

# THE NAVIGATOR

A Publication of Roald Amundsen Lodge 6-48  
Sons of Norway, Sacramento, California  
April, 2010

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## FROM ROALD AMUNDSEN LODGE 6-48 PRESIDENT CAROL FRANCIS:

**God påske! Happy Easter!** No, påske is not capitalized in Norwegian. And the event is usually celebrated in the high mountains, getting in one last cross country ski weekend before spring finally comes to Norway. I sent Easter egg coloring kits to Norway one year, and they loved them, but this is an American tradition. Hope you have a great celebration with family and friends. I will be celebrating in Denver with my brother's family, and visiting friends in Grand Junction and Colorado Springs.



We had a very successful Torsk and Meatball Dinner on March 13th at the Orangevale Grange Hall! Thanks to Joe Hannon and David Bailey for chairing the event, to LaRena Hannon for organizing the kitchen and making decorations, to Kristy Updegraff for all of her cooking, and Cindy Hayashi for handling reservations. I will let the chair people thank their helpers in another article. I thoroughly enjoyed all the questions and participation during my cultural program on the Viking trade routes, and medieval Scandinavian history. I am editing my paper on the the relationship between Sweden and Russia, e-mail me at [csfnorge@jps.net](mailto:csfnorge@jps.net) if you want a copy.

Welcome to two new members who joined at the Torsk dinner, **Corrinne Laing** and **Richard Peterson!** **Initiation of new members** will be on **Tuesday, May 11th at 7 pm**. If you have not yet been initiated, please plan to attend and enjoy our cultural program about "17th of May" celebrations in Norway. If you sign up a new member, your name goes in for a drawing for two airline tickets to Norway! Do you have any family members and friends who would enjoy the lodge? Invite them to join!

Welcome also to our new musician for lodge meetings, **Janet Moe!** What a great way for a new member to get involved! This will add greatly to our enjoyment of lodge meetings. I was singing in a choir in Norway long before I was fluent in the language, and always encourage members to sing their hearts out at meetings as it is a good way to learn Norwegian pronunciation. Thanks to **Tove-Lise Miller** for reading the words, and also starting songs lately. On a similar note, we are hoping to form a cultural committee to plan programs, and could use your help!

We have invited Daughters of Norway members to join us in celebrating the **Norwegian national day**, one day early, on **Sunday, May 16th, at 1:30 pm** with a picnic at the Orangevale Grange. We will have a barnetoget with flags and music, and also kids' games, so **please bring children, grandchildren, nieces and nephews**, as this is how Norwegians celebrate the 17th of May in Norway. Let's do it in true **norsk** style! Carol Lee Solheim is doing a book review on the **April 13th lodge meeting** of *The Long Way Home: An American Journey from Ellis Island to the Great War*, by David Laskin. The **soup social on April 23rd** will include the film "Sweetland." **Håper vi sees snart! Hope to see you soon!** klem, hugs, Carol Francis

**KALENDAR:**

Tuesday, April 13th, 7 pm, Lodge meeting at San Juan Masonic Hall; Cultural Program by Carol Lee Solheim, book review of *The Long Way Home: An American Journey from Ellis Island to the Great War*, by David Laskin. Refreshments, Ron and Cecelia Byrd.

Friday, April 23rd, 6 pm, Soup Social at San Juan Masonic Hall, see flier in Navigator! Movie "Sweetland" about early immigrants, with popcorn.

Tuesday, May 11, 7 pm, Lodge meeting at San Juan Masonic Hall; Initiation of New Members. Cultural Program on May 17th in Norwegian small towns, with slides. Refreshments, Jessica and Aislinn Brown.

Sunday, May 16, 1:30pm picnic, 2:30pm barnetoget (Children's parade for everybody). Celebrate 17th of May at Orangevale Grange, with Daughters of Norway. Kids' games too!

**Camp Norge Scholarships for  
Language Camp 2010  
From Roald Amundsen Lodge**

July 11-24  
Ages 8-13  
Camp Norge Recreation Center  
Alta, CA

**Camp Applications are due no later than May 1, 2010**

Applications available at  
[www.campnorge.com](http://www.campnorge.com)

Limited Number of Scholarships available  
Scholarships pay half of camp cost  
Camp costs \$750 per child

In order to receive the scholarship, each applicant needs to give a report, after camp, to the lodge.

