

# THE NAVIGATOR

A Publication of Roald Amundsen Lodge 6-48  
Sons of Norway, Sacramento, California  
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*Editor: Stephen Rosenthal*  
*rosen@winfirst.com*  
**www.sonsofnorwaysacramento.com.**  
*Intrepid Reporter: Dick Tracysen*



## FROM LODGE PRESIDENT TOVE-LISE MILLER:



This is the time of the year when I usually think about Norway a lot. The days are getting a little longer and the snow is usually plentiful. Just right for long skiing trips on the weekends like I used to do growing up in Norway. As long as I can remember my dad used to take us out and enjoy nature. When Ray and I lived in Norway, we could put our skis on at the front door of the apartment building we lived in and ski for miles.

March is also the month that we have the big ski event, called Holmenkoll dagen. The event where Norwegians come out by the thousands to cheer on their favorite ski jumper. The day when you eat more hotdogs with lompe (looks like a small lefse) and Norwegian waffles than any time of the year. It is like a big party.

Holmenkollen Ski Festival started in 1892 and has taken place every year since, except during World War II. The event is arranged by Skiforeningen and this year it will take place on March 14th. It is a popular event that attracts many travelers. It is actually an event that lasts all weekend with World Cup ski competitions that include cross country skiing and other winter activities.

Holmenkollen is not just a sporting venue – it is also a tourist area with a lot of history and beautiful surroundings. On clear days, you have a great view of Oslo and the surrounding fjords.

Holmenkollen is most famous for it's winter activities, but several events are held there in the summer, including music concerts. There is also a museum located in the Ski Jump that shows Norway's skiing history.

I get a little emotional when I think back at my life in Norway and it is some-

*(Continued on page 2)*

## UPCOMING LODGE SCHEDULE:

See flyers inside for these events.

- 3/10 Lodge meeting.
- 3/28 Torsk Dinner.
- 4/5 Easter.
- 4/14 Lodge meeting.
- 5/12 Lodge meeting.
- 5/17 (About) 17th of May Celebration.  
More information later.

**(President's letter, continued from page 1)**

what surprising to me which events stick in my mind.

At the March business meeting I will talk a little about Norwegian health care and its history. Hope to see you at upcoming events and don't forget; we can always use a helping hand.

Hilsen Tove-Lise

**ANNE-SOFIE ØSTVEDT, NORWEGIAN WWII RESISTANCE FIGHTER**

**1920—2009. There is a California Connection...**



ANNE-SOFIE ØSTVEDT  
Norway

Østvedt was born on January 2, 1920, in Norway. When German forces invaded in 1940 she was a 20-year-old chemistry student at the University of Oslo. Østvedt wasted no time in becoming involved in the Norwegian Resistance, first by writing, editing, and distributing an underground, illegal newspaper and later by formally joining the Resistance.

This was the start of a harrowing endeavor as a recognized resistance leader—making her one of the few female top commanders of WWII resistance movements. Not long after Østvedt formally joined the resistance movement she began to rise through the ranks of the XU, an intelligence centered resistance group. Before long she became deputy commander and "functioned as the proxy of the chief and in that capacity had contacts with the leading underground organizations. The chief was Øistein Strømnes, Østvedt's future husband, whom she married in 1946 while they were both graduate students in California.

During his stays abroad and inspection trips of her chief, she was the acting leader of the whole system, comprising the whole of south Norway (about 3,000 men), according to documents within her file at the American Association of University Women (AAUW). Her station with the XU was so secret and its leadership so compartmentalized, very few knew that their commander was female.

***She was so committed to the cause and to protecting her fellow fighters and family that when a coincidental ride on a tram car brought her within steps of her father, Østvedt did not reveal her identity and her father never recognized her.***

During her five years with the resistance movement Østvedt was exposed to tremendous stress. When a 45-officer-strong manhunt of the city yielded no clues to her whereabouts, the Gestapo took her sister hostage instead, forcing Østvedt to sever all ties with her family, friends and colleagues and to alter her appearance. She was so committed to the cause and to protecting her fellow fighters and family that when a coincidental ride on a tram car brought her within steps of her father, Østvedt did not reveal her identity and her father never recognized her.

