

# THE NAVIGATOR

## SEPTEMBER 2024

A Publication of Roald Amundsen Lodge 6-48  
Sons of Norway, Sacramento, California

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

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

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

Do you know what a Shaman is? If not, look it up before you go any further...



**PLEASE (!) RSVP FOR THE SEPT. 8th BBQ.**

**See page 2**

### **FROM PRESIDENT TOVE-LISE:**

Hello Roald Amundsen Members,

Our six delegates to the convention in Las Vegas this past June enjoyed a great convention where the theme was Vikings. The event was hosted by Vegas Viking Lodge and District Six Board. The next Convention will be in the Sacramento area in June 2026, so everyone put on your thinking caps and come up with ideas about a theme. We will not do this alone; District Six Board and other lodges in the area will also be involved. We are hoping to include a trip to Camp Norge as part of the event.

We had eight kids from our lodge attending Camp Trollfjell or Folkehøgskule this summer. Please come and meet them at our Summer's End BBQ on September 8<sup>th</sup>, where they will share what they learned at camp. That is always such a great event. Remember kids are our future.

A special thank you goes out to **Eric and Kylan Malme** who cooked for the Folkehøgskule and **Kathy and John Bennett** who spent two weeks with the kids at Camp Trollfjell, helping wherever they were needed. Mange tusen takk.

Please let us know how many people will attend the BBQ on Sunday September 8<sup>th</sup>. Looking forward to see you all.

Hilsen Tove-Lise





Special Fall Afternoon Lodge Meeting:

# Enjoy a Summer's-End BBQ Afternoon!

Learn what some of our youth did at camp!

Sunday, September 8th, 1:00 till about 3:30



Come and enjoy a meal and camaraderie with fellow lodge members and guests after a short lodge meeting and presentations by our lodge-sponsored youth on their summer activities at our District 6 Camp Norge youth camps. Enjoy a full BBQ dinner prepared in part by a catering service and provided by the lodge at a very modest charge! (Our summer youth campers are invited to demonstrate craft projects and tell about their camp experiences! This is always entertaining and it showcases our members of tomorrow.

- When:** Sunday, September 8th, 1:00 till about 3:30
- 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 Tuesday, Sept. 3rd please, so that we know how much food is needed. See form below, and see you there!

✂ BBQ Reservation principal name or names, phone #, and e-mail:  
(Only one name necessary)

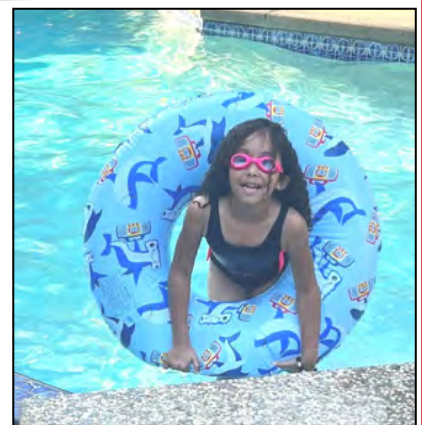
Number of persons \_\_\_\_\_ @ \$5 = \$ \_\_\_\_\_

(Age 12 and under, no charge)

**(CAMPER YOUTH DEMONSTRATORS-NO CHARGE)**

Mail to President Tove-Lise Miller, 2656 Barbera Way, Rancho Cordova, CA 95670-3742 (tovelise@aol.com 916-364-8704)

# YOUTH CAMPS PHOTOS



*Picnic photos. More and better photos on Facebook site.*





## Join us for the 2024 Kretsstevne!

Plans are underway for this year's Kretstevne celebration which will be held Labor Day Weekend.

**So, Save the Date:** Saturday, August 31-Monday, September 2, 2024



**Kretsstevne Campout**  
August 30-September 2

**Camp Oldfjell**  
September 20-25

**Fall Rosemaling Seminar**  
September 28-29

Go to:

<https://www.campnorge.org/site/>

# CAMP OLDFJELL

**September 21 – September 24, 2024**

**Register from July 1 to September 8**

**Full Session, Sat-Tue \$235 Half Session Sat- Sun \$140**

**Visit our web page by visiting:**

**<https://sofn6.org/camp-oldfjell/>**



**MORE INFORMATION ON CAMP OLDFJELL**

**Hello from Teri Morken, Solheim Lodge 6-069:**

The Camp Oldfjell committee is thrilled to announce the completion of our 2024 Course Catalog and schedule. Registration opens on **July 1st** and concludes on September 8th.

