

THE NAVIGATOR

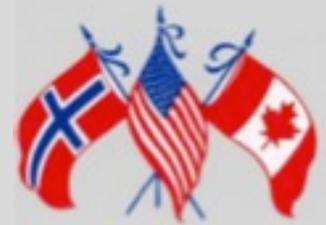
A Publication of Roald Amundsen Lodge 6-48
Sons of Norway, Sacramento, California

August, 2010

Editor: Steve Loberg
steve.loberg@mac.com

www.sonsofnorwaysacramento.com

Published Friday, July 30, 2010



FROM ROALD AMUNDSEN LODGE 6-48 PRESIDENT CAROL FRANCIS:

Skal dere til Camp Norge snart? Are you going to Camp Norge soon? We have two excellent activities coming up. On Sunday, August 22nd, from 1-4 pm, Roald Amundsen is hosting the annual **Zone One All-Lodge Picnic**. This is a great day trip from Sacramento; bring meat for the grill and something to share and please let me know if you can attend (csfnorge@jps.net or 916-390-0953). Over Labor Day weekend, come enjoy **Kretsstevne**, or the Northern California campout also at Camp Norge in Alta. Steve and Patrick Mahnken are getting the food for dinner on Saturday night, and we need help from Roald Amundsen members with the dinner; if nothing else, come up and join us on Saturday night (be sure to get your reservation in by Thursday, Sept. 1st - \$11 for tri-tip and fixings).



This past Saturday, I enjoyed the Cultural Program at the end of Camp Trollfjell, District 6's Language Camp. We had eight scholarship winners at camp this year, our biggest group in recent memory (see pictures in the next issue of the Navigator). They will be reporting back to the lodge on **Tuesday, September 14th, at 7 pm**, to tell us what they learned at language camp, show us their crafts, and sing the songs they have learned. **The kids are our future, so please save the date and give them your support** Are you passing on the heritage of Norway to your family? Gift memberships to an adult child or grandchild can help get them started, and those under 16 can get a free Heritage membership and their own newsletter.

At the District 6 Convention in June, Roald Amundsen Lodge was one of only three lodges to earn a **Gold Achievement Award for 2009**, reflecting our membership gains and increasing programs for young people. Modesto Lodge Garborg 6-56 did a great job hosting the convention, attended by delegates Carol Francis, Jim and Florence Smith, Ann Sandner, Ron and Cecelia Byrd, and Steve Rosenthal. Steve represented Zone 1 on the Super Committee looking at resolutions, and yours truly became the new Zone 1 Director. We can be very proud of **Carol Lee Solheim's** eight years as District Secretary, and 18 total years on the District Board. She and Jim Smith are delegates to the International Convention in August.

Thanks to our hard-working Vice President **David Bailey** for doing a great job at the Lodge meeting in June! David is also serving on the Nominating Committee for next year's officers, and looking for a co-chair for the Lutefisk dinner in October; please let him know if you can help (davidsbailey@yahoo.com, 916-925-8123). Joe and LaRena Hannon did an excellent cultural program on the Vikings, and I will continue this theme with the Icelandic Vikings and also modern Iceland at our Lodge meeting on August 10th. I enjoyed five days in Iceland and three weeks in Norway, and am now spending time in the High Sierras (much like Norway)!

Please bring your family and friends to our **Barbecue Dinner at 6:30 pm on August 13th!** This features old fashioned barbecue from *OUTBACK STEAKHOUSE*, and is a very good event to invite guests and prospective members to attend; this is a paid reservation only event so please use the flier. Håper vi sees snart! Hope to see you soon! klem (hugs), Carol

KALENDAR:

Tuesday, August 10, 7 pm, Lodge meeting at San Juan Masonic Hall, Cultural Program on Viking and modern day **Iceland** by Carol Francis. Refreshments, Janet Moe and helpers.

Saturday, August 9th, 10 am to 3 pm, **Scandinavian Festival**, Divine Savior Church, Greenback Lane, Orangevale. Flier next month.

Friday, August 13, 6:30 pm. **Barbeque dinner** at Orangevale Grange. Pre-paid reservations only, call Carol Lee Solheim 530-667-2006, see flier. This is a good event for guests and prospective members!