At the conclusion of the war in 1945 Østvedt applied for an International Fellowship from the AAUW and was among the first six students brought from formerly occupied countries to the United States to study. When she arrived in the United States, Østvedt was malnourished, exhausted, and ready to make up for lost time. In her AAUW application she wrote, "After five years of complete isolation and undernourishment ... it is of great importance for our country to try to rebuild the health of the nation on a sound scientific basis."

She completed her master's degree in food chemistry at the University of California, Berkeley, and eventually returned to Norway with her husband in 1951. She died in 2009. – *Adapted from the Viking e-post, with additional internet material inserted by your editor.*

**SIDEBARS FROM THE EDITOR...**

**GREAT PEA SOUP DINNER ATTENDED BY ABOUT 65!**

As always, the Pea Soup a la **Tove-Lise Miller** was delicious! The following persons helped with the dinner and the arrangements: **Ray Miller, who helped secure the necessary peas, Kai and Nicole Miller, Kristi Mattes, Donna and Mike Gordon, all who helped serve and generally assist, Carol Lee Solheim, who took the reservations, Bill Nilsen, who contributed one of his wonderful paintings as a prize, and Carol Francis and Joe and LaRena Hannon, who generally pitched in where needed.**

The February 17th dinner was free this year for Roald Amundsen Lodge members. *(Photos: President and Cook Tove-Lise Miller ready to serve. Pastor Gordon Hanson ready to eat.)*

**TORSK DINNER A “GO!”**

**Joe and LaRena Hannon** have stepped up to assist Tove-Lise with managing this event. However, they need a lot of help—we hope members will respond when asked. See flyer elsewhere in this Navigator.

**WANT TO TELL US WHAT IS WRONG?**

See the questionnaire that is or soon will be available on the website. Responses can be sent c/o Roald Amundsen Lodge, P.O. Box 3734, Citrus Heights, CA 95611-3734. (Of course, we would love the hear what is right, too!)

**CAMP NORGE**

**Penny Joseph Knudsen**, secretary of the Recreation Center Board, reports that the camp is closed for the winter season but that a real productive work party met this last November 14/15 to do some major repairs and to prepare camp for winter.

The camp opens for the season on April 1st. There are plans for a ”very short meeting and very long work party on March 21/22 to prepare camp for the April 1 opening and the summer season.” If anyone in the lodge would like to participate, he/she should let Penny Knudsen know and they will try to find a job to match your skills. In particular, they will be looking for someone who likes yard work as a clean up around the main house and buildings is necessary, and a drought-friendly plan has to be found for this area.



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(SIDEBARS, Continued from page 3)

**CAMP TROLLFJELL**

**Camp Trollfjell** for 8-13 year olds will run from July 12-25. Classes will again be in **Rosemaling, Folk Dancing, Heritage, Crafts, and Norwegian Language**. The campers will learn money management with bank books, Norwegian Krone, a daily Kanteen for purchasing special treats, and much more authentic Norwegian food at mealtimes.

For more information, check out the new District Six website--- [www.sofn6.org](http://www.sofn6.org). The camper application can be filled out on the camp website: <http://www.campnorge.org/camp-trollfjell.html>.



**Roald Amundsen Lodge will provide one-half of tuition scholarships (\$450) to the camp for qualified lodge children and grandchildren who are properly registered for the camp with their portion of the tuition paid. Contact the Foundation Director, Donna Gordon, for detailed information. (justfordonna@surewest.net)**

**NORWAY’S POPULATION EXCEEDS FIVE MILLION**

As of January 1<sup>st</sup>, 2015, Norway’s population stood at 5,165,800. About 9.9% of this total held foreign citizenship, according to Statistics Norway.

**FEBRUARY CULTURAL PROGRAM – NORSE CALENDAR STICKS**

For so far this year not having a Cultural Director in place, our lodge nevertheless started its 2015 cultural program efforts last month with a very interesting program put together by **LaRena Hannon**. LaRena give us the history of Primstav (or Runestav), i.e., ancient Norse calendar sticks, which are used to chart the Runic Calendar.



