

THE NAVIGATOR

APRIL 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*

Facebook: *facebook.com/sonsofnorwaysacramento*



FROM PRESIDENT TOVE-LISE (APRIL):

God Påske.



My sister keeps sending me these beautiful pictures of snow and sunshine in Norway. Seeing these images makes me feel a bit homesick for the Easter ski vacations we enjoyed while growing up there. However, when I look out at my pool and remember how much I love to swim, even in March, I realize how much I truly appreciate living in California.

More than 40 people attended our fish and meatball dinner last Saturday, including five energetic and adorable children. It brings me great joy to see the younger generation participating in our activities. I also find immense satisfaction in all the effort that goes into organizing an event like this, especially when our longstanding members continue to come and enjoy the lutefisk and everything that comes with it. Among those in attendance were **Duane Malme and Elaine Troseth**, who have been members since 1958. Our oldest member present, **Vernon Armstrong**, is a vibrant 96 years old.

I want to express my gratitude to the members who made this event such a success. Special thanks go to **Peggy Hyde**, who was my right hand through all the preparations. Thank you also to **Arlene Kozub** for making lefse, and to our kitchen cooks, **Bridget Malme and Kirsten Wyatt (Photo to right)**. We mustn't forget the entertainment—music by **Koll and Eric Malme**.

Please take the time to read the entire Navigator for information about all our upcoming activities.

Hilsen, Tove-Lise





**PLEASE NOTE—MONTHLY MEETING,
APRIL 14, 2026**

A SOUP SUPPER WILL BE SERVED!

(TWO OR THREE SOUP TYPES)

LOCATION: MASONIC LODGE

TIME: 6:00 PM START

AGENDA: Convention Preparations

Other business

Cultural Presentation: RUNES (See page 9)

(Guests welcome to bring their own wine or malt beverage.)

ROALD AMUNDSEN LODGE

SYTTENDE MAI OBSERVANCE/CELEBRATION!

(SUNDAY, 17th OF MAY, 2025)

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.**

UPCOMING LODGE EVENTS 2026

APRIL

Tuesday, Apr. 14, Soup Supper (p. 2 and 9)

Saturday, April 18, Work Day, Camp Norge

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.

FISH/MEAT BALL SUPPER PHOTOS



Fish/Meatball Dinner Musicians Eric and Kalen Malme. Creative kids at play.



CAMP Trollfjell & Folkehøgskule



NORWEGIAN LANGUAGE & HERITAGE KIDS CAMPS

REGISTRATION
JAN 1 - MAY 31

Early Bird Discount
Register by April 15th

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

Register for Camp Trollfjell at: sofn6.org/arv/camper-registration/

Register for Trollfjell Folkehøgskule at: 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 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, or mail to her at 2656 Barbera Way, Rancho Cordova, CA 95670-3742. Questions: call (916) 364-8704.

More Fish & Meatball photos...



Youngest guest Elizabeth enjoying her Lutefisk and creating art. And our oldest guest Vernon Armstrong.



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 were chosen at the March meeting.

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.