Join us for an unforgettable experience surrounded by the breathtaking landscapes of Camp Norge. You will enjoy new classes, old favorites, great food, and even better people. Whether you're 18 or in your mid-90s, we invite you to explore and celebrate your favorite Norwegian handicrafts. Camp Oldfjell will be held from Saturday, September 21 through Tuesday, September 24. The full session, Saturday to Tuesday will be \$235 and the half session, Saturday and Sunday will be \$140. The course catalog is compiled in advance. Changes in classes, instructors, or fees may occur. To obtain up-to-date information, visit: <https://sofn6.org/camp-oldfjell/>  
To register for classes visit: [sofn6.org/camp-oldfjell-registration-2024/](https://sofn6.org/camp-oldfjell-registration-2024/)

**Held at Camp Norge, 250 Canyon Mine Road, Alta, CA**

**MEMBERSHIP DUES INCREASE**

The fiscal adequacy of current dues was discussed at the recent convention. Sons of Norway dues have not been increased for over five years. As of July 1st, however, there was an increase, as follows (annual rates; their components):

**Individual— \$84**

- International - \$54
- District—\$15
- Lodge - \$15

**Individual Golden—\$54**

- International—\$26
- District—\$15
- Lodge—\$13

**Family—\$144**

- International—\$87
- District—\$27
- Lodge—\$30

Heritage & Lifetime—no change. These are the US rates. In Canada and Norway, the rates are slightly different.

**USUAL LODGE MEETING LOCATION: San Juan Masonic Lodge, 5944 San Juan Avenue, Citrus Heights, 95610. (NEC San Juan Avenue and Northlea Way, north of Madison Ave. and two long blocks south of Greenback Lane. Coordinates: 38.67425° N, 121.29191° W). There is monument-style signage in front of the building.**

**UPCOMING ROALD AMUNDSEN LODGE EVENTS**

- Sunday Sept. 8th: Lodge BBQ: Camper presentations.**
- Tuesday, October 8th: Planning Meeting (2025 schedule; officer nominations).**
- Saturday, Nov. 9th: Viking Festival.**
- Saturday, Dec. 7th: Julebord; 2025 Officer Installation (Christmas Dinner).**

## **NORWAY AT THE OLYMPICS**

Norway, a country of 5 million±, sent 107 competitors to the 2024 Olympics in Paris (The USA sent 592, not including US citizens with dual citizenship who chose to represent other countries.). The Norwegian representatives acquitted themselves admirably, winning 4 gold, 1 silver and 3 bronze medals:

**Mens' Decathlon, Markus Rooth, Gold**

**Women's Handball, (15 members) Gold**

**Women's Weightlifting 81 kg, Solfrid Koanda, Gold**

**Men's 500 m run, Jakob Ingebrigtsen, Gold**

**Men's 400 m hurdles, Karsten Warholm, Silver**

**Sailing ILCA 6, Line Flem Høst, Bronze**

**Men's Beach Volleyball. Anders Mol / Christian Sørum, Bronze**

**Women's Wrestling freestyle 62 kg, Grace Bullen, Bronze**

Marcus Rooth's win in the Decathlon is a really big deal that American TV covered hardly at all. In those years when an American wins, it is the highlight of the Olympics for the American audience.

Jakob Ingebrigtsen won the 500 meters in exciting style, starting his kick with a lap to go and running away from the field.

Solfrid Koanda set several Olympic records in her sport.

Karsten Warholm, who won gold in 2021 Olympics, had to settle for Silver this year, losing to the American Rai Benjamin, the second fastest man in history in this event.

Dick Tracysen, our staff correspondent calling in from the bar of the Paris j'Adore Hotel , reported that the Norway beach volleyball team had trouble finding appropriate sandy beaches in Norway and so they practiced

on a court set up in six inches of snow in far northern Hammerfest. This venue really helped them develop their balance as they were wearing only their lululemon swimsuits and taking a pratfall in this environment was not something a person really wanted to do often.



