

# THE NAVIGATOR

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

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

**Det er flott å ha besøk fra Norge! It is nice to have visitors from Norway!** This summer I took my AFS (American Field Service) nephew Geir and the family he was traveling with on a sightseeing trip in San Francisco and Muir Woods. Then another AFS nephew Lars came for his second visit to California, followed by friends Egil and Ragnhild who enjoyed a trip to my family cabin near Soda Springs. I particularly love the fall in the high Sierras, which remind me so much of Norway, and I will be either camping in the tent trailer or staying at the cabin until the snow flies. The wild blueberries are ripe, and remind me of many happy berry-picking trips with my AFS parents in Norway. Plus I study better when I get away from this computer and the yardwork waiting for me after I come down from the mountains...



Our Roald Amundsen Lodge cooking crew did the lodge proud with the barbeque dinner we cooked on Saturday night at the annual Kretsstevne campout at Camp Norge over Labor Day weekend! The tri-tip beef and corn were donated by Steve Mahnken, and we also served salad, red potatoes, garlic bread, and two kinds of cake at the new social hall. Thanks to Linda Thon-Kiger, Kevin Kiger, Betty, Sonja and Lisa Malme, Matthew Smith, Erin, Melody and Kelly Bradley, Tove-Lise Miller, Steve Mahnken and friend Sheryl Corona, Patrick, Lance and Sam Mahnken, with a cameo from dad Steve from Minnesota. We worked well together, also doing the cleanup, and are happy another lodge will do the dinner next year.

Are you planning to attend our two big events in 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. We will be selling our Viking-on-a-Stick lunch item and baked goods, and Jim Smith will have the Viking Store open. Then on **October 23rd**, we will serve both **Lutefisk and Meatballs** at the Orangevale Grange Hall. Chairs David Bailey and Ron Byrd are looking for helpers, and David is working on a special program on Lutefisk! Everything you ever wanted to know or sing about the stuff!

Sometimes I consider how Sons of Norway has enriched my life. When I joined the lodge in 1980 I had no friends in the area, and had just returned from living a second year in Norway. My involvement in our lodge has given me wonderful friendships, and helped me keep my Norwegian language and culture going from my time as an exchange student. Many of those before me in our lodge have passed away, including Gordon Lokke this last week. He and Gwen came into the lodge several years after I did, and I have appreciated our long friendship.

As we lose members, we need new energy and leadership, and our nominating committee of David Bailey, Florence Smith, and Steve Rosenthal will be busy recruiting talent in the next weeks. Please consider what you can do to help attract new members, as we would love to have a big initiation ceremony for new members on November 9th. We have a variety of events coming up, including a lefse making demonstration at our October lodge meeting, the **Vikingfest** on Nov. 19th, and three events to celebrate the Christmas season, the **Julebord** (Dec. 11th), Christmas caroling around the tree (Dec. 14th), and our **Family Christmas Party** (Dec. 19th). Hope to see you soon, håper vi sees snart! klem (hugs), Carol

**KALENDAR:**

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.

Monday, October 18, 6 pm dinner, 7 pm Board meeting at home of Ron and Cecelia Byrd in Folsom. Open to lodge members, RSVP to the Byrds, 916-293-8142.

Saturday, October 23, 5 pm social, 6 pm dinner. **LUTEFISK AND MEATBALL DINNER**, Orangevale Grange Hall. Advanced reservations required, see flier in Navigator.

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

Monday, November 15, 7 pm. Board meeting at home of Bob Dahl in Rancho Cordova. Open to lodge members, RSVP to Bob, 916-369-1522.

Saturday, November 20th, 10 am to 2 pm, **VIKINGFEST**, San Juan Masonic Center, Citrus Heights. Dancers, crafts, food and gifts, see flier for details.

Saturday, December 11th, 5 pm social, 6 pm dinner. **JULEBORD**, St. Lucia ceremony. Orangevale Grange Hall, flier next month. Advanced reservations only.