Sunday, August 22, 1 pm. **Zone One All-Lodge picnic** at Camp Norge, hosted by Roald Amundsen Lodge (see flier) This is a great day trip to beat the heat! RSVP to Carol Francis by August 18th, csfnorge@jps.net or 916-390-0953.

Friday, September 3rd to Monday, September 6th, **Kretsstevne** (Northern California camping weekend), Camp Norge at Alta. Roald Amundsen is hosting dinner on Saturday Sept 4th (tri-tip, \$11), meal reservations due by August 27th (see flier).

Tuesday, September 14, 7 pm, Lodge meeting at San Juan Masonic Hall, Cultural Program: reports from our **Language Heritage Camp Scholarship winners**. Refreshments, Steve and Yvette Loberg

Tuesday, October 12, 7 pm, Lodge meeting at San Juan Masonic Hall, Cultural Program: **LEFSE MAKING** demonstration. Refreshments, Florence Smith and Ingrid Sceals.

Saturday, October 23, 5 pm social, 6 pm dinner. **LUTEFISK AND MEATBALLS**, Orangevale Grange Hall, flier next month. Save the date!

The following members made the Roald Amundsen cookie break at the Modesto District Convention a huge success. We were told it was the best cookie break of the convention with the most cookies consumed. The cookies were delivered and served by Donna Gordon and Tove-Lise Miller. Tusen takk to all.

Donna Gordon	Mor Monson
LaRena Hannon	Sandbakkels, Berlinerkranser, Sirupkaker, Havrakroner
Cindy Hayashi	Peanut Butter Blossoms
Kristi Gordon Mattes	Daddelrull (Date Pinweels)
Tove-Lise Miller	Rosettes
Florence Smith	Krumkake
Carol Lee Solheim	Krumkake
Kristy Updegraff	Norwegian Cardamon Almond Bars

The following motion will be voted on during the September meeting regarding dues.

BY-LAW CHANGE

Motion that the lodge decrease the dues by \$3.50, making them \$49.00 effective January 1, 2011.

FIFTY SECOND
ROSEMALING SEMINAR AT CAMP NORGE

SEPTEMBER 25/26, 2010

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

We will be painting on beautiful 12 inch footed cake plates. Julie Anne is teaching a Telemark design on a teal background. She will teach the double sided leaf and review the Telemark Rose. She says it is easy Telemark without the long scrolls. Kay is teaching a Gudbrandsdal style with acanthus leaves and a red flower on a medium blue background with darker blue leaves. She says students will need undivided attention in the class. Mardella Ivers has agreed to come back and teach the beginner's class using a Rogaland style on a red background with short blue scrolls. Look on the Camp Norge Website for pictures of all three projects: www.Campnorge.com shortly after July 31st.

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 \$16.20 per night; guests pay \$21.60 for dorms, which includes 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. No occupancy tax on RV's or tents.

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 September 9th. Registration fees (less cancellation fee) can be refunded if you have to cancel up to September 9th 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

SEPTEMBER 25/26, 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 _____ Kay _____ Mardella _____ I am bringing my RV _____

I am enclosing \$80 for registration fee for food and class.
My spouse and/or family will be eating with us and I enclose \$30 for each _____

I am bringing my tent _____

SEVEN MEMBERS REPRESENT LODGE AT DISTRICT CONVENTION IN MODESTO; MEMBERS ALSO TO ATTEND INTERNATIONAL CONVENTION

By Ron Byrd

Seven delegates represented Roald Amundsen Lodge #48 at the 30th District 6 Biennial Convention in Modesto June 23-26, 2010. They were Ron and Cecelia Byrd, Carol Francis, Steve Rosenthal, Ann Sandner, and Florence and Jim Smith. Also attending were Carol Lee Solheim, District Secretary, and Oystein Solheim.

International Sons of Norway President, Dan Rude, attended the convention as a special guest.

Garborg Lodge #56 in Modesto was the host lodge. It was a busy four days with meetings, elections, classes, speakers, dinners and coffee breaks, which always featured a big variety of Norwegian cookies.

The next District 6 Biennial Convention will be held in two years in Mesa, Arizona. The District Board will host the convention.

