website.**

**Above: Another photo from the Syttende Mai picnic**