



December 2011

NAVIGATOR

News from Roald Amundsen

Sons of Norway Lodge 6-48 Sacramento

PRESIDENT'S MESSAGE

God jul og godt nytt år!

On November 19th, we held our Viking Fest. The weather and, it appeared, the turnout were better than last year. I'd like to extend thanks to all who supported the event--Joe and LaRena Hannon, Florence and Jim Smith, Ron and Cecelia Byrd, Duane and Betty Malme, Eric Malme, Pat Harriman, Ann Sandner, Ingrid Sceals, Sharon Brooks, Lois Mac Neil, Tove-Lisa Miller, Donna Gordon, Nancy Ottum, Lynn Lynch, and the El Dorado Folk Dancers. This event could not have succeeded without you. Thanks again.



We have three events coming this holiday season as well as a December Lodge Meeting. The Julebord dinner December 10th at Lutheran Church of the Master will feature many traditional Norwegian foods. Reservation deadline has been extended to Dec. 8th. Please reserve early using the flier in the Navigator as tickets are not sold at the door. At the Lodge Meeting on December 13th, we will have a presentation about Sons of Norway insurance programs and sing some carols. At both of these events we will observe the centennial of Roald Amundsen's arrival at the South Pole. On Sunday, December 18th, please bring your children, grandchildren, nieces and nephews to our Family Christmas Party from 2-4 pm at the Carmichael Park Clubhouse. We hope you will join us for these celebrations.

Julebord Reservation Deadline

Extended to Dec. 8th!

In January we will combine the regular lodge meeting with an Installation Potluck Brunch on January 7th at Lutheran Church of the Master at 11 am. We will install our officers for next year. (They are listed on page 10.) Most of them are incumbents. I thank all of our current officers for their service to the lodge this year. The Lodge will provide sparkling cider to toast the new year and cake for dessert, and you are asked to provide a hot dish, salad, veggies, or bread to share. There will not be a lodge meeting Tuesday, January 10th.

Please all have a delightful and refreshing Christmas season. Many Thanks to all for your assistance to the Lodge.

Mange takk.
David Bailey, President

www.sonsofnorwaysacramento.com



your lodge officers

President	David Bailey
Vice President	OPEN
Secretary	Carol Lee Solheim
Recording Secretary	Lyla Hanson
Treasurer	Stephen Rosenthal
Membership	Florence Smith
Counselor	Joe Hannon
Social Director	Cecelia Byrd
Marshall	Patricia Harriman
Youth Director	Jessica Brown
Greeters	Ron and Cecelia Byrd
Librarian	Carol Lee Solheim
Historian	Gordon Hanson
Musician	Janet Moe
Ass't. Musicians	Bob Dahl
	Jeanette Braafladt
Sports Director	Ann Sandner
Cultural Director	LaRena Hannon
Newsletter Editor	Nancy Ottum
Publisher	Bob Dahl
Web Master	Nancy Ottum
Publicity Director	Carol Francis
Foundation Director	Jim Smith
Trustees	
3-years	Ann Sandner
2-years	Ron Byrd
1-year	Joe Hannon
Auditors	Susan Lemmon
	Ingrid Sceals

our mission

The mission of Sons of Norway is to promote and to preserve the heritage and culture of Norway, to celebrate our relationship with other Nordic countries, and provide quality insurance and financial products to our members.

lodge meetings

Join us at 7:00p.m. on the **second Tuesday of each month** to learn about your Norwegian heritage and how the Sons of Norway can benefit you and your family. It costs nothing to visit. See the Sons of Norway Sacramento website for membership information.

www.sonsofnorwaysacramento.com

San Juan Masonic Center
5944 San Juan Ave.
Citrus Heights, CA

REMINDERS

We always need help running events.
Consider volunteering at your lodge!



Next lodge meeting is Tuesday, December 13.



JULEBORD

Saturday, December 10



FAMILY CHRISTMAS PARTY

Sunday, December 18, 2-4 pm

Carmichael Park Clubhouse
5750 Grant Ave, Carmichael.
Bring children, grandchildren, nieces,
nephews, young at heart.