Reports may be in the form of a report mailed to the lodge if an applicant is unable to attend the **September 14th** lodge meeting.

Reports can be pictorial, video, or written.  
Scholarship requests need to be in a letter or email.  
Emails are to be sent to [joeandheidigreen@gmail.com](mailto:joeandheidigreen@gmail.com)  
Scholarship letters can be mailed to:

Joe Green  
3313 Brookwood Rd.  
Sacramento, CA 95821

**Scholarship application letters must be received  
by the May11th Lodge Meeting**



God påske!  
Happy Easter!

## Norway Day 2010

Gordon and Lyla Hanson  
11871 Silver Cliff Way  
Gold River, CA 95670  
916-852-1035  
[ghansn@aol.com](mailto:ghansn@aol.com)

Once again the Sojourners of St. John are scheduling a bus tour on Saturday, **May 1, 2010** to the annual Norway Day festival at Fort Mason near the Golden Gate on beautiful San Francisco Bay .

This Norwegian extravaganza has it all - delightful ethnic foods, fascinating arts and crafts, lively instrumental and choral groups, soloists, costumed dancers, all celebrating Norway's contributions to world culture from Viking times to the present.

Our deluxe 56 passenger Amador bus will depart from Country Club Lanes parking lot (2600 Watt Ave.) at 8:30 am, and return at 5:30 pm. The per person cost is only \$35.00, which includes bus fare and entrance to the festival in the spacious Festival Pavilion at Fort Mason.

Because of the enthusiastic response to this trip in the past years, we encourage you to send your check, payable to "Sojourners", to Lyla Hanson, 11871 Silver Cliff Way, Gold River, CA 95670.

**The space will sell out fast.**

<http://www.norwayday.org/>

(See also the flier on the following page)

**BUS TRIP TO NORWAY DAY FESTIVAL  
SATURDAY MAY 1, 2010**



**CO-SPONSORED BY ROALD AMUNDSEN  
LODGE 6-48 SONS OF NORWAY AND  
GORDON HANSON AND THE  
SOJOURNERS**

**Where: Herbst Pavilion at Fort Mason, Marine area in San Francisco**

**Price: \$35/person (Includes group entry fee into Festival)**

**Make checks payable to: "Sojourners" and send checks**

**to** Lyla Hanson 11871 Silver Cliff Way, Gold River, CA 95670-8133

For Questions or Information call Joe Hannon at 916-451-3853

**Pickup Location: Country Club Lanes, 2600 Watt Avenue,  
Sacramento, Loading "AMADOR STAGE LINES BUS"**

**8:00 to 8:30 AM, Leaves at 8:30 AM, Bus Returns at 5:30 PM**



The Festival features Norwegian cuisine cooking and tasting, crafts, fashions, sports, music, dance, genealogy and cultural booths

## Photos from the Torsk Dinner

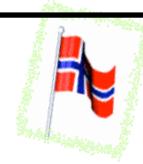


What a feast and entertaining evening!. Highlighted by baked Torsk, poached Torsk, and **Tove-Lise's** meatballs, 75 members and guests enjoyed a magnificent repast at the Torsk and Meatball dinner at the Orangeville Grange Hall on March 13th. There were bounteous sides and delectable desserts as well. Following the delightful meal were door prizes donated by Carol Lee Solheim, Jom and Florence Smith Cindy Hayashi, David Bailey, and Carol Francis. **Anders Thue helped draw tickets, representing the younger generation.** After the door prizes, Carol Francis gave an entertaining and informative presentation regarding the relationships between the Scandanavian countries and Finland and Russia during the period of the Crusades and the two centuries afterwards. It explained many of the conflicts and peaceful relationships during that period.