Tuesday, December 14, 7 pm, Lodge meeting at San Juan Masonic Hall, Cultural Program: Christmas Carols around the Christmas Tree. Refreshments, Corrinne Laing and Ann Bandy

Sunday, December 19, 2-4 pm, Family Christmas Party, Lutheran Church of the Master, 1900 Potrero Way, Sacramento. Flier next month.

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Don't forget  
**October 9th is Leif Erikson Day!**

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## Kretsstevne 2010 Camp Norge



So what on earth is this Kretsstevne thing with all these pictures in the Navigator? Krets is Norwegian for district, and stevne means rally, meeting or gathering, so this would literally mean a district meeting. However, this is a campout par excellence, and way too much fun to be a meeting! Kretsstevne is held every Labor Day weekend at Camp Norge at Alta, and you can either make your own meals, or purchase some of your meals. Roald Amundsen Lodge cooked the dinner meal on Saturday night, quite successfully I might add, and other lodges did wonderful breakfasts and lunches. Sunday night was a great potluck, and breakfast on Monday morning was all the leftovers, quite good from what I heard.

But that isn't all it is. There was a horseshoe tournament, Meadow Faire of crafts and Norwegian articles, kids' game, a youth dance, old-time dancing in the new Heritage Hall one night, and karaoke the next, a nature hike, swimming in the pool, a song circle led by the Malme family playing a variety of instruments, and a Cultural Program on Sunday afternoon. Most of all, it was a relaxing weekend in a beautiful setting, spending time with old friends and meeting new ones. To me it felt like an old-fashioned good time, in that the kids were safe hanging out with friends, and all ages mixed well. If you can't make it for the entire weekend next year, plan to attend the Saturday night barbeque, or come up on Sunday for the Cultural Program. Bring a chair and relax down in the meadow. Bring a swimsuit and relax at the pool. Mainly, come and enjoy a wonderful District 6 tradition, a gathering of happy Norwegians and their families. Hope to see you next year! Carol Francis



**27<sup>th</sup> 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. 13<sup>th</sup>**

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

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**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. 13<sup>th</sup>, 2010)

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**Sons of Norway's  
Roald Amundsen Lodge Presents**



# VIKING FEST

**WHEN: November 20  
Saturday 10:00 am to 2:00 pm**

**WHERE: SAN JUAN MASONIC HALL**  
5944 San Juan Ave.  
Citrus Heights, CA

Folk Dancing, Crafts, Demonstrations  
Open Faced Sandwiches, Fish Soup, Vikings on a Stick, Baked Goods  
and more.  
Scandinavian Merchandise, Food Goods and Candies

**ADMISSION FREE**

For Information Contact: Florence Smith  
916.783.8830



# Leif Erikson Day

**Leif Erikson Day** is an annual [American](#) observance occurring on October 9. It honors [Leif Ericson](#) ([Old Norse](#): *Leifr Eiríksson*), the [Norse explorer](#) who brought the first [Europeans](#) known to have set foot in [North America](#).