*Portion of a Primstav, or Calendar Stick*

One of the lasting methods of runic writings was the Norwegian calendar stick which known as a Primstav. Developed from early Viking times, a Primstav was typically used to keep track of the days for the growing season. As the sun days are different in each region of Norway, each farmer or village had their own primstav to mark the time for the sowing of seed. During the winter the farmers notched off the days on a stick from when the sun didn’t appear over the horizon until the day it re-appeared. This helped the farmers prepare for the growing season.

It became common for runes to mark special pagan days and celebrations on the stav. Images were also used to represent different days. When Christianity reach the north it became important to mark spiritual days on the stav such as Sundays and Saint days.



*An actual Calendar Stick*



*More Pea Soup Supper photos: Kai and Nicole Miller (welcome back to Sacramento!), true Vikings Bill Nilsen and Oystein Solheim, and Kristi and Jim Updegraff.*

*(SIDEBARS, Continued from page 4)*

**(Calender Sticks, continued)** Even though Christianity was in full swing by the 1500s, pagan images and symbols were kept on the stav as part of the ancient culture, but also the church had adopted pagan celebrations and given them a religious significance.

LaRena had handout information and had even created some calendar sticks from scrap wood so that we could all look at them as she guided us through the images on the sticks.

**LODGE FINANCIAL MATTERS**

One of the many (?) perks of being editor of our Navigator is that I get to read many other newsletters from other lodges. Recently I noted with sadness in one newsletter that their lodge has financial problems due to declining membership, but also due to still actually having a lodge building, the operating cost of which exceeds the income it generates.

While we no doubt suffer in some ways from not having the advantages of an actual facility that is our own, our Hall and Parks operation, which has assets from the sale of our lodge building some years ago, generates investment income for the overall benefit of the lodge. Our financial situation is sound as a result.

While we do not publish financial information in the Navigator for literally all the world to see, our Treasurer has available a current financial report at each monthly meeting that members can review. Also, an annual budget is presented for lodge consideration, and the 2015 budget will be presented at the March meeting.

*(Continued on page 6)*

(SIDEBARS, Continued from page 5)

**NORWEGIAN DIRECTOR TYLDUM DOESN'T WIN OSCAR, BUT HIS FILM WINS ONE**

The nominated British film, *The Imitation Game*, did not win Best Picture, and neither did nominated Norwegian director **Morten Tyldum** win for Best Director. But the film did not go away empty-handed, as it won an Oscar for Best Adapted Screenplay. More than a few pundits thought the film should have won Best Picture.



Tyldum is a well-known director both in Norway and in the United States. He is about 48 years old and lives with his wife in Beverly Hills, but they maintain a home in Norway.

**MARCH MEETING CULTURAL PROGRAM—NORWEGIAN HEALTH CARE**

As **Tove-Lise** noted in her President's letter, our cultural program at the March 10th meeting will feature her talking about Norwegian health care. Should be interesting, as Norway is arguably one of the healthiest places on earth to live. We hope to see many of you there.



**GREAT CULTURAL PROGRAM PLANNED FOR TORSK AND MEATBALL DINNER!**



In addition to a great Norwegian Cod dinner—always one of our best attended events—attendees will be treated to an approximately 30 minute presentation by member **Bill Teie** about **Osten Halvorson Pladson** and his church altars. Mr. Pladson constructed altars for Norwegian churches throughout the upper midwestern United States during the late 1800s, many of which still exist today. He was Bill's great-grandfather. The Power-point presentation features photos of many of these.

Bill is a published author. This should be a great program. We are taking only 85 reservations due to venue limitations, and so you should get your reservation in now!

*This is a photo of Osten H. Pladson constructing the altar for the Bethania Lutheran Church near Northwood, North Dakota.*

**STONE AGE SKELETON FOUND IN NORWAY**

The Stone Age skeleton found in Norway last summer could be as much as 8000 years old, archeologists now believe, making it by far the oldest ever discovered in the country. “Brunstad man,” whose remains were found in Stokke, south of Oslo, is now believed to be from the Mesolithic period, which spans from 10,000 BCE – 4000 BCE.