CONTACT US

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20 Years of Telemedicine in Tromsø, Norway

At our last lodge meeting we were honored to hear *Gunnar Hartvigsen* tell us about North Norway's innovative and successful telemedicine project. His lecture gave a layman's point-of-view of telemedicine in Tromsø and North Norway since its beginning in 1987. In 1999, they changed their name to the Norwegian Centre for Telemedicine and by 2002 were appointed as the first WHO Collaborating Centre for Telemedicine.

Telemedicine is defined as teaching "emergency medicine in remote areas." Through the use of TV monitors, doctors based in larger, metropolitan area hospitals can hold an interactive consultation and "assist" other, less specialized doctors with surgical procedures and patient care.

Case in point, just this past August five young British teens were on a school field trip in the Svalbard Islands when they were attacked by a polar bear. Four were severely injured and one was killed. They were rushed to the closest hospital that was staffed by a general practitioner who was not well-versed in treating the type of injuries that were sustained. Using telemedicine, a neurosurgeon on the mainland was able to guide the local doctor through the necessary steps required to stabilize the four injured people. They were then flown to the University Hospital of North Norway, Tromsø campus where they ultimately recovered.



Gunnar Hartvigsen explains the details of telemedicine.

Hartvigsen is a professor at the University of Tromsø, Department of Computer Science, and head of the Medical Informatics and Telemedicine Group. He holds a master of science and doctorate in Computer Science (Artificial Intelligence) from Tromsø University. He is currently spending six months at the Center for Health and Technology at UC Davis.

For more information, visit the website at: www.telemmed.no



Rescue helicopter used to transport injured patients.

LUTEFISK DINNER



Photos: Steve Rosenthal



VIKING FESTIVAL



Roald Amundsen Lodge & Sons of Norway

Invite You to Attend Its Annual



Julebord – Traditional Norwegian Christmas Dinner

Saturday, December 10, 2011

Social Hour at 5:00 p.m. and Dinner at 6:00 p.m.

The evening will feature a program on St. Lucia with a special tribute

Celebrating the 100th Anniversary of
Roald Amundsen's Arrival at the South Pole
on December 14, 1911



Please join us at : Lutheran Church of the Master 1900 Potrero Way Sacramento

Menu: Norwegian Appetizers - Cider Christmas Toast - Pork Roast - Medisterkaker (Pork Meatballs - Herring - Surkal (Sweet & Sour Cabbage) - Seasonal Vegetables - Red Potatoes - Beet Salad - Cucumber Salad - Fish Aspic - Desserts - Lefse - Coffee

Please bring a small item or two to donate to the drawing for door prizes

Note : Deadline to make reservations is December 1, 2011. Make check payable to : Sons of Norway

Deadline extended to December 8!

Mail reservations to Carol Lee Solheim, 3570 Vista Grande, Shingle Springs, CA 95682

Questions? Contact Carolee Lee at 530-677-2006 email: solheim2636@earthlink.net

www.sonsofnorwaysacramento.com



clip & mail -----

Please reserve the following tickets for the "Julebord" Dec. 10 Tickets will be held at the door for you.

Lodge Member name(s) _____

Non- Lodge Member name(s) _____

Phone _____ E-mail _____

of Members _____ at \$17.00 each
of Non-members _____ at \$20.00 each
of Child tickets _____ at \$8.00 each

Total \$ _____
Total \$ _____
Total \$ _____
Grand Total \$ _____





*ROALD AMUNDSEN LODGE
SONS OF NORWAY*



*FAMILY
CHRISTMAS
PARTY*

Activities: Christmas Story, Singing Around the Christmas Tree, and maybe a surprise visit from a guy in red... plus refreshments. Hope you ALL can come!

SUN., DECEMBER 18, 2010 Starting **2:00pm** til 4:00pm

To be held at the **COMMUNITY CLUBHOUSE** in **CARMICHAEL PARK**,
5750 Grant Ave (near corner of Fair Oaks Blvd & Grant Ave).

From Fair Oaks Blvd, go west on Grant Ave, the Community Clubhouse is on the left. There is a sign on the Clubhouse and tennis courts are next to the building. Parking is limited in front of the clubhouse, but there is ample parking in the back. Google maps or "carmichael park".