New District 6 officers were elected to serve a two year term: Lyle Berge, President, of Westminster, CO; Mary Beth Ingvaldstad, Vice President, of Middletown, CA; Wendy Wenkelman, Secretary, of Mesa, AZ; Roger Espeland, Treasurer, of Scottsdale, AZ; and Erik Pappa, Public Relations, of Las Vegas, NV. Our own Carol Lee Solheim completed a four term, 8 year stint as District Secretary and received a Past District Secretary pin.

Also elected to the District 6 Board as Zone 1 Director was Carol Francis, our current Lodge President. Elected as the International Director from District 6 was Janie Kelly, outgoing District President.

The August International Sons of Norway Convention will be held in Coeur d'Alene, Idaho. Elected as District 6 delegates to the convention were Carol Lee Solheim and Mary Beth Ingvaldstad.

Zone 1 delegates also elected Jim Smith from our lodge to be one of the delegates to the International Convention. Jim is a former District 6 President. Each delegate to the International Convention will receive \$800 from District 6 to help cover expenses.

A number of awards were presented at the convention. Roald Amundsen Lodge and President Carol Francis each received two certificates: The Silver Merit Award for 2008 and the Gold Merit Award for 2009, both for lodge achievements.

The District's Camp Norge was discussed several times during the convention and several fund raisers were held to raise money for the Recreation Center. The camp's new Heritage Hall has been completed at a cost of \$311,000 and two new 25 ft-tall flag poles for American and Norwegian flags have been

donated. The camp is located on 46 acres in nearby Alta, California.

Four classes were held which were attended by our lodge delegates. The classes discussed Norwegian genealogy, lodge membership and growth, the SON cultural skills program, and cultural lessons at local lodge meetings.

District President Janie Kelly encouraged all lodges to celebrate January 16 each year as Founders Day to remember the day when the Sons of Norway was established. She also encouraged each lodge to make and adopt a lodge banner.

Roald Amundsen Lodge #48 was mentioned twice by the District Board for its contribution of \$10,000 two years ago when the District was low on funds. The District is now solvent and worth about \$100,000.

Ron Byrd of our lodge was acknowledged by the District President for his winning design of the District 6 fana two years ago. The banner was on display and will be complete when the rosemaling design is added by Penny Joseph Knudsen of El Dorado Hills.

A number of resolutions were dealt with at the convention. It was approved to have any future changes in the SON mission statement be made only by the International Board. This will be passed on to the International Board for approval. Another resolution passed requiring members of the Recreation Center Board be members of District 6 and reside within the boundaries of District 6. The resolution to require use of the term "Fraternal Meeting," instead of "Business Meeting," was defeated. Also defeated were resolutions to change term limits to District 6 officers and to change salaries paid to the District Secretary and Treasurer.

All District 6 members were encouraged to support Camp Norge and to take advantage of its many opportunities. The Zone 1 all-lodge picnic will be held there August 22 and the Northern California Kretssteve will be held there on Labor Day weekend.

Following the Installation Dinner on Saturday night, the convention delegates were entertained by the Golden Valley Chorus of the Barbershop Harmony Society.

All in all, Garborg Lodge ran a successful and well organized convention at the Double Tree Hotel. Delegates returned home inspired with new goals for their lodges and a deeper appreciation of Sons of Norway and their Norwegian heritage and culture.

2010 District Six Convention photos,
Modesto, California - June 25th, 2010

Photos provided by Tove-Lise Miller

Thank you to Donna and Tove-Lise for all the work they did before and during the coffee break.
They did their usual great job! Florence



Tove-Lise Miller Donna Gordon



Ann Sandner Florence Smith



Steve Rosenthal Carol Lee Solheim Oystein Solheim



Dan Rude Tove-Lise Miller
Sons of Norway
International President

Roald Amundsen Lodge Invites Everyone to the
Annual Summer Barbecue Dinner
Friday, August 13, 2010



6:30 p.m.