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/



culturaldirector@sofn6.org



2026.sofn6.org

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



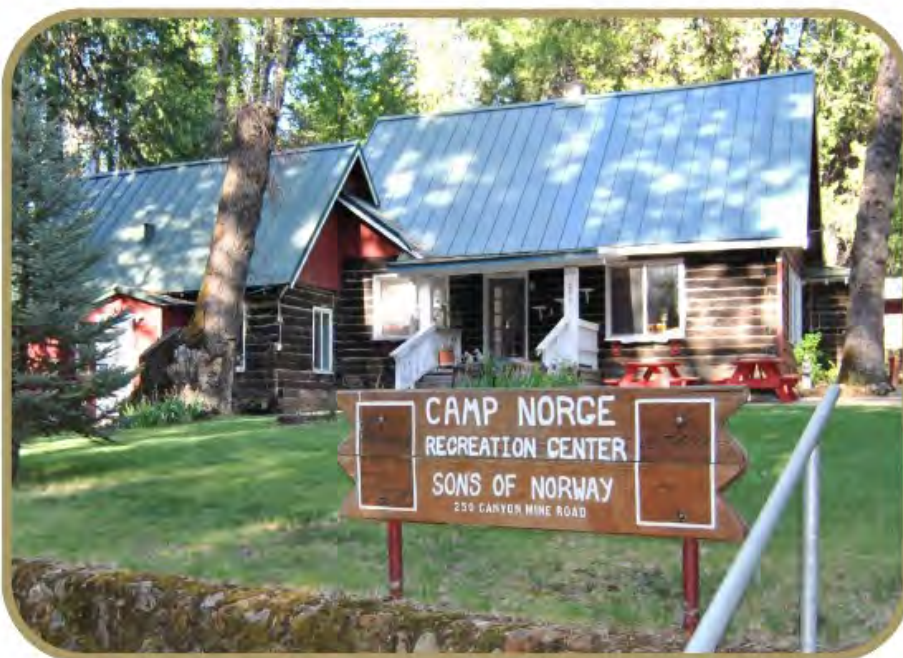
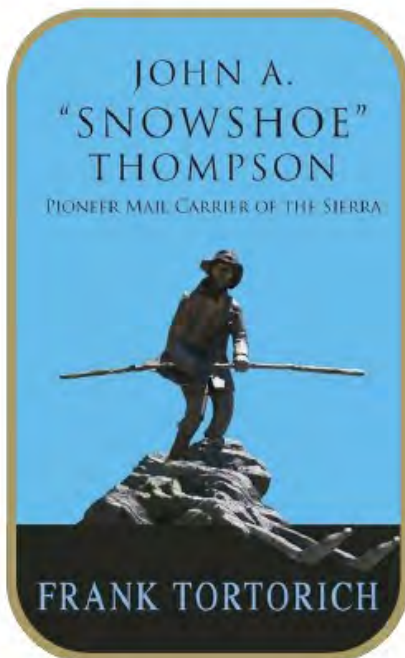
The 2026 Convention kicks off with a
Friday outing to Camp Norge!

🌲 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



From a Solbakken Breezes Newsletter. AI Created! Beautiful.

**RUNOLOGY ENTERTAINMENT
AT APRIL SOUP SUPPER!**

Runology is the academic study of runic alphabets (futhark), inscriptions, and their history, and that is all your editor knows about the subject. Never fear! Our resident Viking *Skjaldmær* and Cultural Director **Christina Newport** will present some information on Viking Runes at our April Soup Supper (see page 2). Maybe you will learn to write your name in a runic futhark!



*You are invited to a
Celebration of Life
for Joe Flannon*

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 | micheybarnett@yahoo.com



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.

Something Fun For Sure...

WHAT ARE YOU DOING MEMORIAL DAY WEEKEND?

Of course, many of us have memories of family veterans and others who are no longer with us, and we may be visiting cemeteries to recall those memories and perhaps to decorate their grave sites on or about Memorial Day...

However, there also should be time for some "R&R," and here the a place to have it:

The annual Memorial Day Weekend Campout

at Camp Norge is a District-wide event for members of Sons of Norway and friends. It's a fun and relaxing weekend and serves as a great way to kick off the summer season! Activities include hiking, campfires, kids' games, pickleball, horseshoes, axe throwing, and more! Choose from staying in a dorm or cabin or bring your tent or RV. You can purchase meals in advance or provide your own meals.

Our Roald Amundsen Lodge is responsible for sponsoring and serving the lunch on Saturday, May 23rd. Please contact **Peggy Hyde** at peggyhyde2@yahoo.com.

For detailed information visit campnorge.org/site/memorial-day/. There is information on meal and lodge reservations at this site. This year Memorial Day weekend falls on **May 23-25**.



Placing Memorial Day flags at Sacramento Valley National Cemetery (website photo).



Camp swings and play area.