“The discovery is sensational in Norwegian, and indeed even in a north European context,” said **Almut Schülke**, an archaeologist working for the Museum of Cultural History at the University of Oslo. “It is very seldom that we find bones from the Stone Age.”

*“Frankly, I see very little resemblance,” noted Mr. Tracysen, thoughtfully stroking his chin.*

The archaeologists hope to learn the age of the man, his diet and the extent to which the people who found their way so far north had contact with other settlements around the Skagerrak and the Baltic Sea. They have mapped his Genome and, incredibly, found one highly correlative match, with a man of Norwegian descent living in the USA named **Dick Tracysen**, a reporter for *The Navigator* in Sacramento, California.

They have now interviewed Mr. Tracysen to note his diet and other habits that might lead to some understanding of the preservation of the ancient skeleton. “Simply put,” noted Mr. Schülke, “Mr. Tracysen appears to drink like a fish. If our Brunstad man had the same proclivity, it is no wonder his skeleton has survived as long as it has, as it would have been in a highly pickled state.”



***More members attending the Pea Soup Supper.  
Persons sitting at the table in foreground: Pat Harriman, Lois MacNeil, and Ann Sandner.***

**CHAPTER 2015 OFFICERS**

President	Tove-Lise Miller	Youth Director	Carol Francis	Website	Terje Miller
Vice President	Jim Smith	Greeter	Ron Byrd	Publicity Director	Deanne Smeltzer
Secretary	Carol Lee Solheim and Donna Gordon/	Greeter	Cecelia Byrd	Foundation Dir.	Donna Gordon/ Kristi Mattes
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Asst. Social Dir.	Ron Byrd	Asst. Musician	Bob Dahl	1 year	Ron Byrd
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Marshal	Ann Sandner	Cultural Director	Alfred E. Neuman	Directory/Labels	Carol Lee Solheim
Asst. Marshal	Pat Harriman	Editor	Stephen Rosenthal		
		Publisher	Ray Miller		

## IN MEMORIAM

### Arlene Bakken-Bailey succumbs at 88

**Arlene Bakken-Bailey**, a Golden Member of Sons of Norway and longtime member of Roald Amundsen Lodge, passed away on January 26th after a battle with pneumonia.



Arleen was born in Minneapolis, Minnesota in 1926, the third of eight children born to Maude and Ed Bakken. Arleen had a natural talent for painting and signed all of her paintings with her nickname, "Tudi." She acquired that name as a little girl from one of her sisters who could not pronounce her name. Arleen loved to sew and she did so beautifully without ever taking a class or being taught a single lesson, according to her public Remembrance notice.

Arleen was preceded in death by her husband of 54 years Ashburton "Bud" Bailey. They lived in Pinebrook Mobile Estates in Folsom, CA for over 35 years where they participated in all of the social events. Also, in addition to Sons of Norway activities, she was very active in the order of the Eastern Star and the Demolay Show and Band in the 1970's and early 1980's.

Arleen is survived by two sons: Kim Bailey of Orangevale and Jay Bailey of Sacramento, three grandchildren and two great-grandchildren, and other relatives. Many members of the lodge remember her fondly, and the lodge will make a contribution to its Scholarship Fund in her memory.

### Elling Gilbertson, Jr.



We also note that lodge member Elling Gilbertson, Jr., passed away on February 15<sup>th</sup>. Elling worked in the construction industry for 45 years and owned his own acoustical company. After his retirement in 2001 his love of camping and fishing took him on many adventures, including fishing trips to Cabo San Lucas, Alaska and Idaho. However, his remembrance notice in the Sacramento Bee noted that "what he enjoyed most was sitting for hours on an uncomfortable bucket catching catfish with his son."

Elling was born in Dallas, Wisconsin in 1936. He is survived by his wife, Lynne, daughter Shelley, grandchildren, brothers, nieces and nephews. We offer our condolences to family members. The lodge will make a contribution to its Scholarship Fund in his memory.

## ROALD AMUNDSEN LODGE 2015 REMAINING CALENDAR

Here is the lodge's calendar of remaining events for 2015. Changes, if any and as they occur, will be posted on the website and in The Navigator.