◁The dinner was primarily organized by **Joe** and LaRena Hannon with great results, **assisted by David Bailey.** Volunteers included (with apologies for any omissions): Pat Harriman, Kristin Updegraff, Ann Sander, Sharon Brooks, David Bailey, Cindy Hayashi, Steve Rosenthal, David and Darla Moe, Mike and Dorothy Jones, and Gloria Richardson. Thanks to all who helped and attended.

More photos from the Torsk Dinner





ROALD  
AMUNDSEN LODGE  
SONS OF NORWAY

www.sonsofnorwaysacramento.com



SOUP SOCIAL

FRI., APRIL 23, 2010 -- 6:00 pm

SAN JUAN MASONIC HALL

5944 SAN JUAN AVE., CITRUS HEIGHTS, CA



**'Bring' your favorite soup...to share**  
**Enough to serve 6-10 people (in crock pot or kettle).**

**The lodge will provide salad, bread, beverage, and dessert.**

**Popcorn and movie will follow !**

*Film is "Sweetland"*

**Free to all members**

*Attendance will be limited to 60*



~ ~ ~  
**Email or call for reservations by April 18 -- CINDY HAYASHI**  
916.488.9901 email: [cindycyc@surewest.net](mailto:cindycyc@surewest.net)

## Birthday Milestones



**Jerry & Irene Karlstad**

Irene just celebrated her 90th Birthday, on March 1st, 2010  
Husband Jerry is currently 97 years young!  
Please congratulate them when you see them!

## Calling all Bakers

Homemade Norwegian Cookies are needed for the regional conference June 21st. in Modesto Ca.

We would like to have an abundance of homemade Norwegian cookies. To help, we have a recipe from **Kristy Updegraff** for the cookies she brought to the Torsk dinner as they were a great hit.

Please let us know if you will be making cookies for the Conference.



### Norwegian Cardamom Almond Bars

- 1 cup butter (or oleo)
- ½ c each white sugar and brown sugar (packed)
- 1 egg separated
- 1 tsp almond extract
- 1 & ¾ c flour (I use whole wheat)
- ¼ c wheat germ – optional but add more flour is not
- 2 tsp cardamom (I like lots of spice)
- ½ tsp salt
- 2/3 to ¾ cup chopped almonds

Cream butter and sugars, beat until creamy and fluffy. Add egg yolk, almond flavoring, flour, wheat germ, cardamom and salt. Mix well to form a soft dough.

Spread mixture evenly in an un-greased 10 X 15 inch baking sheet. Brush surface with beaten egg white. Sprinkle evenly with chopped almonds.

**Bake at 275 degrees for 1 hour.**

**Meanwhile prepare frosting.**

In skillet melt 1 & ½ Tbsp butter until brown slightly. Pour into bowl with 1 cup powdered sugar and ½ tsp almond flavoring. Beat well adding enough milk to bring frosting to a drizzling consistency.

Cut bars while still warm (I cut them 8 lengthwise and 6 or 7 width-wise) Drizzle frosting on warm bars.

## Favorite Family Recipes

The Navigator Newsletter will be including a recipe column from time to time, and we welcome your favorite **Norwegian** family recipes, along with a related story or memory that you would like to share (recipes only are fine too). Please submit to the editor at [steve.loberg@mac.com](mailto:steve.loberg@mac.com). A photograph of your prepared dish would be the icing on the cake.

## THE DAUGHTERS OF NORWAY

Meets the second Saturday of the Month at 9:00 am at Denny's on Howe.

You are welcome to join them for breakfast.

(This page contributed by Yvette Loberg)

FIFTY FIRST ROSEMALING SEMINAR AT CAMP NORGE

APRIL 24/25, 2010

It is time to make your reservations for the adult (18 years and over) spring Rosemaling Seminar at Camp Norge. We will have three classes. The teachers are Julie Anne Droivold, Kay White, and Cheryl Seath.

We will be painting on a beautiful 12 inch scalloped, beaded square plate. Julie Anne is teaching a Hallingdal design on a red/orange background with sponging on the rim edge. This should be a fun pattern to paint. Kay is teaching an Os style on a blue background.. Cheryl Seath will be teaching the beginner's class using an Os style on a red background with design inspiration from the Os chair featured in the Vesterheim publication Vol. 1, No. 1, 2003. Look on the Camp Norge Website for pictures of all three projects: www.Campnorge.com shortly after February 10th.