***Marcus Rooth, Decathlon  
Gold Medal winner, Norway, age 22.***



## ANNUAL SONS OF NORWAY FOUNDATION FUNDRAISING

The Foundation’s new fundraising year begins October 1<sup>st</sup>. On its website you can read about its worthy philanthropic purposes. It is a 501(c)(3) qualified organization. Our lodge and many members in the lodge contribute to the Foundation. **You can easily make a contribution by using the QR code below. Read about available scholarships on the next page.**

# Sons of Norway Foundation



### What We Did in 2024

**\$147,320** in scholarships for students to study in the United States, Canada and Norway

**\$117,803** in Grants for Norwegian culture and heritage programs

**\$18,000** in Camperships for kids across the United States to attend Norwegian culture camps

**That’s over \$283,000 in support!**

### Seeking 3 New Candidates

(No candidate is expected to have all of these qualifications)

- Strategic and organizational planning
- Social media
- Public relations or advertising
- Grant writing
- Fundraising campaign experience and/or leadership
- Nonprofit law, state and/or federal
- Grant and Scholarship creating
- Nonprofit accounting, including endowed funding
- Program administration and/or development



**Join Us!**

Foundation Governor Application: [sonf.info](http://sonf.info)

Foundation Director: (612) 821-4655

(Deadline 9/6/24)





## SONS OF NORWAY FOUNDATION SCHOLARSHIPS



**SONS of  
NORWAY  
FOUNDATION**

In 2023 the Foundation awarded \$160,000 in scholarships. Applications for 2024-2025 scholarships will be accepted **starting October 1<sup>st</sup>, 2024**. The cutoff date will be sometime in early 2025.

There are lots of scholarships. There are some for domestic college attendance. There are some for attend-

ing schools in Norway. **And there are some for attending Vocational/Technical Schools.**

Go to the Sons of Norway website, click on Foundation on the home page, and you will find all the information you need. **Get started now** – it takes time to fill our applications and to secure transcripts, etc.

The September/October **Viking Magazine** will highlight all scholarship awardees. This should be very interesting.

**Camperships.** The Foundation also awards Camperships for youth across the United States to attend Norwegian cultural camps.



## SONS OF NORWAY FOUNDATION GRANTS

In 2023 the Foundation awarded \$67,000+ in grants. Grants are awarded/provided for heritage and cultural activities, and also for humanitarian needs. Grant applications will be accepted starting October 1<sup>st</sup>, and **must be submitted by December 31<sup>st</sup>, 2024**.

Again, the various grant categories and application information are provided on the Foundation webpages.

**What could be grant possibilities for Roald Amundsen**

**Lodge?** Replacing the Viking ship red and white sail that disappeared a while back? Does the trailer for it need any work? Do we need any cooking equipment or whatever for meetings or for supporting the lodge in the festivals that it participates in? Do we want to help some local school or charity with one of their activities? Do we have any members who have been affected by fires or flooding?



**“STATE OF THE COMPANY” REMARKS**

**...As in, yes, the Sons of Norway is a company, a 501(c)(8) fraternal benefit society...**

Sons of Norway is an insurance company and the insurance company earnings partially fund our fraternal activities. If you haven’t already done so, we strongly recommend that you watch the recent online report about company activities and earnings, including the rationale for the recent dues increase, as provided by the new **Sons of Norway CEO, Dan Seyfried**. He speaks on Youtube:

<https://www.youtube.com/watch?v=ReD9PapEMlo>

(Like all youtube presentations, there are ads!)



**Passing Noted:**

**MERNA BERKE**

Merna Berke passed away in June at the age of 95. Not a member, but she was the widow of long time active member of the lodge **Erwin Berke (Bjerke)**, a former lodge president who passed away in 2011 at the age of 94. Their son, **Ward Evan Berke**, often attends lodge events, usually in the company of his cousin, lodge member **Leif Erik Bjerke**. Leif Erik runs Berke Door and Hardware Company, a business begun by Erwin. Erwin was a major contributor to the construction of the lodge’s Viking ship, and Leif Erik provides storage for it in the Berke company warehouse, which is of great service to the lodge.



***Your recent convention delegates: Kathy Bennett, Peggy Hyde, Arlene Kozub, Norman Hales, Brian Rosenthal, and Terje Miller.***

## LODGE PHOTOS ONLINE—HAPPENINGS EXTRA ON SONS OF NORWAY WEBSITE

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

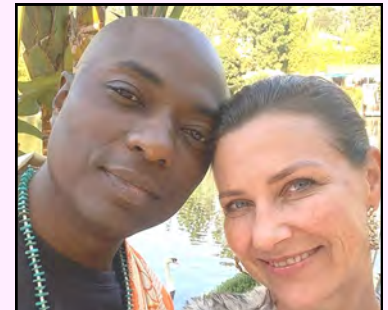
## MEMBER DEATHS—“IN LOVING MEMORY”

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

## FLASH! FLASH!

### NORWEGIAN NUPTIALS!

Living as we do in *Cal-euphoria*, we are pretty blasé. And Norwegians are sometimes described as a bit stoic. But, consider this:



Instagram photo

**Norwegian Princess Martha Louise**, fourth in line to the throne, is to marry an American “Shaman” on August 31<sup>st</sup> in Geirangerfjord in western Norway! Reportedly the ceremony will last three days.