March 28 – Torsk / Meatball Dinner, Masonic Lodge

May 17 (about) – 17<sup>th</sup> of May Celebration, exact date and venue to be decided.

July 6-25—Children's Camps at Camp Norge

August – Summer Social Event, exact date and venue to be decided.

September 13 – Sunday afternoon meeting/social with camper kids from Trollfjell

October 3 – Scandifest

October 17 – Lutefisk Dinner, Masonic Lodge

November 21 – Vikingfest, Masonic Lodge

December 19 – Julebord, Masonic Lodge

December – Children's Christmas Party, venue and date to be promulgated

Additionally, there will be regular meetings on the second Tuesday evening, 7 pm, at the Masonic Lodge, during the following months: **March, April, May, June, October, and November.**

## NEWS FROM CAMP NORGE FEBRUARY 14, 2015

Camp Norge Board of Directors is gearing up for exciting 2015 summer season and we are starting with our **Spring Work Party** March 21 & 22.

The camp is experiencing a severe draught, much like most of California. As most of you know, we share a spring with two of our neighbors. Our spring provides us with some of the best water in the country, (the kids call it the fountain of youth) but due to the drought we do not have an unlimited supply. We are asking for help from any of our members who have landscape and or landscape design knowledge and experience to step forward and help us design a landscape plan, with a budget, to include the use of drought tolerant plants and maintenance free pathways for the area around the main house.

Linda and Penny took a survey of our members who used the camp last fall and their biggest complaint was the condition of the beds. Camp Norge was able to purchase 3 new beds this year for under \$500.00 each. These sets included box springs, mattresses, heavy duty frames, delivery, setup and removal of old beds. We desperately need at least 6 more complete twin size beds for Dorm 1 and are hoping to have some of the lodges send us funds for a bed or two. This is your camp; please help us make it more comfortable for you, your family and your guests.

The roof on the main house is a big concern. The Board of Directors is working on a "Raise the Roof" fund raiser. More to come on this shortly.

The Rec. Board is looking forward to Memorial Day and we hope that you are too as this is our big fundraiser for the Camp. We have some great things planned like seminars in wood carving, knitting, and quilting, and hope you find something that interests you, in addition to our popular field trips. We have a special "secret" event planned for that weekend, but you have to be here to find out what it is. Of course we will have our craft fair, wine tasting and silent auction and the famous chef, John Syrdal will be cooking for us. We still have some rooms available for those without RV's. Call camp to reserve a room for you.

Reservations for the summer weekends are filling up fast. Please call at your earliest convenience to reserve your date for family reunion, church outing or camping getaway. We already have one wedding booked for this season and we hope that this becomes a popular place for our members to hold their weddings and other celebrations.

The Board of Directors really appreciates all of the support our members give us. It is a big job and your support is so appreciated. If we don't see you at the March work party, we hope to see you on Memorial Day. We are trying to make this a really fun weekend with something to do for everyone.—**Camp Norge Board of Directors**



**Join the Trollfjell Team!!**

**Camp Trollfjell needs a Rosemaling Instructor, a Norwegian Folk Dance Instructor and an Assistant "Chef"!**

If you have an interest in any of these three positions, please contact Erik Peters at [erik.peters@me.com](mailto:erik.peters@me.com).

Also, check out all the information about Camp Trollfjell and Trollfjell Folkehøgskule at [sofn6.org](http://sofn6.org).

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***Breaking News***  
***Work Party at Camp Norge***  
***March 21, 2015***

Camp Norge is having our Annual "Spring Cleaning" work party and you are invited!!!!

Camp Norge's board of directors is inviting hard working volunteers for a fun weekend of working together to get our buildings in order for the summer season. This is a great opportunity to learn about how our "Piece of Norway in the Sierras" operates.

**Party Dates and times**

Date: March 21 & 22, 2015

Time: 10:00 AM Saturday to 12:00 PM Sunday.

