

THE NAVIGATOR

JUNE /JULY 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 (JUNE):

My goodness how time flies! Half of 2026 is al-

most gone. I keep thinking New Years Eve was just last week. We started to work on the 2026 convention two years ago and now it is here next week. I have a terrible time keeping up with all these activities. Wonder why? Must be because my last birthday was a big one!

Initially not too many signed up for our syttende mai celebration, but we ended up having about 30 people, That was not bad on a very windy day. We even had a short parade. Especially nice to see so many younger faces. Thank you to everyone that attended.

Our lodge had the responsibility for lunch on Saturday, Memorial Day weekend at Camp Norge. We served over 40 people. Thank you to Peggy Hyde, Kathy and John Bennett and myself for organizing and making salads for the event. And then, beyond the call of duty, most of these folks had to scramble and served the Sunday lunch as well, as those responsible turned out to be missing!

For information regarding the convention, go to the 2026 Convention website.

We are having a regular business meeting, June 9th, a couple of days, before the convention starts. Hopefully you can take the time to learn a little about our lodge and Sons of Norway.
Hilsen Tove-Lise



The delicious and handsome Norwegian flag motif cake that Tove-Lise made and served at the syttende mai celebration!

UPCOMING LODGE EVENTS 2026

JUNE

Tuesday June 9, Business meeting
 BIENNIAL DISTRICT CONVENTION, Sacra-
 mento (11th—14th) (at Doubletree)

SEPTEMBER

Sept 5-7, Kretsstevne, at Camp Norge
 Sunday, Sept. 13, Camper Recognition
 BBQ
 Sept. 19-22, Camp Oldfjell at Camp Norge

OCTOBER

Tuesday, Oct. 13, Business meeting

NOVEMBER

Tuesday, Nov. 10, Business meeting
 Saturday, Nov 7, Viking Festival

DECEMBER

Saturday, Dec 5, Julebord with 2027 of-
 ficer installation.

**All meetings and events at the San Juan
 Masonic Center, Citrus Heights, unless
 otherwise indicated. Call 916.364.8704
 for more information. Also [sonsofnor-
 waysacramento.com](http://sonsofnor-

 waysacramento.com).**



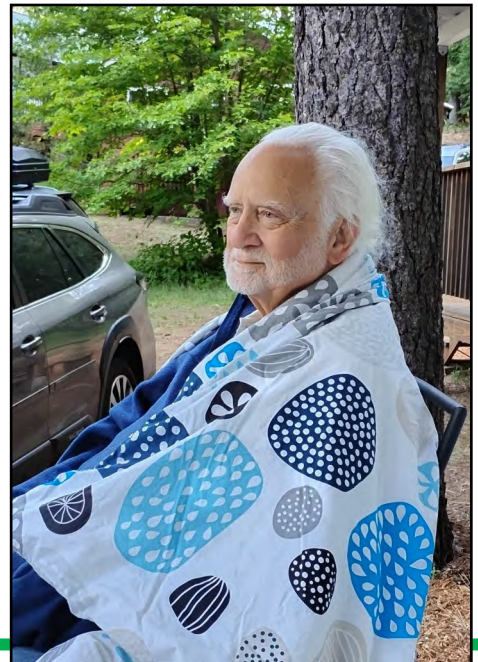
FUN AT CAMP NORGE

Lots of folks gathered and had fun at Camp Norge over the Memorial Day weekend. Young folks were entertained trying their skill and luck competing at the game of Jenga:



It did not end well for this young person. However, the rejuvenating effects of spending time in the tall pines are well known. For example,

here is a photo of a 40-year-old man and his remarkable transformation after only one night at camp.





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

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

TAKE NOTE: Any Roald Amundsen member who is not a delegate is nevertheless free to attend convention sessions, sitting in chairs provided at the backs of the meeting rooms...

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



US SENATORS IN SVALBARD

An all-female delegation of U.S. senators from both the Democratic and Republican parties spent the last weekend of May in Svalbard for a diplomatic visit aimed at strengthening ties with Arctic allies.

The group consisted of eight senators, accompanied by staff and military liaison officers, undertaking a circumpolar tour of the four Arctic nations of Canada, Greenland (Denmark), Iceland and Norway.

“We will reassure our allies that we recognize and appreciate the importance of our allies and partners in the Arctic, as in so many other areas,” **Democratic Senator Jeanne Shaheen** told the Associated Press ahead of the delegation’s departure on Friday.

Shaheen is leading the delegation alongside **Republican Senator Lisa Murkowski of Alaska**. She added that the group would discuss “what more we can do as members of Congress to support those relationships.”