MEMORIAL DAY

Originated after the Civil War to honor Union soldiers who died in battle. Initially called Decoration Day, it involved decorating graves with flowers. Officially recognized as a federal holiday in 1971, celebrated on the last Monday in May.

Expanded to honor all American military personnel who died in all wars. Many Americans observe the day by visiting cemeteries and memorials. Flags adorn military graves, often placed there by Boy Scouts.

Penny's Rosemaling Retreat

At Camp Norge April 25-26, 2026

Classes are open to adults 18 years and older. Painters of all skill levels are welcome. Classes are limited to 20 students per class. Once class limits are met, a short waitlist will be established. Registration closes on April 10th.

SEMINAR COST: The cost of the seminar is \$225, 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 April 1st -- no refunds will be made after that date.

TEACHERS: Our teachers are Onya Tolmasoff and Sue Regadanz.

PROJECT: We will be painting a 6" Round Tine Box by Larry Pickett.



Onya's design:
Telemark



Sue's Design:
Rogaland/Ryfylke Style

MEALS: Saturday breakfast, lunch, and dinner; Sunday breakfast and lunch; coffee/tea during breaks. Family members who are not painting can pay \$85 for meals.

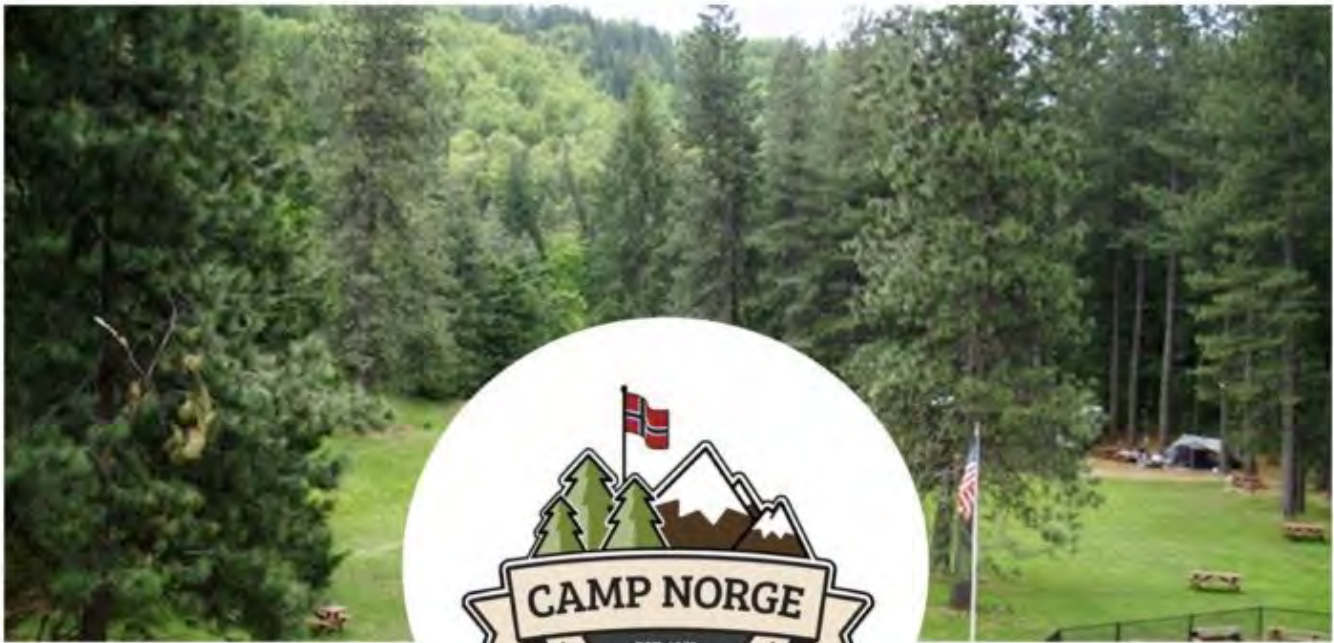
COOKIES: During the coffee/tea breaks, cookies and other refreshments are provided by the participants in the specified class (to be noted on your confirmation). Each participant is asked to bring one dozen cookies or the equivalent of other refreshments to share.

