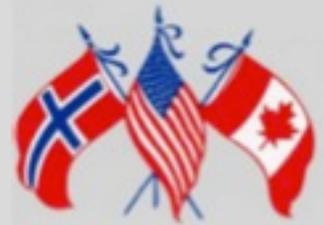


THE NAVIGATOR



A Publication of Roald Amundsen Lodge 6-48 Sons of Norway, Sacramento, California March, 2011

Editor: Steve Loberg
steve.loberg@mac.com

www.sonsofnorwaysacramento.com

Published Tuesday, March 1, 2011

FROM ROALD AMUNDSEN LODGE 6-48 PRESIDENT DAVID BAILEY:

I've heard we had a fine expedition of children and adults up to Camp Norge on the first weekend of February to enjoy the snow. Thanks to Carol Francis and Jessica Baker for arranging this event. At the Lodge meeting we had an informative presentation by Nancy Ottum's foreign exchange student from Norway, Erling Røhmer. Thank you both. Still awaiting with anticipation at newsletter deadline, the Pea Soup Dinner and Norwegian Bingo. Thanks in advance to Tove-Lisa Miller and Carol Lee Solheim for the soup, salad and fixings, and Carol Francis for the Bingo.



In March we will once again have the delicious Torsk and Meatball Dinner on March 26th. Please make your reservations early. The details are in the included flier. Please note the change in location from last year. This year it is at the Lutheran Church of the Master, 1900 Potrero Way, Sacramento. From the intersection of Sutterville Road and Freeport Boulevard, go south on Freeport. Just past the Raley's turn west on Potrero. The church is on the south side, just behind the strip mall. Look forward to seeing you, and tasting the cod, there.

We are arranging for a concert of Norwegian music by pianist Knut Erik Jensen on May 15 in the afternoon. Please put that on your calendar. We will have further details next month.

By way of further introduction, I grew up in Mason City, a town of 30,000 in northern Iowa. Graceful elms still arboresced the streets, and creeks, woods and clay pits were close for exploration. Another Mason City lad was Meredith Wilson and his musical "The Music Man," had much of the hometown in it. I went to school at Saint Olaf College in Northfield, Minnesota. Took two semesters of Norwegian too long ago. Crown Prince Haakon visited while I was there.

After Drake Law School, I worked at the State Capitol for Iowa's equivalent of the Legislative Counsel's Office. Legislative staff was much smaller in Iowa. I and two colleagues wrote the legislation and staffed the committees for the House and Senate State Government and Natural Resource Committees among other duties. At this time of year, the state tournaments and final winter storm were in season. You could hear the high school students touring the Capitol behind you, their letter jackets clinking with medals, hoping to get snowbound for the weekend in the Des Moines hotel.

Later I directed a community needs assessment for the Des Moines area, and then represented health insurance industry to state legislatures and insurance commissioners from a Chicago office, before moving to California where I now work for the California Emergency Management Agency.

Tusen takk.
David S. Bailey

KALENDAR:

Saturday, March 26th, **Torsk Dinner**, Lutheran Church of the Master, 1900 Potrero Way, Sacramento. See flier elsewhere in Navigator.

Sunday, May 15th, save the date! Concert by **Knut Erik Jensen, Norwegian pianist.**



Norway Day Festival

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



Chartered Bus

Gulldalen Lodge 128 and Nevada County Travel Club (NCTC) have chartered a bus to go to Fort Mason in San Francisco for the purpose of attending Norway Days on Saturday, April 30th. The coach will originate in Grass Valley and the route will depend upon our "clientele's" departure places - most likely with pick-ups in Marysville/Yuba City and/or Sacramento. Trip is a go with minimum of 30 passengers to a maximum of 56.

Price will include roundtrip, entrance to event, beverages and gratuities. Price is to be determined by number signing up - not to exceed \$60 per person. Why go with a group? Leave the driving to a professional, network with other Lodges, Drive to the Front of the venue and not have to find parking... .

Please sign up for this trip by phoning or emailing Brenda Shilling at 530/432-5362 or "tnbshilling@comcast.net" before March 31. Payments will be due to: NCTC c/o Brenda as soon as the minimum participation is confirmed. Please get your name on the list ASAP.

Pea Soup Dinner a success!