Please make your room reservation with me. I develop the list of who is in which room. You will pay for your room when you arrive at Camp. It is not included in your class fee. Bring your current membership card. Members pay \$15 per night; guests pay \$20 for dorms, plus 8% Placer County Occupancy Tax. Only members are allowed to stay in the main house and the cozy cabins. For people who want to room together, I need to receive the list of names with the first reservation. RV's are encouraged as we have a limited number of beds. Members pay \$20 per night for up to four people per RV. Guests pay \$25 per night for RV's. We have electrical and water, but no sewer hookups. Tents are \$15 for up to four people for members, \$18 for non members. Pets are \$2 per night. Pets are not allowed in any of the buildings, pool area or sleeping rooms at any time.

Please include your full phone number, address and lodge name and number when registering. If you have e-mail, please include your e-mail address. It is so much faster and cheaper if I need to talk to you. As soon as the supply lists are available from the teachers, I will send them as I receive your registration form and check. ABSOLUTELY NO E-MAIL RESERVATION REQUESTS. I need the check and registration form together. Be sure to send a self addressed stamped envelope for your supply list and class confirmation information if you do not have e-mail. I will not be sending you a supply list unless you send me a self-addressed, stamped envelope or your e-mail address with your registration form. I use Microsoft Word running on an XP program and all attachments will be attached from that program.

The cost of the seminar will be \$80 for registration which includes the class and wood piece all base coated and ready to go, hall rent and clean up, and the meals. There will be \$25 cancellation fee for any cancellations, but absolutely no cancellations after April 7th. Registration fees (less cancellation fee) can be refunded if you have to cancel up to April 7th if there is someone on the waiting list who wants your space. It is difficult for people on the waiting list to take your place if they do not have at least three weeks to make their plans. Melanie Souza will again do our cooking. The cost for food for the weekend is included in the \$80 registration fee. The food includes breakfast, lunch and dinner on Saturday and breakfast and lunch on Sunday. You were so very generous and cooperative with the cookies last time. I do so appreciate that. We will ask just one class to bring cookies, and will rotate those classes each time. The information will be in your supply list letter.

My e-mail address is pennyjknudsen@sbcglobal.net. My phone number is (916) 941-6433. Please complete the following registration form, make your check payable to Penny (not Camp Norge) and return as soon as possible with your stamped, self-addressed envelope for supply list if you do not wish to receive it by e-mail, to:

Penny Joseph Knudsen, 3774 Park Drive, El Dorado Hills, California 95762

APRIL 24/25, 2010 ROSEMALING SEMINAR REGISTRATION FORM

Name \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_ I need a room reservation: Yes \_\_\_\_\_ No \_\_\_\_\_
Address \_\_\_\_\_ e-mail address \_\_\_\_\_ I want to room with: \_\_\_\_\_
City \_\_\_\_\_ Zip \_\_\_\_\_ Name of Lodge \_\_\_\_\_
Class I want is: Julie Anne \_\_\_\_\_ Cheryl \_\_\_\_\_ Kay \_\_\_\_\_ I am bringing my RV \_\_\_\_\_
I am enclosing \$80 for registration fee for food and class. I am bringing my tent \_\_\_\_\_
My spouse and/or family will be eating with us and I enclose \$30 for each \_\_\_\_\_

*Sons of Norway Life member, Myrtle Davis, dies at 93*



***MYRTLE DAVIS***

Myrtle died March 7, 2010, at the age of 93 after a brief illness. She was born in Mayville, ND, in 1917 to Louis and Selma Larson. She is survived by 5 children, Dorothy McKenzie of Rancho Cordova, Marilyn Burgett of Elk Grove, Sylvia Cohen of Hercules, Donald Skorpen of Pittsburg, CA and Richard Skorpen of Sunbury, Ohio, 9 grandchildren, 13 great-grandchildren, and one great-great granddaughter. Myrtle was a talented seamstress, quilter, painter, Rosemaler, crafter, and gardener. She enjoyed playing the accordion and organ.