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 \$32.40 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 \$64.80 (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 electricity and water, but no sewer hookups. For tents, members pay \$20 per night, nonmembers pay \$25 per night (limit of 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. Learn more about Camp Norge lodging | at:



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



Spring Work Parties

Help us prepare for a busy 2026 season! Along with our wonderful annual events, Camp Norge will host delegates from the District Six Convention. To get the camp ready, the Recreation Center Board is expanding our traditional spring cleanup into two separate work party weekends.

Saturday, April 18th | Saturday, May 30th
9am – 5pm

Come for one day or both - projects for all ages & abilities.

Helpers can stay the night at camp for free! Breakfast, lunch & dinner provided.

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

Please RSVP — Email Fred at fred.hymans@campnorge.org

Dateline: April 1st, 2026

INTERVIEW: THE 127 YEAR OLD MAN

We flew to Daneborg, Greenland to interview a man who claims to be 127 years old. Daneborg is located at 74.3° North Latitude, well above the Arctic Circle (66.56° North).

We found the guy, named **Metusa La-sen** living in a ramshackle hut on the outskirts of the town. His face was a little lined but otherwise he seemed to be in remarkable shape.

We challenged him on his age claim and he showed us a birth certificate, written in Danish, issued by the city of Kristiania*, Norway in 1899, and it showed his birthdate to be February 1st, 1899! He also showed us an expired Norwegian passport to prove that his name was actually as given above.

Metusa told us that he has always been fascinated by bears and that he had studied them for much of his life. He said that active bears maintain a body temperature of about 100°F, not too different from humans. Bears that hibernate drop their body temperature to around 88°F and maintain a fairly sound sleep during the winter months, living off the fat they have stored up during the more temperate months.

“So, I thought to myself,” continued Metusa, “Humans are mammals too. Why couldn’t we hibernate like bears? What is the point of being awake in these long cold winters, anyway? There certainly is nothing to do around here in the wintertime that is very enjoyable.” And so at the age of 50, he started experimenting. Over time he discovered that if he really consumed a lot of whale blubber in the autumn months, he could sleep for long stretches at a time, especially when he went down into his potato cellar and covered himself with bearskin blankets. Typically he would put on about 30 pounds before he tried to sleep for extended periods of time.

“I think that is why I have lived for a long time,” he allowed. “I am basically resting my body – preserving it – by hibernating during the winter months.”

Upon returning to the United States, we reported our findings to RFK, Jr., Secretary of



Metusa modeling one of his bearskins.

(Continued on page 14)

HEIGHTENED VIGILANCE IN NORWAY...

Our NATO ally Norway is a beautiful place. The country's **Oil Fund** has the practical effect of making for a very egalitarian society. The people are resourceful and in many respects on the cutting edge of modern technology. Current leaders appear to be reasonable and re-skilled.

However, the small country's geographical location on the world sphere comes with some drawbacks. Consider these headlines from the most recent issue of **The Barents Observer**: **"Worries grow in Norway as Murmansk becomes Russia's main oil export hub."** This is the case because Murmansk is beyond the range of Ukrainian drones. Murmansk is less than 19 miles from the Norway – Russia border in the Kola Peninsula. Norway fears ecological risks posed by ageing "shadow fleet" tankers operating along the coast.

"Now on the Murmansk school curriculum: learning to kill with a drone." School teachers in far northern region of Russia are getting ready to provide kids with training in drone warfare.

"Chechen-led National Guard Spetsnaz deploys kamikaze drones in Arctic drills." Special forces from Russia's National Guard recently conducted military exercises on the Kola Peninsula, using FPV kamikaze drones to neutralize armed saboteurs.

