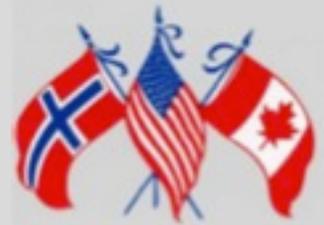


THE NAVIGATOR

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



Editor: Steve Loberg
steve.loberg@mac.com

www.sonsofnorwaysacramento.com

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FROM ROALD AMUNDSEN LODGE 6-48 PRESIDENT CAROL FRANCIS:

For en flott ettermiddag vi hadde på Camp Norge! What a nice afternoon we had at Camp Norge! Camp Norge is a beautiful and relaxing place, above the heat and usually below the snow, yet close to Sacramento. It was Roald Amundsen Lodge's turn to host the annual **Zone One All-Lodge Picnic** (see article), and I was pleased with how well members and guests from Snowshoe Thompson Lodge in Yuba City, Guldalen Lodge in Grass Valley, and our lodge mixed and mingled. I felt particular joy in performing my first official duty as Zone Director, presenting Snowshoe Thompson's presidents Richard Moe and Jimmy Boe with the "2008 small Lodge of the Year Award."



On **Tuesday, September 14th, at 7 pm**, we have a special treat in store at our regular lodge meeting! We had eight youth scholarship winners at Language-Heritage Camp this year, our biggest group in recent memory, and they will be reporting back to the lodge on what they learned at camp. Come see their crafts, and hear them sing the songs they learned. Hope you can attend this presentation, as it was super last year! I finally edited the pictures I had taken in July, so look for their pictures elsewhere in the Navigator. **It is wonderful to see multi-generational families keeping Norwegian traditions alive with future generations!**

Our Barbeque Dinner on August 13th was both well-attended and delicious! We had 49 members and guests at the Orangevale Grange Hall, and it was nice to eat the catered dinner Carol Lee Solheim got us from *BACK FORTY in Shingle Springs*. Thanks to Joe and LaRena Hannon, Ron and Cecelia Byrd, David Bailey, Oystein Solheim, Kristy Updegraff, and all the cleanup helpers! I finished the cultural program about Iceland that I started at the August Lodge meeting, and admit to being fascinated with Iceland's geology and history after four trips there.

We have two big events planned for October. The annual **Scandinavian Festival** will be held on **October 9th from 10 am to 4 pm** at Divine Savior Catholic Church in Orangevale. Featured will be crafts, music and food from Denmark, Finland, Iceland, Norway and Sweden, the five Scandinavian countries. I laughed reading an ad from an eastern state listing Estonia as a Scandinavian country, and thought maybe we need to teach them geography! We will be selling our wonderful Viking on a Stick, plus Jim Smith will have the Viking Store open.

Then on **October 23rd**, a bunch of hardy **Lutefisk** lovers will sample the annual meal, with yours truly taking her one obligatory bite and shuddering. After thirty years as a member, I still take the spoonful of lutefisk my mother recommended, hoping it will taste better, but I do love the meatballs and other great foods! However, I will not be able to scare the Lutefisk devotees off, as they come from miles around and we also entertain several tables of Swedes!

This is the time of year when I try to stay in the high Sierras as long as possible, either at our cabin at Soda Springs or in my tent trailer at Yuba Gap or Camp Norge. I love the mountains, and am writing this message understanding Joe Hannon's great smile as I was installed as president almost three years ago. I am ready to buy flowers for Vice President David Bailey. I do enjoy seeing people as they "skravle og ta en kopp kaffe," or chat and have a cup of coffee. Come join us! Håper vi sees snart! Hope to see you soon! klem (hugs), Carol

KALENDAR:

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).

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

Saturday, **October 9th**, 10 am to 4 pm, **Scandinavian Festival**, Divine Savior Church, Greenback Lane, Orangevale. Details on flier

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, see flier in Navigator.

Tuesday, November 9, 7 pm, Lodge meeting at San Juan Masonic Hall, Initiation of New Members. Refreshments, Tove-Lise Miller, Donna Gordon, and Kristi Mattes.

Saturday, November 20th, 10 am to 2 pm, **Vikingfest**, San Juan Masonic Center, Citrus Heights. Dancers, crafts, food and gifts, flier next month.

Our past and present editors, Steve Rosenthal and Steve Loberg, enjoy the Barbeque Dinner on August 13th.