Location: Camp Norge, Alta, CA 530 389-2508

**Work Party Projects**

1. Develop Landscape Plan with drought tolerant native plants around the main house.
2. Build a fence.
3. Touch up and paint interior of rooms
4. Improve path from Cozy Cabins to Meadow Bath House
5. Window washing, inside and out
6. Drywall repair and paint in Dorms 1 and 2.
7. Construction clean up
8. Man burn pile
9. KP and After Party Cleanup Crew

There will be no charge for lodging. Lunch & Dinner on Saturday and Breakfast Sunday morning will be provided.

**Contact Information**

Please RSVP to Linda Carruthers at 415 515-2415 or Penny Knudsen 913-941-6433 or E-Mail Penny at [pennyjknudsen@sbcglobal.net](mailto:pennyjknudsen@sbcglobal.net) to sign up for a project. Penny will also set you up in a room if requested. We are hoping this will be an exciting and successful event and will give everyone the opportunity to meet new people and make new friends!

# Torsk & Meatball Dinner

Saturday, March 28, 2015

Social Hour 5:00 pm / Dinner at 6:00 pm

Roald Amundsen Lodge 6-48



**Sons of Norway**  
**San Juan Masonic Center**  
5944 San Juan Avenue  
Citrus Heights



Cultural program after dinner—short!

Prepaid reservations only: Adult SofN Members \$13; Non-members \$18;  
Children 10 and under \$5; Children 5 and under free.

**RESERVATIONS LIMITED TO 80—NO TICKET SALES AT THE DOOR.**

For reservations mail form and payment (check to Sons of Norway) to Carol Lee Solheim, 3570 Vista Grande, Shingle Springs, CA 95682, 530/677-2006, solheim2636@att.net. **MAIL BY MAR. 19, PLEASE!**

Please reserve the following tickets (to be held at the door):

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

Non-Member Names: \_\_\_\_\_

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

# Members \_\_\_\_\_ @ \$13 each Total \$ \_\_\_\_\_

# Non-members \_\_\_\_\_ @ \$18 each Total \$ \_\_\_\_\_

# Children \_\_\_\_\_ @ \$5 each Total \$ \_\_\_\_\_

# Children 5 and under \_\_\_\_\_

Grand Total \$ \_\_\_\_\_

DETACH AND MAIL WITH CHECK

Roald Amundsen 6-48  
Sons of Norway  
P.O. Box 3734  
Citrus Heights CA 95611-3734

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**Return Service Requested**

Roald Amundsen Lodge Website: <http://www.sonsofnorwaysacramento.com>.

**OFFICERS—PARTIAL LIST 2015**

President  
Tove-Lise Miller  
[tovelise@aol.com](mailto:tovelise@aol.com)

Vice President  
Jim Smith  
[darian98@surewest.net](mailto:darian98@surewest.net)

Treasurer  
David Bailey  
[davidsbailey@yahoo.com](mailto:davidsbailey@yahoo.com)

Secretary and Recording Secretary  
Carol Lee Solheim  
[solheim2636@att.net](mailto:solheim2636@att.net)

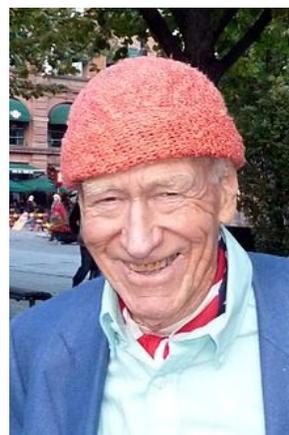
Intrepid Reporter  
“Dick Tracysen,” c/o  
[rosen@winfirst.com](mailto:rosen@winfirst.com)

Webmaster  
Terje Miller  
[terjemiller@gmail.com](mailto:terjemiller@gmail.com)

Viking Sisters  
President  
Ann Sandner  
[asandner@aol.com](mailto:asandner@aol.com)

**SIGN-UP FOR REFRESH-  
MENTS  
FOR 2015 MONTHLY  
LODGE MEETINGS**

Please sign up at one of our  
meetings, or call Ron Byrd at  
916/293-8142.



*Who is this man?*

*He is Olav Thon, the richest  
man in Norway. NW > \$6B.*