"Putin's favorite submarine returns to service, fueling Arctic nuclear buildup." The ballistic missile submarine **Karelia (K-18)** is now located at the Gadzhiyev Naval Base on the Kola Peninsula.

Norwegian observers feel that they must be forever vigilant to ward off Russian expansionist intentions in the Baltic and far north areas.



Russian submarine Karelia near Murmansk.

127 year old man (Continued from page 13)

Health and Human Services. After doing a few pushups, he concluded that the hours Metusa spent hibernating should be subtracted from his age to determine his "adjusted age." He has asked the President to issue an executive order to that effect. Also he promised to see to it that Metusa would receive the Sharpie pen that the President would use to sign the order.

Sadly, however, we have received word that Metusa recently fell down his cellar stairs, hit his head on the floor and smothered to death under his bearskins. At least one member very high up in the federal government who heard the report of the hibernating man has taken to grabbing cat naps at every opportunity, even in meetings, and even though he asserts that he is awake. – **Reporting from Washington, Dick Tracysen, 4/1/2026. *Renamed Oslo, 1925.**



LEAVING THE LODGE...

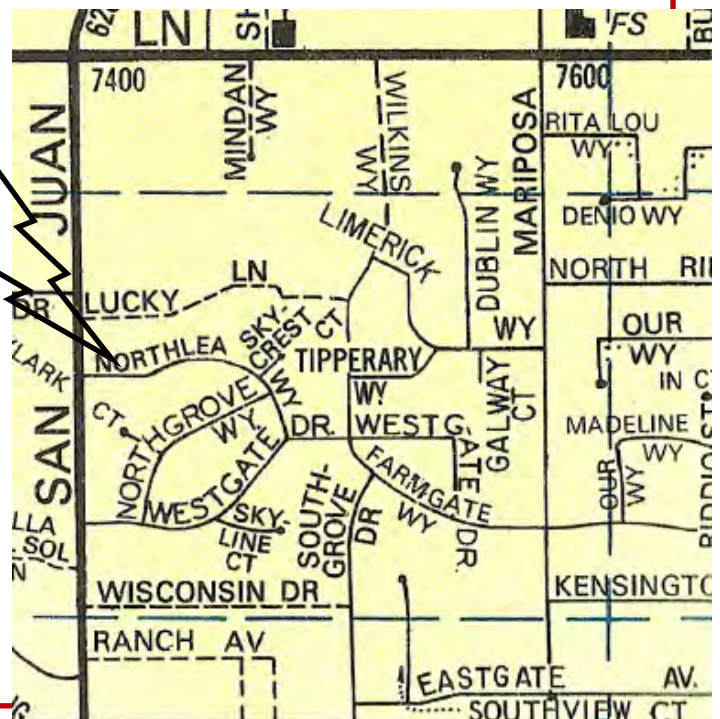
Who is leaving? Well, no one, and yet, everyone. Not leaving *permanently*, although that happens too, but leaving at the end of one of the great events that our President and Cultural Director put on. And how do they leave? Well, almost invariably they pull out of the lodge parking area and *turn right* to go to the intersection of Northlea Way with San Juan Avenue. From there you can turn right, or northbound, on San Juan to Greenback Lane and other points north.

Yes, you can do that if you are alert and quick. But turning *left*, or southbound, can be a heart-stopping experience as you try to get over to the center merge lane. The many cars northbound come over the rise, often at what seems to be 60 miles per hour! T-bone accidents waiting to happen!

There is a better way! Coming out of the parking lot, turn LEFT instead of right on Northlea. After traveling a short distance the street ends at Westgate Drive. Turn LEFT on Westgate and proceed a very short distance to Farmgate Way and turn right. Take Farmgate a few blocks to an intersection with Mariposa Avenue. Mariposa is a north/south thoroughfare that is much less busy than San Juan Avenue. If you are southbound, you then make a simple right turn on Mariposa and you are on the way without your heart in your throat...

Lightening bolt is striking the lodge location.

Cartoon AI generated.





Roald Amundsen Lodge Campers and Future Campers!