During their stay in the Norwegian Arctic archipelago, the delegation was scheduled to hear presentations by researchers from The Arctic University of Norway on Arctic climate and nature. Senators Murkowski and Shaheen have previously worked together on legislation aimed at preventing the United States from attacking any fellow NATO member, including Denmark. The Svalbard visit comes a day after the seven NATO member states in the Arctic adopted a joint statement recognizing the need for greater co-operation to ensure the Arctic remains a secure and prosperous region. (Based on a report in the **Barents Observer**.)

NORWAY TO JOIN “FRENCH NUCLEAR UMBRELLA”

Norway opens talks with France on joining its nuclear umbrella, French President Emmanuel Macron and Norwegian Prime Minister Jonas Gahr Stoere said last week, reflecting growing European concerns about relying on the United States for security, Reuters reported.

The move signals a shift by Norway, long a staunch Atlanticist that has relied heavily on NATO and the U.S. nuclear umbrella, towards closer defense cooperation within Europe. Macron and Stoere announced the plan at a meeting in Paris, where they also signed a broader defense agreement which includes Norway joining a French-led nuclear weapons initiative.

Stoere said Norway’s primary deterrence would remain the NATO alliance and the United States, but described France’s nuclear capabilities as “an important contribution” to the alliance’s overall posture. “This agreement establishes a principle of mutual assistance between our two countries,” Macron said, adding that deeper cooperation would support Europe’s ambitions for greater strategic autonomy. The initiative comes as European countries seek to strengthen their own defense capabilities amid doubts about long-term U.S. commitments and heightened tensions with Russia.

See bottom of next page for more news...



BetterLife is partnering with  **SONS of NORWAY**



A NEW PARTNERSHIP.....



Daniel Seyfried
Chief Executive Officer

We certainly hope that all of our members have had a chance to read **CEO Daniel Seyfried's** article in the May/June **Viking Magazine** explaining the advantages of Sons of Norway's new partnership with another insurance company, Better Life, domiciled in Madison, Wisconsin. He explains that Better Life is financially stable and growing, making

it a great fit with our organization, and that Sons of Norway will retain its brand and legacy while also experiencing enhanced programs and better service.

If you haven't read CEO Daniel's explanation, you can find it beginning on page 6 of the magazine, and the magazine can be accessed on line if you cannot find your copy.

ARCTIC DEVELOPMENTS: Norway and Germany are offering Canada their places in line to buy new submarines. The effort is designed to update and "arm" Canada with the subs it needs to participate in a new Arctic alliance with, especially, Norway and Germany, but also other Baltic and Scandinavian nations, and not the USA. The concept is to have all participants using similar, exchangeable equipment with which to protect these NATO nations from any possible Russian aggression. Canada is very interested in getting on board with this concept as it has the largest coastline exposure of any country in the world, much of it in the Arctic, and it feels it can no longer rely on the USA to call the shots when it comes to arctic defense. For one take on this development, go to this YouTube site:

<https://www.youtube.com/watch?v=Zj9Fg1SrSOg>.



Some syttende mai observers. JoAnn Ronning and Betty Williamson. Brian Rosenthal.



NORTHERN CALIFORNIA KRETSTTEVNE!

Northern California Kretsstevene 2026, will be at Camp Norge on September 5th through 7th. Meal registration opens August 1st, but you can [reserve your room now!](#)



SAVE THE DATE:
SEPTEMBER 13th LODGE BBQ:
CAMPERS' SHOW AND TELL DAY.
1:00 PM START. CATERED BBQ
LUNCHEON



SONS OF NORWAY LOYALTY PINS TO LODGE MEMBERS FOR 2026

For years pins and certificates have been awarded to members for each five years of service to the lodge and to Sons of Norway. These are awarded for 5-year increments, one for 15 years, the next one for 20 years, etc. The table at the right shows who should get pins during 2026. The most senior pin available today is for 70 years. However, we have “cumshawed” several 75-year pins from another lodge. The most junior pin we award is for 10 years.

The table also shows our members who have been members for more than 75 years! We regret that we do not have pins for them, but we can provide certificates.

The pins will be available for awarding at any of our remaining events this year, beginning with the Fall BBQ. Any not so awarded will be mailed at year-end, depending on the circumstances.

Congratulations to all of this year’s pin recipients!

“SENIOR MEMBERS”

YEARS

Rolf L Owre	81
Roald D Waraas	79
Helen Rezba	78
Knute A Blodger	77
“ALL THE OTHERS”	
Bettybe Wright	75
Donald R Lewison	70
Kirsten L Wyatt	60
Kristine L Hamilton	50
Ruth A Halley	45
Grete E Skjellerud	45
Lois C Sando	35
Eloise F Holdahl	30
Leif Erik Bjerke	15
Delores H Lewis	15
Katrina LeeAnn Gonzalez	10
Lilia Karlstad	10
Olivia Siddique	10
Omar Siddique	10
Anders Thue	10
Jack Luther Wyatt Jr.	10
April Michele Wyatt	10