Last Friday's (Feb. 25th, 2011) Norwegian Pea Soup dinner was attended by more than 50 people. Since I was in charge of the dinner, I would like to thank the people that helped me. First of all Donna Gordon and Kristi Mattes, setting tables and racing around serving food and drinks among several other things. I don't think anyone went home hungry. I would also like to thank Florence Smith for taking reservations and collecting the money. Thank you to Carol Lee Solheim for bringing the ingredients for the salad and organizing the Norwegian bingo. Thank you to Carol Francis for calling the bingo and David Bailey for helping with the clean up after the meal. I guess I better not forget to thank my husband, Ray Miller, and also thank Donna Gordon's husband, Mike Gordon (he is not even a member), for miscellaneous assistance.

Hilsen Tove-Lise.

PRESS RELEASE FOR ALL LODGE NEWSLETTERS

The 6th District will award three \$1,000 scholarships to members in good standing, their children or grandchildren who are Unge Venner members in any lodge in the 6th District. They must attend a 4 year accredited college or university in the USA as a fulltime undergraduate in their sophomore, junior or senior year and have a grade point average of 2.5 or better on a scale wherein A=4, B=3, C=2, D=1. When an applicant is deemed worthy of a scholarship (recommended by the 6th District Scholarship Committee and approved by the 6th District board) the funds will be jointly paid to the applicant & to the institution he or she is attending. **Applications must be submitted to the scholarship committee by April 1 of the application year.**

Also, the 6th District scholarship to a 2 week Concordia Language Camp Summer Session at The Norwegian Village or "Skoggjorden" in the amount of about \$1700.00, for a camper over the age 13. The applicant must be a Heritage or Unge Venner member of a 6th District lodge. Applications must be submitted to the scholarship committee by May 1 of the application year. Visit website www.ConcordiaLanguageVillages.org for information & applications for the Norwegian Village or "Skojorden." The applicant must also apply directly to and meet all requirements of Concordia Language Camp. Those interested in applying for the scholarship for the Concordia Language Camp may get the district applications from members of the scholarship committee.

Carolyn Dahl, Chairman,
13361 East 35th Place, Yuma, AZ 85367
PH: 928-335-1801, e-mail, KA6LSK@arrl.net