Statue near the Minnesota State Capitol in St. Paul, Minnesota

## History

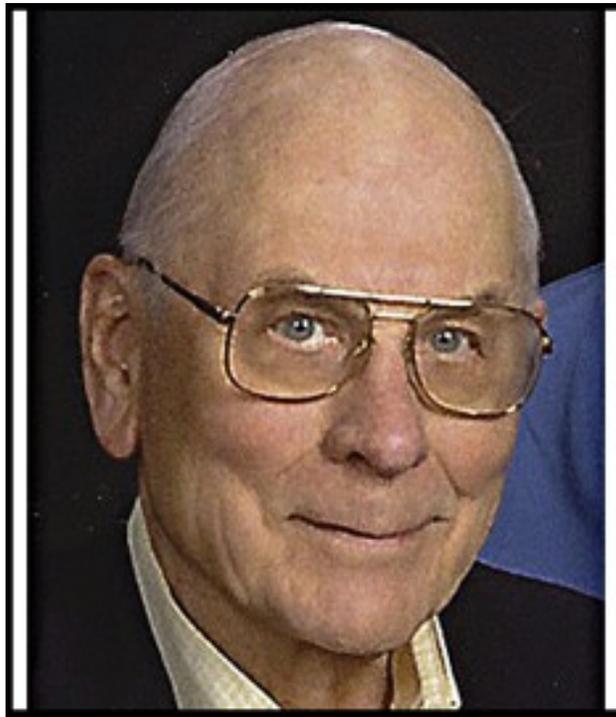
*America Not Discovered by Columbus* by [Rasmus B. Anderson](#) was published during 1874. This book helped popularize the now familiar idea that [Vikings](#) were the first Europeans in the New World. During his appearance at the [Norse-American Centennial](#) in 1925, President [Calvin Coolidge](#) gave recognition to Leif Erikson as the Discoverer of America.<sup>[2]</sup> In 1930, [Wisconsin](#) became the first state to officially adopt Leif Erikson Day as a state holiday, thanks in large part to efforts made by Rasmus Anderson. A year later [Minnesota](#) followed suit. By 1956, Leif Erikson Day had been made an official observance in seven states (Wisconsin, Minnesota, South Dakota, Illinois, Colorado, Washington, and California) and one Canadian province (Saskatchewan). <sup>[3]</sup>

In 1963, the [U.S. Representative](#) from [Duluth](#), [John Blatnik](#), introduced a bill to observe Leif Erikson Day nationwide. The following year Congress adopted this unanimously. In 1964, the [United States Congress](#) authorized and requested the [President](#) to create the observance through an annual [proclamation](#). [Lyndon B. Johnson](#) and each President since have done so. Presidents have used the proclamation to praise the contributions of Americans of Nordic descent generally and the spirit of discovery. In addition to the federal observance, some [states](#) officially commemorate Leif Erikson Day, particularly in the [Upper Midwest](#), where large numbers of people from the [Nordic countries](#) settled.

## Date

October 9th is not associated with any particular event in Leif Erikson's life. The date was chosen because the ship [Restauration](#) coming from [Stavanger](#), [Norway](#), arrived in [New York Harbor](#) on October 9, 1825 at the start of the first organized immigration from Norway to the United States.

## Gordon E. LOKKE passes



LOKKE, Gordon E.

Beloved husband, father, and grandfather, died on September 22, 2010, at the age of 85. He was born in Fargo, North Dakota, and graduated from North Dakota State University with a degree in electrical engineering. He served in the Navy in [WWII](#). He retired with 30 years of service with the U.S. Geological Survey. Gordon was a member of St. John's Lutheran Church. He was also a member of the Northern Pacific Railway Historical Association, European Train Enthusiasts, Sons of Norway, and the National Association of Retired Federal Employees. He had a lifelong commitment to many organizations that furthered peace and social justice. He was dearly loved and will be missed by Gwen, his wife of 58 years, his children, Janet, John (Shar), Anne, and Brad, and grandchildren, Adam, Matt, Emily, and Ashley, and extended family members Kim, Jared, and Hannah. A memorial service will be held on Saturday, October 23rd, at 11:00 a.m. at St. John's Lutheran Church, 17th and L Street, Sacramento. Remembrances in his name may be made to L17 Community Arts Foundation at 1701 L Street, Sacramento 95811 or St. John's Shelter for Women and Children, 4410 Power Inn Road, Sacramento, CA 95826.

**Published in The Sacramento Bee on October 2, 2010**

## HURTIGRUTEN CRUISE

SAILING DATE MAY 31 - JUNE 5, 2011  
KIRKENES TO BERGEN  
M.S. NORDNORGE

Enjoy a relaxing cruise down the beautiful Norwegian coastline on the May 31st sailing of the MS Nordnorge! Fly to Kirkenes in the far north of Norway to cruise in the land of the Midnight Sun, with an optional side trip to North Cape. Enjoy Tromsø, called the “Paris of the North,” the breathtaking Trollfjord, and the Lofoten Islands. Cross the Arctic Circle, stroll through coastal towns and Trondheim, with its great Gothic Nidaros cathedral, before ending your cruise in historic Bergen, with its Bryggen Wharf from the medieval Hanseatic League.

