

THE NAVIGATOR

SEPTEMBER 2026

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"

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FROM PRESIDENT TOVE-LISE:



I keep looking at the president's messages for this year and prior years and I always seem to be thanking the same people all the time. I am especially grateful to the members that help out at Camp Norge, being the kids camp or spring and fall cleanup. It is always the same people. We have a lot of members, and I am encouraging more members to volunteer their energy and knowledge. I love all the "old" members, but it really puts a smile on my face when I see "new" faces.

Don't forget to make your reservation for the BBQ show and tell on Sunday September 13th. We need to know how much food to order. It is always nice to hear the campers talk about their activities at camp.

As usual fall is a very busy time for Sons of Norway activities. Several of us attended the Henrik Ibsen Lodge picnic in Woodside CA a couple of weeks ago. Very nice to enjoy the company of members from several lodges. Of course, the best thing about it was that we didn't have the responsibility for the activities. We could just enjoy the day.

Looking forward to seeing everyone at our next meeting.

Hilsen Tove-Lise

"Double Exposure"

Two Roald Amundsen Lodge members getting their money's worth at Henrik Ibsen Lodge picnic. Their lodge's guest quarters, now being rehabilitated, in the background. (The big building not the old red barn)





HM King Harald V 1937 – 2026

Photo credit: Kimm Saatvedt, The Royal Court



Sons of Norway lodges and members join the Norwegian-North American community and the people of Norway in mourning the passing of His Majesty King Harald V.

On August 28th at 6:35 a.m. King Harald V passed away at Oslo University Hospital Rikshospitalet after being hospitalized for a rare blood illness. Harald V served as Norway's king for 35 years and passed away just two days before his 58th wedding anniversary with Queen Sonja. Like his father and grandfather, King Harald adopted the motto "Alt for Norge" – Everything for Norway. He became a king of the people known for his compassion and sense of humor. He was often called "all of Norway's grandfather" – *hele Norges bestefar*.

On Sunday August 30th, the Church of Norway invited people to attend memorial services all over Norway in the king's memory. His Majesty King Haakon, Her Royal Highness Crown Princess Ingrid Alexandra, Queen Sonja and Prince Sverre Magnus attended the memorial service in Asker kirke (church). The service began with the psalm *Jeg er i Herrens hender*, (I am in the Hands of the Lord) and closed with *Kongesangen* (The Royal Anthem of Norway).

King Harald will be laid to rest on September 9th in the Royal Mausoleum at Akershus Fortress, beside his parents and grandparents. His sarcophagus was designed by renowned architectural firm Snøhetta.

Harald's early life was shaped by the **German occupation of Norway during World War II**. In 1940 the royal family went into exile, and Harald spent part of his childhood in Sweden and later in the United States with his mother, while his father King Olav V took refuge in Great Britain. He later studied at the University of Oslo, the Norwegian Military Academy, and Balliol College, Oxford. When his father, King Olav V, died in 1991, Harald became king, taking the title **Harald V**. *(Most information taken from Sons of Norway website—Editor)*



Special Fall Afternoon Lodge Meeting:

Enjoy a Summer's-End BBQ Afternoon!

Learn what some of our youth did at camp!

Sunday, September 13th, 3:00 pm till about 5:30 pm



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 13th, 3:00 pm till about 5:30 pm

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 \$5/person, by Tuesday, Sept. 9th, please, so that we know how much food is needed. See form below, and see you there! (CAMPER YOUTH AND 12 AND UNDER NO CHARGE)

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

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

No. of no-charge persons _____ (Age 12 and under and campers)

(CAMPER YOUTH NO CHARGE)

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

Special Note on the BBQ: if you cannot make the Sept. 9th response date you can still call Tove-Lise 916-364-8704 to see if there is enough food, and then pay at the event.

REMAINING LODGE EVENTS 2026

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 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 website son-sofnorwaysacramento.com.



REMINDER—

MARK YOUR DECEMBER CALENDAR!

JULEBORD—DECEMBER HOLIDAY DINNER!

SATURDAY, DECEMBER 5, 2025

(LATE AFTERNOON OR

EARLY EVENING START –TBD)

Reservation information will be in

October or November

Navigator

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.