Long term member Dawn Bayer enjoying the Barbeque Dinner with daughter Faye Benson, whose husband Gary Benson is either carefully studying the map of Iceland for the cultural program, or hiding...

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.

Zone One All-Lodge Picnic
Camp Norge
August 22nd, 2010

On Sunday, August 22nd, Roald Amundsen Lodge hosted the annual Zone One All-Lodge Picnic at Camp Norge, with 35 people in attendance from three lodges. The weather was perfect, and everybody pitched in to help with both set-up and clean-up. Special thanks to David Bailey, Eric Swanson, Ron and Cecelia Byrd, and Joe and LaRena Hannon from our lodge, Rich and Lynn Moe from Snowshoe Thompson in Yuba City, and many members of Gulldalen Lodge in Grass Valley for their assistance.

Zone Director Carol Francis presented the "2008 small Lodge of the Year" award to two Snowshoe Thompson Lodge presidents, Richard Moe (2008) and Jimmy Boe (2010). This lodge turned itself around with new members and energy, after declining sharply in membership. To help celebrate the occasion, our lodge presented them with a beautiful cake, the remains of which will be frozen for their next lodge meeting.

Two newcomers to the group included Erling Røhmer from Oslo, exchange student spending the year in Davis with Nancy Ottum and Bruce Wright, and Swede Englund, who lives in Redding but is often in Sacramento and could make it to our meetings better. We hope to hear more from both of them in the near future.

As a mixer, participants guessed which famous Norwegian or Norwegian-American they had pasted on their back. Sharing results after the meal brought laughter, particularly for famous Norwegian-Americans like entertainers James Arness and Peter Graves (brothers), James Cagney, Robert Mitchum, Gypsy Rose Lee, Peggy Lee, and Marilyn Monroe, politicians Walter Mondale, Hubert Humphrey and Earl Warren, skier Stein Eriksen, hotel owner Conrad Hilton, father of Norwegian emigration Cleng Peerson, and travel guru Rick Steves. People born in Norway got tougher personalities from the Norwegian royal family, sports stars, politicians, and entertainers in Norway. The three lodges mixed very well, and it was a very successful afternoon.

*Contributed by Carol Francis
Photos by Nancy Ottum*





**27th Annual
Sacramento
Scandinavian Festival
October 9, 2010
10:00 am - 4:00 pm**



**Scandinavian food, baked goods, and merchandise for sale
Information about the Nordic Countries
Music and Entertainment
Door Prizes**

**DIVINE SAVIOR CATHOLIC CHURCH
9079 Greenback Lane
Orangevale, CA 95662
(Two blocks east of Hazel Avenue)
Adults \$4
Children under 12 free**

For more information, please call:

- Denmark (916) 682-4888
- Finland (916) 987-8193
- Iceland (408) 509-3209
- Norway (916) 451-3853
- Sweden (916) 791-1908

ROALD AMUNDSEN LODGE
SONS OF NORWAY



SAT., OCTOBER 23, 2010

Social Hour 5:00pm Dinner 6:00pm

ORANGEVALE GRANGE HALL

5807 WALNUT AVE. in ORANGEVALE

(going east on Madison, it's the first left after Pershing/light)



LUTEFISK &
MEATBALL
DINNER



Cultural program after dinner.

NOTE: DEADLINE TO MAIL IS OCT. 13th

PRE-PAID RESERVATIONS ONLY

NO TICKET SALES AT DOOR.

ADULT S/N MEMBERS \$17.00 NON-MEMBERS \$20.00

CHILDREN 10 & UNDER \$5.00

~ ~ ~

Make check payable to "SONS OF NORWAY"

MAIL TO: NANCY OTTUM, 1147 VILLAVERDE LN, DAVIS, CA 95618

(Questions? 530.756.8479 email: nancyottum@mac.com www.sonsofnorwaysacramento.com

Please reserve the following tickets: "Lutefisk & Meatball Dinner" Tickets will be held at the door for you.