Prices for cabins range from \$1629 to \$1830 per person double occupancy (ppdo), and include port taxes and all meals on ship. Fuel charge is \$84. Airfare from the West Coast to Oslo runs in the \$1100-1200 range, and airfare to Kirkenes is about \$193 one way.

You need to be in Kirkenes on Monday, May 30, 2011. Hotels are available in Oslo, Kirkenes and Bergen, and cost less when booked early. Extend your trip with Norway in a Nutshell to the Sognefjord, overnight in Balestrand, and the famous Flåm railroad on your way back to Oslo.

A deposit of 20% per person will hold your cabin until final payment 60 days before sailing. We must have ten people to get the group rates (group size 16). If interested, contact Carol Francis of Action Travel on her cell phone 916-390-0953, or e-mail [csfnorge@jps.net](mailto:csfnorge@jps.net)



***Paid Advertisement***

## Recipe of the Month

This is the time of year for picking apples, and here's a recipe for a traditional Norwegian "Eplekake" (Norwegian Apple Cake).

<http://www.yumsugar.com/Learn-How-Make-Eplekake-Norwegian-Apple-Cake-7608007>

## Eplekake

### Ingredients

- 1 1/2 cup flour
- 1 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 1 cup brown sugar
- 3/4 stick butter, melted and lightly cooled
- 3/4 cup buttermilk
- 2 eggs
- 1 teaspoon vanilla extract
- 1 to 2 green apples (I use 1 1/2), peeled, cored, and cut into about 16 thick slices
- 1 tablespoon sugar for sprinkling
- 1/2 teaspoon cinnamon for sprinkling



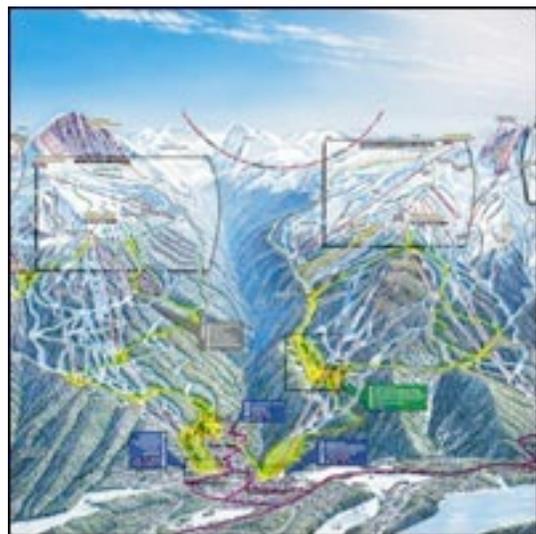
### Directions

1. Preheat your oven to 400 F. Butter and flour an 8 or 9 inch cake pan with removable bottom.
2. In a bowl, mix together the flour, baking powder, salt, and cinnamon. Set aside.
3. In a larger bowl, mix together well the brown sugar, melted butter, buttermilk, eggs, and vanilla. Slowly add the flour mixture to the wet ingredients.
4. Transfer the mixture to the cake pan. Add the apple slices on top.
5. Mix together the remaining sugar and cinnamon. Sprinkle evenly on top of the cake.
6. Bake for about 30-35 minutes or until the top of the cake is golden and cracking and a toothpick inserted in the middle of the cake comes out clean.
7. Let rest for about 10 minutes before removing from the pan. Transfer the cake to a cake stand or a serving plate. Portions: about 8 slices.