Penny's Rosemaling Retreat takes place September 26 to 27, 2026 at Camp Norge. Discover the beauty and heritage of Norwegian rosemaling—folk art painting known for its elegant swirls, floral motifs, and vibrant colors. Go to Camp Norge newsletter available on the District Six website for complete information.

Camp Oldfjell

2026 Course Catalog

September 19 – 22

Saturday-Tuesday \$250
Saturday-Sunday \$150

All of our indoor accommodations have been booked. You may still register for Camp Oldfjell, but you must be willing to do tent or RV camping or make arrangements to stay off-site.

GO TO sofn6.org FOR ALL
NECESSARY COURSE AND
LODGING INFORMATION
AND REGISTRATION!

Registration opens on July 1, 2026

Click [HERE](#) to register or visit <https://sofn6.org/camp-oldfjell/> for the latest details!

VIKING FESTIVAL

*Saturday, November **7th, 2026.** 10:00 am to 3:00 pm*

Admission is Free!



*Masonic Center
5944 San Juan Avenue, Citrus Heights
(Between Madison and Greenback)*



*Craft items, demonstrations, clothing, bakery goods,
Scandinavian merchandise, Norwegian calendars, gift items...*

Just in time for holiday shopping!

*Lunch will be available:
Open-face sandwiches, Fish soup, Waffles,
VIKINGS-ON-A-STICK, Bakery goods... and more.*

*Additional information: Call **916-364-8704***

And also the lodge website: sonsofnorwaysacramento.com.

And also Facebook: facebook.com/sonsofnorwaysacramento

All are welcome—vendors and exhibitors call the above number for tabl



INFORMATION ABOUT AND FOR LODGE MEMBERS...

A memorial service for **Ann Sandner** is planned for **Friday, October 9th**, including a Mass at 1:00 pm and a Celebration of Life at 2:00 pm, at St. John Vianney Catholic Church, 10497 Coloma Road, Rancho Cordova 95670.

We have been informed that 42-year member **Marie Ingrid Buhler** passed away at the age of 95 on July 11, 2026. She was a resident of Fair Oaks. We have no information on services and suspect that if any, they might have already been held.

Bettybe Wright, a 75-year member, will be 100 years old on December 9th! Does anyone know how to contact her? We have no address (she has moved), phone number or email address...

Who is **Ullr**? Why, he (or she?) is the **Old Norse God of winter, snow, and skiing**, of course! And at Breckenridge Ski Resort in Colorado, skiers “pray” for snow (after putting their beer down in the snow to stay cold) at the base of a 25-foot statue of Ullr titled “Let it Snow.” This year, they may also get some help from El Niño, who is not a Norse god. Each December the ***Ullr Dag Festival*** is celebrated at Breckenridge. We believe Ullr would approve.

Breckenridge was founded by **Sigurd Rockne**, who is a well-known Norwegian ski racer who skied in the 1956 Olympics. His business partner was the late **Trygve Berge**, who also ski-raced for Norway in the 1956 Olympics.

Arctic Climate Video with Norwegian Researcher.—In this video filmed in northern Norway and Greenland, researchers from The Arctic University of Norway (Tromsø) explain what is happening in the Arctic.

<https://www.thebarentsobserver.com/news/8-facts-about-climate-change-you-need-to-know/425943>.

Norway seizes Russian ship. Sept. 3 -- In what seems like a pretty gutsy move, Norwegian authorities seized a Russian ship on Svalbard, an arctic archipelago that is part of Norway.

The ship, the **Professor Molchanov**, was seized at the port of Barentsburg in Svalbard. The seizure of the ship was requested by the Naftogaz Group, Ukraine's largest state-owned gas and oil company.

The company won a lawsuit against Russia for \$4.2 billion plus interest and costs, and the Nord-Troms and Senja District Court in Norway ordered the seizure on Aug. 31. The Norwegian court ruling follows a decision by a Dutch court in late 2024 that confirmed that the award was enforceable in Norway. The Hague had awarded Naftogaz Group compensation for assets seized by Russia in 2014 in occupied Crimea.