Member name(s) _____

Non-member/Guest names(s) _____

Phone number & e-mail _____

of Members _____ @ \$17.00 each Total \$ _____

of Non-members _____ @ \$20.00 each Total _____

Child tickets _____ @ \$5.00 each Total _____

Grand Total: \$ _____

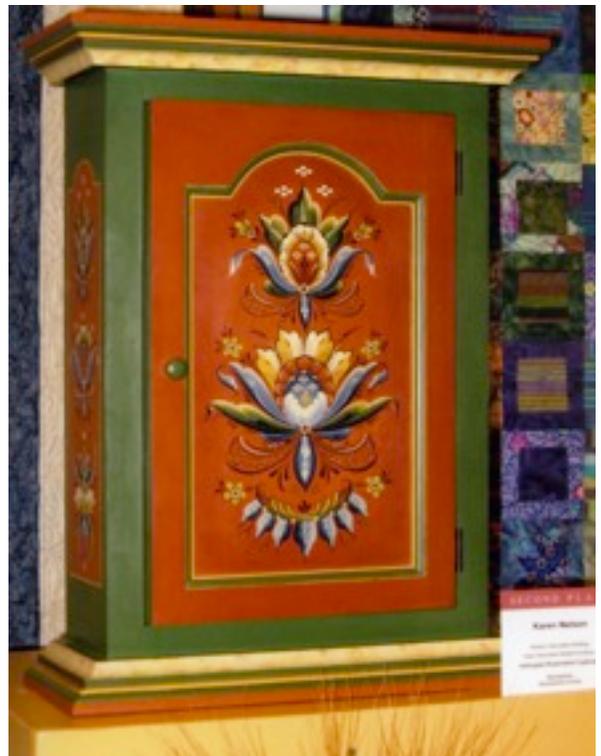
(DETACH AND MAIL TO ABOVE ADDRESS BY OCT. 13th, 2010)

Our member, Karen Nelson, won two 2nd Place and one 1st Place Award at the 2010 California State Fair for a plate and two chests she Rosemaled. These were her own designs. Congratulations, KAREN!!

Rosemaled Plate (2nd Place)



Orange Chest (2nd Place)



Black Hindeloopen Chest Special Award - First Place



Bunads at State Fair
Navy Bunad from

West Telemark Area, Norway
Striped Skirt, Blouse, Scarf & Purse
from Sweden

Swede Englund, a new member of our Lodge, loaned a Norwegian Bunad and a Swedish Folk Dress for the 2010 California State Fair's GLOBAL FASHIONS EXHIBIT. Thanks Swede for sharing these special treasures

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. I am bringing my tent _____

My spouse and/or family will be eating with us and I enclose \$30 for each _____

Language Camps - Camp Norge
Summer, 2010

Language Camp #1



Youth Director Jessica Brown, camper Aislyn Philips, and Judith Haney

Language Camp #2



Robert and LaVonne Bouressa, Eddie Hutler, Karson Hutler, Anders and Curt Thue after camp.

Language Camp #3



All Mahnkens! back row: Patrick, Lance's wife, Ashley and Landon, Steve, Lance holding newest Mahnken front row: Austin, Madyson holding Kayla, P. J.

Language Camp #4

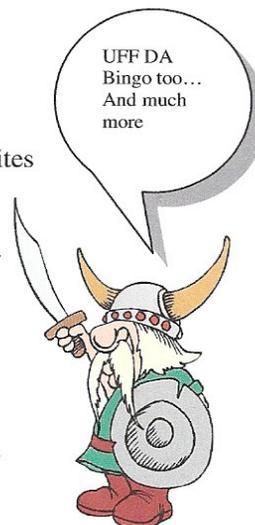


Duane and Betty Malme, Kimberly Rowland, Melody and Erin Bradley, Sonja Malme, in front Kelly and Matthew Bradley were the campers

**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



UFF DA
Bingo too...
And much
more

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

Recipe of the Month

This month's recipe is for a quintessential Norwegian staple food - Potato Lefse. This lefse recipe comes from the Norse area of Clifton, TX (see also the Lodge Members' Travels section in this issue of the Navigator).

<http://www.rootsweb.ancestry.com/~wgnorway/recipe.html#Instant%20Potato%20Lefse>

Instant Potato Lefse

4 cups potato flakes
4 tsp. sugar
3 cups boiling water
1-1/3 c. whole milk
1-1/2 c. margarine
1 cup Half & Half
3 tsp. salt



Place dry ingredients into 3 quart bowl. In a saucepan, bring to boil water, milk, Half & Half, and margarine. Stir liquid into bowl of potato mixture until smooth. Refrigerate overnight.

Lefse dough:

2 cups chilled potato mixture 1 c. flour

Work together with hands until flour has been absorbed. If sticky, add more flour. Place about 1 cup of dough on floured board and roll as thin as possible.