ROALD AMUNDSEN LODGE

SONS OF NORWAY



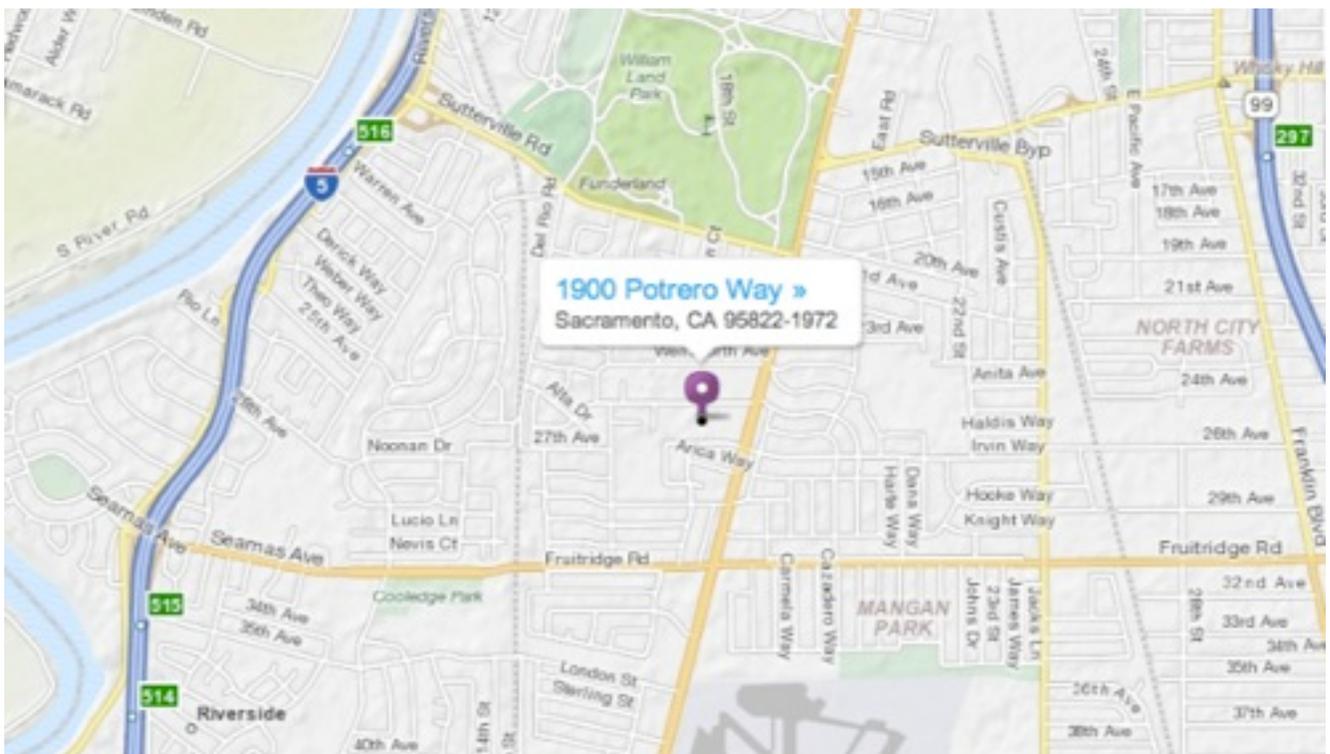
TORSK & MEATBALL DINNER

SAVE THE DATE!
MARCH 26TH, 2011

Members \$19
Non-members \$21
Children 10 and under \$6

Lutheran Church of Master
1900 Potrero Way
Sacramento, CA

For Reservations, contact Carol Lee Solheim
phone: 530-677-2006 email: solheim2636@earthlink.net





Living Your Norwegian Heritage

Camp Trollfjell

*Language & Heritage Youth Camp
@ Camp Norge in Alta, California*

www.CampNorge.com
(link to Camp Trollfjell for
Camper & Counselor
Applications)

Registrar: Sharee Frost
sharee@theunion.net
530-478-0980



Camp is July 10-24, 2011

\$750/child

Ages 8-13 (at the time camp begins)

Scholarships are available—check with your local lodge

Daily Activities Include:



Rosemaling
Viking History
Crafts
Folk Dancing
Language Lessons
Foods of Norway
Building Lasting Friendships

LANGUAGE CAMP SCHOLARSHIP APPLICATION
ROALD AMUNDSEN LODGE
SACRAMENTO, CA

JULY 10 – 23

AGE 8 TO 13

Requests for a lodge scholarship should be submitted on the application form that is available on the web site: www.sonsofnorwaysacramento.com

Roald Amundsen Lodge offers ½ scholarships to applicants. To receive a scholarship, each applicant needs to give a report on their experiences after camp at the September Lodge meeting, on September 13th.

Applications should be mailed to the Lodge Foundation Director:

Jim Smith
606 Jo Anne Lane
Roseville, CA 95678

Applications must be received by May 10th Lodge meeting.

DON'T FORGET TO REGISTER WITH THE LANGUAGE CAMP.

Check out:

Nordic World Ski Championships
Oslo 2011

<http://www.oslo2011.no/en/>

Brenda & Brekke have once again collaborated on a North Dakota Tour IF you are Scandinavian, want-a-be, North Dakota or Minnesota native, alumni of our 2010 tour, or North Dakota is on your bucket list just 'cuz. . . .

HAVE WE GOT A TOUR FOR YOU

SATURDAY, SEPTEMBER 24, 2011 - HOME AIRPORT TO MINNEAPOLIS

Transfer by complimentary airport shuttle to Radisson Bloomington Hotel. Evening free for dinner in the hotel, nearby IKEA or the Great Mall of America.

SUNDAY, SEPTEMBER 25 - MINNEAPOLIS/ST. PAUL B,L,D

Breakfast at hotel. Tour the Twin Cities, emphasizing Scandinavian locations including the Norwegian-American Church, Mill City Museum, Old Muskego Church at Luther Seminary, and the Minnesota State Capitol Dinner. Overnight at Radisson.

MONDAY, SEPTEMBER 26 - MINNEAPOLIS TO DULUTH

B,L,D

Breakfast at hotel. Depart for Scandia, MN and a visit to Gammelgarden: experience the lives of early Swedish immigrants at an open-air museum. Swedish lunch. Continue to Duluth, located on Lake Superior. Driving tour of the city: Enger Tower and it's gardens, the 80-ft. lookout dedicated by Crown Prince Olav and Crown Princess Martha of Norway. Walk the Canal Park area, marveling at the unique Aerial Lift Bridge through which ships from all over the world pass. Dinner. Overnight at the Radisson Hotel in Duluth.

TUESDAY, SEPTEMBER 27 - DULUTH TO GRAND FORKS, ND B,D

Breakfast at the hotel. Depart Duluth for the Minnesota countryside. Drive by the restored 1925 childhood home of Judy Garland in Grand Rapids. Continue to Bemidji and view the famous Paul Bunyan and Babe the Blue Ox statues. Drive through Itasca State Park and view the headwaters of the Mississippi River. Continue to Grand Forks for Dinner. Overnight at the Country Inn and Suites Hotel.