Orangevale Grange Hall

5807 Walnut Avenue in Orangevale

*(Go to Madison Avenue; turn on to Walnut and go one block north.
 Walnut Avenue is one block east of Pershing Avenue.)*

***Enjoy Barbecued Ribs, Sliced Beef, Chicken, Corn on the Cob,
 Baked Beans, Coleslaw, Cornbread, Banana Nut Bread,
 and Cold Watermelon***

Adult Lodge Members – \$14.00 & Adult Non-Lodge Members – \$16.00
Children 12 years old and under – \$6.00

Paid reservations are required. Seating is limited.
Reservations are due by Monday, August 9th

Questions? Call or email Carol Lee Solheim at
(530) 677-2006 or email: solheim2636@earthlink.net

Make out check to: Sons of Norway. To make reservations, send check to
Carol Lee Solheim, 3570 Vista Grande, Shingle Springs, CA 95682

Cut here and send in form:

Name _____

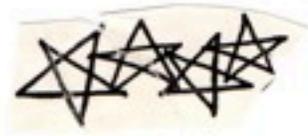
Address _____ City _____ Phone number _____

How many Adults who are Lodge Members? _____ at \$14.00 = \$ _____

How many Adults who **not** Lodge Members? _____ at \$16.00 = \$ _____

How many children 12 yrs. and under? _____ at \$6.00 = \$ _____

\$ _____ Total





To the ZONE-1 LODGES
SONS OF NORWAY

**ZONE - 1 ALL - LODGE
PICNIC**

SUN., AUGUST 22, 2010 -- 1:00 pm
at
CAMP NORGE



***Please bring your own beverage,
meat/fish/sausage to grill (condiments will be provided),
and a salad or dessert to share,
...and your place-setting.***

Hosted by Roald Amundsen Lodge #48 of Saramento.

***Please e-mail or call by Aug. 18 to put the Name of Each Person
attending on the reservation list, to Carol Francis
cfsnorge@jps.net (530)878-3124***

Camp Norge \$3 day use fee.
www.campnorge.com



**Northern California Kretsstevne (NCK)
Labor Day Weekend at Camp Norge
September 4,5,6—2010**



The Northern California Kretsstevne Committee invites the members of all Sons of Norway Lodges in Northern California, and surrounding areas, to join them in a weekend of fellowship, friendship and fun. Whether you come in your RV, stay in the dorms or bring tents, we know you will have a great time



Planned Activities:

- Good Food—Horseshoe Tournament
- Meadow Faire
- Games for all ages—Swimming
- Dancing—Raffle—Karaoke
- Barbecue

Check out www.campnorge.com for more information

Need Camp Norge Room Accommodations? The rooms fill up quickly so please call ASAP: 530-389-2508. (No reservations required for RV's and Tents.)

Meal Packages **will not** be available at the event. Meal Registration Deadline is **August 27, 2010**. Questions? Call: Lillie and Marvin Hanson at 707-279-0974 or email at mnlhanson@att.net

Cut here and return
Northern California Kretsstevne (NCK) 2010
Meal Preregistration Form

Make checks payable to: NCK
Send to: The Hansons, 5701 Live Oak Drive, Space 26 Kelseyville, CA 95451

Lodge Name & # _____ Name _____

Address: _____ City _____ Zip _____

Phone _____ Email _____

(Note: Children are kids 12 and under, those 5 and under are **FREE**)



Meals:
 Saturday Breakfast # of Adults _____ X \$6.00= _____
 Saturday Lunch # of Adults _____ X \$6.00= _____
 Saturday Dinner # of Adults _____ X \$11.00= _____
 Sunday *Frokost* # of Adults _____ X \$6.00= _____
 Sunday Lunch # of Adults _____ X \$6.00= _____
 Sunday Potluck Donation Requested _____

Saturday Breakfast # of Children _____ X \$4.00= _____
 Saturday Lunch # of Children _____ X \$4.00= _____
 Saturday Dinner # of Children _____ X \$7.00= _____
 Sunday *Frokost* # of Children _____ X \$4.00= _____
 Sunday Lunch # of Children _____ X \$4.00= _____
 Sunday Potluck Donation Requested _____