**Myrtle Davis was a 61-year member (Life Member) of Sons of Norway.** She was very active in Sons of Norway for many years, enjoying and participating in the events, dinners, and craft festivals. In the past few years, her daughter Dorothy McKenzie or lodge member Cynthia Hayashi would drive Myrtle and her friends over to Lodge dinners, the Scandinavian Festival, and the Viking Festival.

A memorial service will be held April 10 at Grace Lutheran Church, 2201 Benita Drive, Rancho Cordova, at 1:00 p.m. In lieu of flowers donations may be made to The Myrtle Davis Memorial Fund at Grace Lutheran Church.

*Contributed by Cindy Hayashi*

## Lodge Members' Travels

This month's featured travel destination is Antarctica.

Carol Francis is pictured here on the right with a fellow traveler in Antarctica.

Below is the view through an opening in an iceberg.

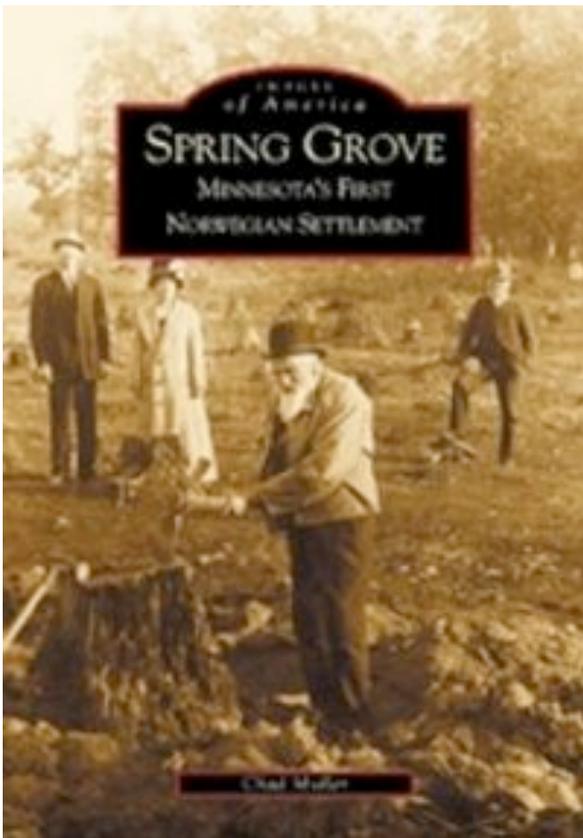
To see your travel destination featured here, please submit one or two photos with captions to [steve.loberg@mac.com](mailto:steve.loberg@mac.com) for consideration.



## Tidbits:

*History, Culture, Trivia, Humor, etc..*

## Suggested Reading:



**Spring Grove**  
Minnesota's First  
Norwegian Settlement  
By  
Chad Muller

If April showers bring May flowers,  
what do Mayflowers bring?

A. Pilgrims

## Easter in Norway

<http://festivals.iloveindia.com/easter/traditions/easter-in-norway.html>

## Natural Births

Little Ole was sitting at the kitchen table doing his school homework. He had a puzzled look on his face as he considered the assignment that was due--writing an essay about his origin. He turned to question his mother. "Mama, vere did Grandma come from?" he asked.

"Da stork brought her, " answered mama Lena.

"And vere did yew come from?" asked Little Ole.

"Da stork brought me, " his mother answered.

"And vere did I come from?" Little Ole inquired. "Vell, son, da stork brought yew, tew, " mama Lena replied.

With a scowl on his face, Little Ole picked up his pencil, turned to his school tablet, and began writing his essay: "Dere have been no natural births in our family for three generations."

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## Rosette Making Class

Learn to make rosettes:

This will be a hands-on class for anyone who is seriously interested in learning the techniques of rosette-making; and they must commit to making rosettes for the Scandinavian and Viking Festivals next fall.

Students are asked to bring a \$10 supplies fee to class to cover costs and will be taking cookies home; the balance will be donated to Youth Programs. **Contact Cindy Hayashi at 488-9901** to coordinate class date.



Carol S. Francis  
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