Cut with 4-inch cookie cutter or 1 pound coffee can. Bake on hot griddle until light brown blisters appear; turn to complete baking. (Electric skillet or pancake griddle set at 400 degrees F.). Repeat process until all of potato mixture is used. Yield: 100 (3-inch) pieces.

. . . Mrs. Milford O. (Lillian) Murphree and Mrs. Glen (Pat) Murphree, Our Savior's Lutheran Church, Clifton (Norse area), TX

Lodge Members' Travels

Joe & LaRena Hannon traveled to Texas in July to visit family near Dallas, and also to attend a Family Reunion Planning meeting in San Antonio and do some genealogy and learn about Texas Norwegians.

Norwegians went to Texas in the early 1850's - settling in Bosque Co. near Clifton about 60 miles northwest of Waco. Clifton is known as the Norwegian Capitol of Texas. The leader of Texas Norwegian Immigration was Cleg Peerson. We found a Monument to him in the small Norwegian settlement of Norse, TX, a spot on the map just west of Clifton. King Olav V of Norway visited there October 10, 1982 to commemorate the 200th year of the birth of Cleg Peerson and unveil a marker below the Peerson Monument. We visited the 'St. Olaf's Rock Church', also near Norse which was beautifully restored.

In Clifton we found an old Norwegian cabin which was moved to a museum property.



King Olaf V of Norway marker



Rock Church



LaRena Hannon at Old Norwegian Cabin in Clifton

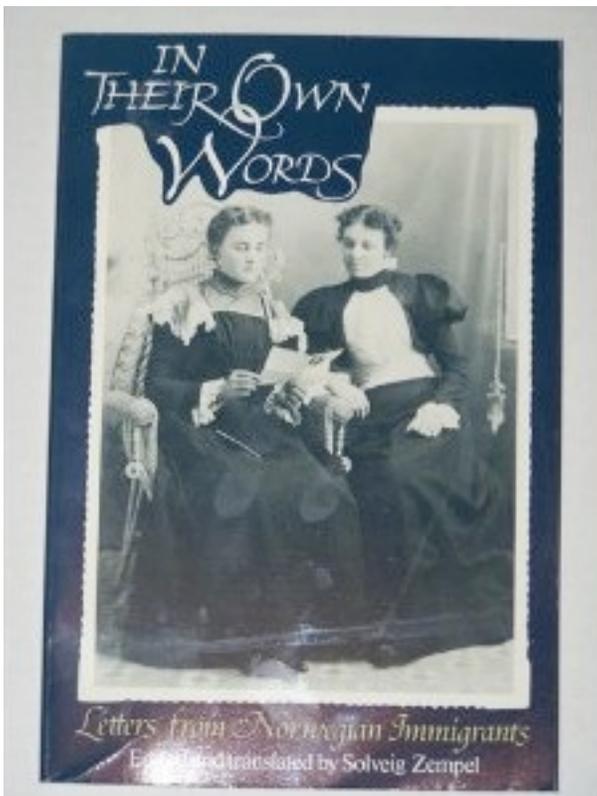
To see your travel destination featured here, please submit some photos with captions to steve.loberg@mac.com for consideration.

Tidbits:

History, Culture, Events, Trivia, Humor, etc..

Suggested Reading:

In Their Own Words: Letters from Norwegian Immigrants
[Solveig Zempel](#) (Editor)



Scandinavian Festivals 2010
 (websites)

Hostfest -

North America's Largest Scandinavian Festival

Sept. 28 - Oct. 2, 2010

Minot, North Dakota

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

Lefse

Ole was on his death bed, and the doctor had told Lena he wouldn't last the night, and he might as well die at home on his own bed.

After a while Ole's eyes flickered open and he sniffed the air and muttered "Lefse oh Lefse".

He worked his way to the edge of the bed and slipped to the floor. Sniffing the air and muttering "Lefse" he crawled to the stairs and half climbed half fell downstairs. "Oh Lefse" he said as he crawled to the kitchen door.

There he saw Lena standing at the stove cooking Lefse, with a stack of finished ones on the table. He crawled to the table and painfully pulled himself up on a chair murmuring Lefse. He was reaching out for one when Lena turned and saw him. She smacked his hand with the spatula and said "Now Ole stop that - those are for after the funeral".

Contributed by: Richard Anderson

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>

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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.



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