~ ~ ~

Please bring a plate of goodies to share. Lodge will provide coffee and cider and gift bags for the children.

If you want a bunad or vest for a child to wear for photos, let Carol Lee know as early as possible, as the costumes are stored. Boys should wear a white shirt and girls a white blouse in order to wear the Vest and Bunad correctly.

We need a count of the children coming by *December 12th*, with names and ages:
Please contact Carol Lee Solheim at 530-677-2006, solheim2636@earthlink.net

CJL

ROALD AMUNDSEN BRINGS FAME TO NORWAY IN 1911 AND SACRAMENTO LODGE CELEBRATES 100 YEARS LATER

by Ron Byrd

Norwegians are celebrating December as the 100th Anniversary of Roald Amundsen being the first man to lead a successful Antarctic expedition to reach the South Pole. The event has brought fame to Norway and pride to all Norwegians the past 100 years since it happened on December 14, 1911.

Roald Amundsen took pride in being referred to as “the last of the Vikings.” A powerfully built man of over six feet in height, he was born into a family of merchant sea captains and prosperous ship owners on July 16, 1872. As a youth he insisted on sleeping with the windows open even during the frigid Norwegian winters to help condition himself for a life of polar exploration. When he first glimpsed Antarctica in 1897, which had not yet been traversed by humans, he aimed to be the first. It was a continent the size of Europe and Australia combined.

The Northwest Passage Attempt

In 1903 Amundsen set out from Oslo Fjord and three years later in 1906 he went through the ice-ridden waters of Canada’s Northwest Passage between the Atlantic and Pacific Oceans. This challenge had defied all navigators for 300 years. Amundsen succeeded in sailing its entire length.

In 1905 while on the expedition through the Northwest Passage, Amundsen received news that Norway had formally become independent of Sweden and had a new king. He sent the new King Haaken VII news that his successful trip “was a great achievement for Norway.” He said he hoped to do more and signed it “Your loyal subject, Roald Amundsen.”

South Pole Expedition

When Amundsen and his crew on the ship “Fram” set out for the South Pole he decided his success would depend on his use of carefully selected sled dogs. “The dogs are the most important thing for us.

The whole outcome of the expedition depends on them.” He had also learned to wear animal skins instead of heavy, woolen parkas. On October 18, 1911, the entourage set out for their final drive toward the pole from the Bay of Whales on Antarctica’s Ross Ice Shelf. Besides Amundsen there were four companions, four sledges, and 52 dogs. At approximately 3:00 p.m. on December 14, 1911, Roald Amundsen raised the flag of Norway at the South Pole. He and his crew returned to their base camp on January 25, 1912, 99 days and 1,860 miles after their departure.

“I may say that this is the greatest factor — the way in which the expedition is equipped — the way in which every difficulty is foreseen, and precautions taken for meeting or avoiding it. Victory awaits him who has everything in order — luck, people call it. Defeat is certain for him who has neglected to take the necessary precautions in time; this is called bad luck.”

—from *The South Pole*, by Roald Amundsen.

Amundsen lived to experience other polar adventures, including flying over the North Pole in a dirigible in 1926. While flying on a rescue mission June 18, 1928, he was killed when his plane crashed into the Arctic Ocean.

Roald Amundsen is famous for being a Norwegian explorer of the polar regions and he is remembered as the first person to undisputedly reach both the North and South Poles. In his honor there have been named after him a sea, glacier, bay, mountain, gulf and crater.

Roald Amundsen Lodge of the Sons of Norway in Sacramento is proud to be named after one of Norway’s most courageous, adventurous and heroic citizens. Let’s celebrate the events of 100 years ago!

Sons of Norway's 2011 Limited Edition Christmas Ornament

Valdres Rose



This year's ornament is a limited edition and will only be available for a short time, so order yours now! This special keepsake is only \$14.99 plus tax and shipping & handling. To order yours today, call (800) 945-8851.

\$14.99 each

Donna Gordon was so gracious to share her recipe for the dessert that was a hit at the November lodge meeting. Many folks requested the recipe, so here it is!