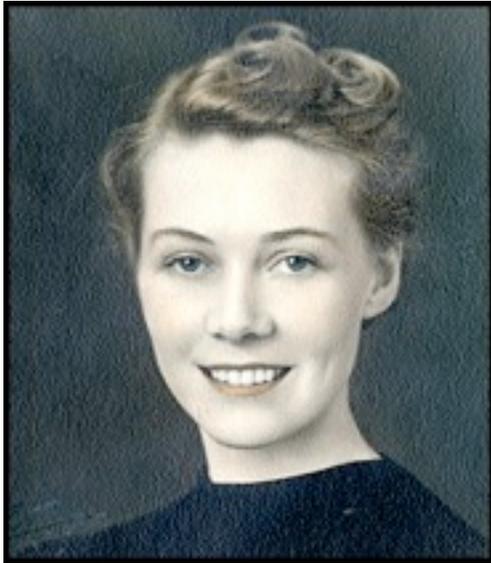
Meal Package # of Adults _____ X \$30.00= _____
 “ “ # of Children _____ X \$18.00= _____

Total \$ _____
 Meal Package includes Kretsstevne Pin

President Carol Francis recognizing **Stephen Rosenthal's** five years of service as Editor of the Roald Amundsen Lodge #6-48 Navigator Newsletter, at the February 2010 Lodge Meeting, prior to Mr. Rosenthal accepting the position of Lodge Treasurer.



MARGARET SAHL SANDERS



Margaret was born in Brockett, ND, in 1914, and passed away on June 2, 2010, at 97 years. She graduated from Moorhead College, ND, became a teacher in 1934, and later a reading specialist teacher, retiring in 1978. Robert and Margaret Sanders moved to Sacramento in the late 1940s after Robert served in WWII. Preceded in death by her husband Robert, brother Nels Sahl, and sister Theresa Bagne, and survived by her sister Olga Kaspar. She was mother of Kari Schauer (Tom) and Mark Sanders (Kathy); MorMor to Lindsey Schauer Seitchik (Brian) and Connor Schauer (Gia), great-grandmother of Ava Schauer. Robert and Margaret were members of St. John's Lutheran Church and **Sons of Norway**. Margaret loved her family, teaching others, her art, her cabin, and extensive world travel, and was a proud Norwegian. Services were held at St. John's Lutheran Church, 17th and L Streets, Sacramento, on June 12.

Margaret was a Golden Lifetime member of Sons of Norway. She was very active in Roald Amundsen Lodge for 42 years, enjoying and participating in the events, dinners, and craft festivals, as well as Viking Sisters where she made both handicrafts and food, and was much appreciated as the Cultural Director for the Lodge. Margaret was a lady with true class. She kept a beautiful home full of rosemailing she had painted herself, and enjoyed entertaining, often making Norwegian dishes and teaching Norwegian. She loved to keep in touch with family and friends with wonderful Christmas letters where she told of frequent travels illustrated with small drawings. She had completed family geneology scrapbooks. Time in the mountains at her cabin near Twin Bridges was important. She had a wonderful sense of humor, was a woman of opinion, and was quick with a reply. She will be missed by her many friends in the lodge.

Contributed by Cindy Hayashi

Recipe of the Month

If you have a peach tree, you know that August is the month for picking peaches. So, this month's recipe is for "Norwegian Peach Cake" (Peach Pie?).

Recipe from: <http://www.cooks.com/rec/doc/0,1818,158168-239194,00.html>

NORWEGIAN PEACH CAKE

1 c. all purpose flour
1 tbsp. sugar
1/2 tsp. baking powder
1/4 tsp. salt
1/3 c. butter
1 beaten egg

Sift flour, sugar, baking powder and salt. Measure butter, fill glass cup to 2/3 line with water. Add butter until water reaches 1 cup line, pour off water, add butter to flour mixture. Chop fine with fork or pastry blender. Add beaten egg. Work with fingers into smooth ball.

Chill in refrigerator 15 to 20 minutes. Press into 9 inch pie pan, pushing evenly down across bottom with the palm of your hand and up sides of pan. Flute edges. Chill in refrigerator, prepared filling, preheat oven to 375 degrees.