**SONS of
NORWAY****BetterLife**
A different kind of life insurance company

A Note to Our Fellow Sons of Norway Members

We've received a lot of questions about the transition to BetterLife, and that's completely understandable. When something changes involving your fraternal organization, you deserve clear information and honest answers.

As a CFP® professional, my role is to help individuals and families make informed financial decisions based on their own goals and circumstances. That's the approach I take with every member I meet. And as a fiduciary, I must put the best interests of my clients ahead of my own.

The first thing I'd like members to know is that the aspects of Sons of Norway that make our organization special aren't changing. Our lodge, district, cultural programs, Viking magazine publications, scholarships, and community connections remain at the heart of the organization.

What is changing is the insurance partner supporting new financial products. BetterLife is a fellow fraternal organization with a long-standing commitment to serving its members. The partnership gives Sons of Norway members continued access to life insurance and annuity solutions through an organization focused on delivering member value and financial security.

For members exploring coverage options, BetterLife offers a range of products, including whole life, term life, universal life, final expense insurance, and annuity products. While every individual's needs are different, many members will find options that may help address goals such as family protection, legacy planning, retirement income, or final expenses.

For members in California, we're pleased to have access to products from Mutual of Omaha, which expands the range of life insurance solutions available in the state.

Most importantly, our commitment to members has not changed. We're here to answer questions, explain options, and help you understand how available products may fit your personal situation. Any recommendation should be based on your individual needs, objectives, and financial circumstances.

Change can naturally bring uncertainty, but it can also create new opportunities. Our goal throughout this transition is simple: to provide straightforward guidance, clear information, and the support members have come to expect.

If you'd like to discuss your current coverage or learn more about the options available through BetterLife or Mutual of Omaha, please reach out. I am happy to have a conversation and help you evaluate what makes sense for you and your family.

Fred Hymans, CFP®
Financial Benefits Consultant
916-333-2086
Fred@efsPlanning.com

Editor's Note: Although BetterLife is not yet selling its products in California, it has a cooperative arrangement with Mutual of Omaha and allows its agents to sell Mutual of Omaha's wide range of products here.



From Headquarters Office: Dear Members,

Please join us for an All-Member meeting on **Monday, September 14, 2026 from 6:00 pm – 7:30 pm Central time:**

Join BetterLife CEO Chris Campbell and International Board President Luella Grangaard to hear highlights regarding the partnership transition, governance updates, cultural updates and information on the Sons of Norway Foundation's "*Together We Are The Future*" campaign. **To register for the meeting on September 14 at 6 pm Central time, right-click this button and open hyperlink:**

[Register for Meeting Here](#)

Due to the large number of people invited, please email questions by Tuesday, September 8, 2026 to fraternal@sofn.com.

TO ROALD AMUNDSEN LODGE MEMBERS: You should have received this above message via email. If you did not, it probably means that the Headquarters office in Minneapolis does not have a valid email address for you. (We here in Sacramento might have one, but **only you** can update your Headquarters records, and prevent forest fires.) You can and should go on line (**sofn.com**) and update your profile.

The red button above may not work for you. You can find the email, sent August 20th, or register at <https://events.teams.microsoft.com/event/4114e33d-e9f4-4281-a30e-be001f097e3e@8b6c3bd4-9ee2-493c-b760-d2c85ef4f63f>. It should be an interesting meeting....—Editor.

BETTERLIFE BOARD ELECTION

If you own a Sons of Norway product you probably have received, on or about August 28th, an email from BetterLife about voting in the currently open Board of Directors election. You may also, or instead, receive a ballot by mail, especially if Sons of Norway does not have a valid email address for you. Your voted ballot must be received by 11:59 p.m., September 30th.

The BetterLife Board consists of the company CEO and eight directors. Four of the director positions need to be filled in this current election, and there are four candidates standing for election. Very short bios of each are available at <https://www.betterlifeins.com/about-us/board-application/>. There does not appear to be a provision for “writing in” another candidate and so, practically speaking, you are endorsing, or not, each of the four specified candidates. An elections service called *YesElections* is conducting the election.