Lodge Members' Travels



Steve & Yvette in Whistler, B.C. - August, 1999



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

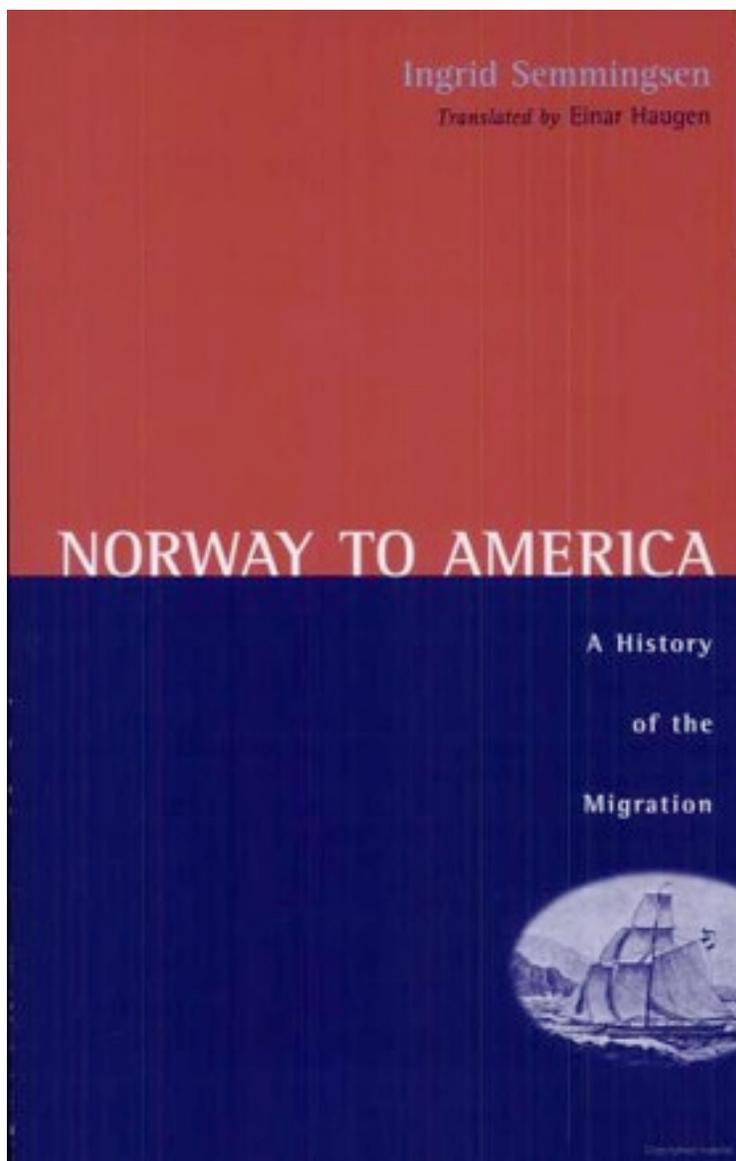
## Tidbits:

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

## Suggested Reading:

## Norway to America: A History of the Migration

By Ingrid Semmingsen



## Foggy

One foggy night off the southwestern coast of Norway, a Swedish battle ship received a radio signal in Norwegian telling it to shift course 10 degrees to the west. The Swedish captain bristled, and replied that the sender should shift HIS course 10 degrees to the east! Moments later the reply came telling the Swedish ship to move 10 degrees to the west. "I vil NOT!" screamed the captain. He turned to the radio operator and yelled, "Yu tell dat dumb norveegian to shift 10 degrees to da east!" Again came the reply to the Swede to shift his course 10 degrees to the west. By now the captain was livid, and he signaled "NOW YU LOOK HERE, I AM A CAPTAIN ON A SWEDISH BATTLE SHIP, AND I AM TELLING YU TO SHIFT YOUR COURSE 10 DEGREES TO THE EAST IF YU KNOW VAT'S GOOD FOR YU!" Moments later came the reply: "Ja, vel I am at the Norveegian lighthouse and you vil shift 10 degrees to da vest, if yu know vat's good for yu!"

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Exhibition of the works of Norwegian Artist Edvard Munch (known for his painting "The Scream") is being hosted at the National Gallery of Art in Washington, D.C. through October 31st, 2010

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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.



## Personalized Travel Planning

**Carol S. Francis**

**(916) 390-0953, (530) 878-3824**

**[csfnorge@jps.net](mailto:csfnorge@jps.net)**

**Vacations, tours, cruises, airfare, trains, etc.  
Action Travel, 7601 Sunrise Blvd., No. 11A,  
Citrus Heights, CA 95610, (916) 723-3355**