FILLING:

4 to 6 fresh sliced peeled peaches
1/2 c. sugar
Pinch of nutmeg

Arrange the sliced peaches over cooled crust in an overlapping pattern, until the inside of the crust is well filled. Combine sugar and nutmeg, and sprinkle over the top. Bake 35 minutes until peaches are soft and crust is golden. Cool 1 hour before serving warm, pass heavy cream at table. Serves 6.

Lodge Members' Travels

This month's featured travel destination is Iceland!

Carol
both
Norway
One of
of
was



Francis traveled to
Iceland and
this summer.
the highlights
Carol's trip
staying at a
small
youth



hostel at Flotsdalur, across the valley from volcano Eyjafjallajökull, pronounced with a t in the last syllable. The hostel had a sod roof, and the host was watering the volcanic ash to save the garden. One benefit of the ash was that the road to the hostel was finally passable due to about four inches of ash covering rough rocks. In the morning the volcano was barely visible across the valley, with the glacier covered with ash and broken ice. While it had stopped sputtering by the time Carol was there on May 26th, volcanic ash was still swirling in the evening, and the valley animals were being evacuated so that they could graze without having ash in their mouths. Carol will tell more about her trip at the August Lodge meeting on August 10th at 7 pm at the San Juan Masonic Hall.



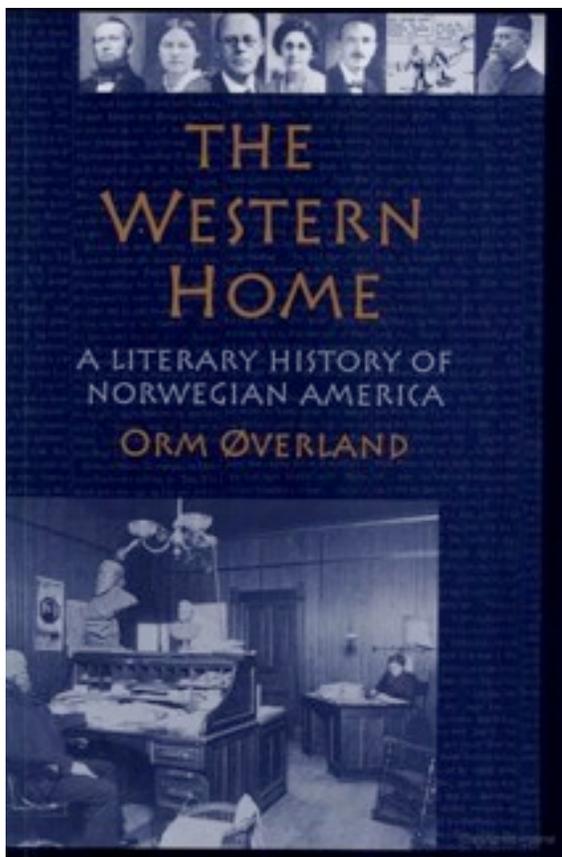
To see your travel destination featured here, please submit one or two photos with captions to steve.loberg@mac.com for consideration.

Tidbits:

History, Culture, Trivia, Humor, etc..

Suggested Reading:

THE WESTERN HOME
A Literary History of
Norwegian America
By Orm Øverland



Correction: In the June-July 2010 issue, in the Suggested Reading portion of the "Tidbits" section, the Author of the book "Secrets of the Viking Navigators.." was incorrectly listed as "Soren Thirslund". The actual author is "Leif Karlsen"

The Editor



<http://www.sonsofnorway2010.com/>

Scandinavian Festivals 2010 (websites)

Junction City's Scandinavian Festival

August 12 - 15, 2010

Junction City, Oregon

<http://www.scandinavianfestival.com/>

Hostfest -

North America's Largest Scandinavian Festival

Sept. 28 - Oct. 2, 2010

Minot, North Dakota

<http://www.hostfest.com/>

Activities/Entertainment:

An Evening with Garrison Keillor

Thursday, Sep 23 8:00p

at [Sacramento Convention Center: Sacramento Community Center Theatre](#), Sacramento, CA

Price: \$49 -\$69

Read more: <http://events.sacbee.com/sacramento-ca/events/show/116262005-an-evening-with-garrison-keillor#ixzz0vHbiPwkn>

Roald Amundsen 6-48
Sons of Norway
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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
Independent Agent

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