WEDNESDAY, SEPT. 28 - GRAND FORKS TO DEVILS LAKE B,

D

Breakfast at hotel. Tour Ralph Engelstad Arena, nationally recognized ice hockey center. Tour internationally-recognized Aerospace Center on Campus UofND. Sample delectable chocolate-covered potato chips at Widman's Candy Store, a local family tradition. Continue to Devils Lake that has destroyed farmland and swallowed countless residential properties as it has tripled in size since 2001. Dinner at Spirit Lake Casino's "The View" overlooking Lake. Overnight at the Holiday Inn Express.

**CALENDAR OF EVENTS – 2011
 Roald Amundsen Lodge 6-48
 San Juan Masonic Center
 5944 San Juan Ave., Citrus Heights, CA**

JANUARY	FEBRUARY	MARCH
8 th – Installation of Officers — 1:30 p.m. – Potluck Brunch – Lutheran Church	8 th – Lodge Meeting, 7:00 p.m. 25 th – Pea Soup Dinner Saturday – 6 p.m. 4-6th Junior Lodge weekend – Camp Norge	8 th – Lodge Meeting 7:00 p.m. 26 th - Torsk Dinner – Saturday – Lutheran Church 5 p.m. Social 6 p.m. dinner
APRIL	MAY	JUNE
12 th – Lodge Meeting, 7:00 p.m.	10 th – Lodge Meeting, Initiation of New Members 7:00 p.m. 15 th – 17 th of May Concert time TBD	14 th – Lodge Meeting, 7:00 p.m.
JULY	AUGUST	SEPTEMBER
NO LODGE MEETING	9 th – Lodge Meeting, 7:00 p.m. 19 th – BBQ Dinner - Friday 5 p.m. Social 6:00 p.m. - Dinner	13 th – Lodge Meeting, 7:00 p.m. 24 nd - Lutefisk Dinner, Lutheran Church
OCTOBER	NOVEMBER	DECEMBER
11 th – Lodge Meeting, 7:00 p.m. 15 th – Scandi. Festival 5:00 p.m. – Social 6:00 p.m. - Dinner	8 th – Lodge Meeting, Initiation of New Members 7:00 p.m. 19 th – Vikingfest, 10:00 a.m. – 2:00 p.m.	13 th – Lodge Meeting, 7:00 p.m. 10 th – Julebord , Lutheran Church 5:00 p.m. Social 6:00 p.m. - Dinner 18 th Child. Xmas Party

LUTHERAN CHURCH OF THE MASTER – 1900 Potrero Ave., Sacramento, CA

CALENDAR IS SUBJECT TO CHANGE, REFER TO THE LODGE NEWSLETTER

Recipe of the Month

Pannekaken - Norwegian Pancakes

<http://allrecipes.com/Recipe/Norwegian-Pancakes--Pannekaken/Detail.aspx>

Ingredients

- 3 eggs
- 1 1/2 cups milk
- 1 cup all-purpose flour
- 1/4 teaspoon salt
- 1 teaspoon sugar



Directions

1. Combine the eggs and milk in the container of a blender. Add the flour, salt and sugar, and blend until smooth.
2. Heat a skillet over medium-high heat, and coat with cooking spray or butter. Scoop about 1/4 cup of batter into the skillet, and tilt the pan to coat the bottom. Cook until the top looks dry, about 30 seconds. Carefully slide a spatula under the pancake and flip. Cook for a few seconds on the other side, just until browned. Remove to a plate, and repeat with remaining batter.

Roald Amundsen 6-48
Sons of Norway
P.O. Box 3734
Citrus Heights, CA 95611-3734

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ADVERTISERS

President
David Bailey
davidsbailey@yahoo.com

Secretary
Carol Lee Solheim
solheim2636@earthlink.net

Treasurer
Stephen Rosenthal
rosen@winfirst.com

Editor
Steve Loberg
steve.loberg@mac.com

Publisher
Robert Dahl
rtdahl@sbcglobal.net

Editor Change

This March issue of the Navigator Newsletter is to be my last one as Editor, and it has been a very interesting experience. I'll be turning over the reins to Nancy Ottum, a very capable replacement, who also manages the website for the Roald Amundsen Lodge. Please direct future correspondence regarding the Navigator to Nancy at the following email address: nancyottum@mac.com

Thanks again, Steve Loberg

Personalized Travel Planning

Carol S. Francis
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