Double Layer Pumpkin Pie

- 1 prepared graham cracker crust (8 or 9 inch)
- 4 oz cream cheese, softened
- 1 Tbsp milk
- 1 Tbsp sugar
- 1 ½ cups thawed Cool Whip
- 1 cup cold milk
- 2 packages (four-serving size) Jell-O vanilla instant pudding
- 1 can (15oz) pumpkin
- 1 tsp. ground cinnamon
- ½ tsp. ground ginger
- ¼ tsp. ground cloves
- Whipping cream

Mix cream cheese, 1 Tbsp milk and sugar in large bowl with wire whisk until smooth. Gently stir in whipped topping. Spread over bottom of crust.

Pour 1 cup milk into bowl. Add pudding mixes. Beat with wire whisk 1 minute (mixture will be thick). Stir in pumpkin and spices until well mixed.

Spread over cream cheese layer, refrigerate at least four hours. Top with prepared whipped cream.

NOMINATIONS FOR 2012 OFFICERS

President	David Bailey
Vice President	Open
Secretary	Carol Lee Solheim
Recording Secretary	Lyla Hanson
Treasurer	Stephen Rosenthal
Membership Secretary	Florence Smith
Social Director	Open
Asst. Social Director	Open
Counselor	Carol Francis
Marshal	Pat Harriman
Asst. Marshal	Ann Sandner
Youth Director	Jessica Brown
Greeter	Ron Byrd
Greeter	Cecelia Byrd
Librarian	Carol Lee Solheim
Historian	Gordon Hanson
Musician	Janet Moe
Asst. Musician	Bob Dahl
Sports Director	Ann Sandner
Cultural Director	LaRena Hannon
Editor and Web Site	Nancy Ottum
Website	Nancy Ottum
Publisher	Bob Dahl
Publicity Director	Dee Ann Smeltzer
Foundation Director	Jim Smith
Trustees	Ann Sandner (2 yr), Ron Byrd (1 yr), Joe Hannon (3 yr)
Auditors	Susan Lemmon, Ingrid Sceals



ST. OLAF CHRISTMAS FESTIVAL LIVE

One of the oldest holiday musical celebrations in the United States, the annual St. Olaf Christmas Festival marks its 100th presentation this year with a special LIVE broadcast to movie theaters nationwide, Sunday, December 4, 2011, presented by NCM Fathom and BY Experience. The afternoon begins with a video retrospective of Christmas Festival, followed by a 2-hour live concert performed by more than 500 St. Olaf College student musicians, broadcast direct from the campus of St. Olaf College in Northfield, Minnesota. Rejoice, Give Thanks, and Sing – 100th St. Olaf Christmas Festival Live comes to movie theaters nationwide for a live simulcast, Sunday, December 4 at 3:30PM ET / 2:30PM CT / 1:30PM MT / 12:30PM PT.

These are the local theaters where the festival will be broadcast:

Stadium 13, El Dorado Hills

Laguna 16, Elk Grove

Folsom 14, Folsom

Roseville 14, Roseville

Greenville Lane 16, Sacramento

Natomas Marketplace, Sacramento

Sacramento Stadium 14, Sacramento

City Centre Stadium 16, Stockton

For more information and to purchase tickets:

<http://www.stolaf.edu/simulcast/index.html>



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

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2011-12 KALENDER

June	July	August
14th: 7pm lodge meeting 25th: 1pm Snowshoe Thompson monument dedication	NO lodge meeting NO newsletter	7th: 1-4pm Zone 1 Picnic, Camp Norge 9th: 7pm lodge meeting 19th: Lodge BBQ
September	October	November
3-5th: Kretsstevne 13th: 7pm lodge meeting	9th: Leif Erikson Day 11th: 7pm lodge mtg. 15th: ScandiFest 29th: Lutefisk Dinner	8th: 7pm lodge meeting 19th: VikingFest
December	January	February
13th: 7pm lodge meeting 10th: Julebord 18th: Children's Christmas Party	7th: 11pm lodge meeting. This is a Saturday! Mtg. combined with Officer installation. Potluck too!	14th: 7pm lodge meeting

**MARK
 KALENDERE**

Dec. 10 is the
 annual Julebord

Dec. 18 is
 the Children's
 Christmas Party