The Shaman is one **Durek Verrett**. His past is difficult to pin down, but it appears he grew up in a Seventh Day Adventist home in Foster City, California. His practice involves “purging bad energy and releasing toxins....” Supposedly his clients include Gwyneth Paltrow, Chris Pine, Selma Blair and Rosario Dawson. On his Instagram site he describes himself as “Servant of God, Energy Activator, Owner Lit Vibe Meditation...” Others describe him as a businessman, self-professed shaman and author. Some Norwegian media suggest that he is a conman and conspiracy theorist. He was born right here in Sacramento! Regardless, a grand wedding is planned. Currently the internet is lighting up with commentary on this relationship.

If you think “Shaman” Durek could help you, go to his Instagram site for further information. We don’t think you can sign up in time for the wedding, however.



## Help build the “Hygge Hus” at Camp Norge!

The Recreation Center Board is excited to announce our 2024 fundraising campaign to build the “Hygge Hus” (Cozy House) cottage adjacent to Heritage Hall at **Camp Norge**. Our dream is to make this a duplex consisting of two cottages, each featuring a bedroom, bathroom and kitchenette. For decades, we've shared the heartache of our aging and disabled guests who, due to terrain and room limitations, are unable to join us at Camp. **So, these fully-accessible units will ensure inclusivity for individuals using wheelchairs and walkers.**

**But we need your help!**

**We're seeking your support** to make the **Hygge Hus** a reality. The campaign runs through the spring, culminating at the District Six Convention in Las Vegas. Let's come together to build the **Hygge Hus** and make **Camp Norge** a haven for all, regardless of age or ability.

**Phase 1** of the campaign is underway **as we endeavor to raise \$50,000** to confirm the feasibility, acquire permits and prepare the site.

**We are well on our way as we've already received over \$16,000** as of late March!

**Make your donation TODAY.**

Go to our Go Fund Me Campaign → [Click HERE](#) or go to <https://gofund.me/62ff9cf7>

For more information, contact any member of the Camp Norge Board, or  
Fred Hymans: fred.hymans@gmail.com

## Penny's Rosemaling Seminar

At Camp Norge September 28-29, 2024

Classes are open to adults 18 years and older. Painters of all skill levels are welcome. Classes are limited to 21 students per class. Once class limits are met, a short waitlist will be established. Registration closes on September 15th.

**SEMINAR COST:** The cost of the seminar is \$150, which includes instruction, wood piece, paints and mediums for use during class, design packet, and 5 meals. If you have received confirmation, but find that you are unable to attend, please let me know as soon as possible so I can notify someone on the wait list. Full refunds will be made for cancellations received before September 9th -- no refunds will be made after that date. **(GO TO CAMP NORGE WEBSITE TO SIGN UP.)**

**TEACHERS:** Our teachers are Onya Tolmasoff and Sue Regadanz.

**PROJECT:** We will be painting a 12" plate with an 8" center and beaded rim.



**Onya's design:**  
*Hallingdal Plate*



**Sue's Design:**  
*Rogaland Plate*

**MEALS:** Saturday breakfast, lunch, and dinner; Sunday breakfast and lunch; coffee/tea during breaks. Melanie and Patrick Souza will again do our cooking. Family members who are not painting can pay \$60 for meals.

**COOKIES:** During the coffee/tea breaks, cookies and other refreshments are provided by the participants in the specified class (to be noted on your confirmation). Each participant is asked to bring one dozen cookies or the equivalent of other refreshments to share.

**ROOMS:** Lodging is not included in the registration fee. Please make your bed reservation at the time you register (see Registration Form). You will pay for your lodging when you arrive at Camp. Current Sons of Norway members pay \$27.00 per night; non-members pay \$37.80 per night (both include an 8% Placer County Occupancy Tax). We are obligated for both Friday and Saturday nights, so each person will pay a total of \$54.00 (SoN member) or \$75.60 (non-member). Since there are a limited number of beds available, RVs and tents are encouraged. For RVs, members pay \$30 per night, non-members pay \$40 per night. RV spots have electrical and water, but no sewer hookups. For tents, members pay \$20 per night, nonmembers pay \$25 per night (limit or 4 per tent/RV). Again, the obligation is for two nights (\$60 or \$80/RV; \$40 or \$50/tent). There is no occupancy tax on RVs or tents. Pets are \$2 per night.