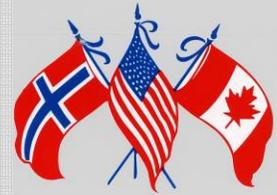


# THE NAVIGATOR

A Publication of Roald Amundsen Lodge 6-48  
Sons of Norway, Sacramento, California  
Summer Solstice Issue, 2013 (June, July, August)



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Published Thursday June 20, 2013.

## FROM ROALD AMUNDSEN LODGE 6-48 PRESIDENT STEPHEN ROSENTHAL:



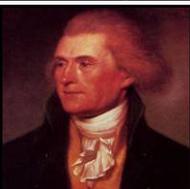
As I write this I have just returned from the Los Angeles area where I attended a memorial service for a cousin of mine who passed away. He was almost 93 years old, and the son of Norwegian immigrants.



I am impressed with the family history. His father came from Norway with nothing and ended up being a ship captain (of one of the so-called ore boats) on the Great Lakes. Most of the children (maybe all, but I am not sure) went to college. My deceased cousin and his brother were Navigator and Pilot, respectively, of US bombers flying over Germany in WWII. Dick, the cousin who passed, came home from the war and got admitted to Stanford Medical School. He was a Radiologist in Lancaster, California, for many years.



He and his late wife were really good to Celia and me when I was a young Navy officer stationed in Long Beach. People came from several parts of the country to attend the memorial. Many tributes were made and stories told. Even several ladies who had worked for him spoke of their admiration for him. He wasn't just a doctor, but also a man interested in many things who added greatly to his community.



Why do I recount all this? I guess it is because it wasn't so far back in our respective histories that our people were



struggling immigrants, and look at the contributions they and their progeny have made. Now we have new immigrants. I personally believe we should assist them and give them every benefit of the doubt; they and their families will be the ones who continue to propel this nation forward to new accomplishments in the years to come. In a very real way that is what our members **Ann Sandner and Anne Bandy** are doing as they volunteer at Mather Youth Academy with our Adopt a School Program, as surely some of those kids are immigrants or children of immigrants. (See related article.)

Changing the subject: I want to thank all of those who attended and contributed to our Syttende Mai picnic on 19 June. **LaRena Hannon** brought some cupcakes that were a hit with all, and especially with the kids. **Donna Gordon** surprised us all, but especially **Tove-Lise Miller** and me (Tove-Lise and I share the same birth date – month and day, but not year!), with a delicious birthday cake. Several folks brought delicious salads and other picnic goodies. **Anne Bandy** brought a watermelon (what is a picnic without a watermelon!?) that got readily consumed. Thanks to **Carol Lee Solheim** for bringing children's gifts and goodies and flags, and also to **David Bailey and Tove-Lise** for leading the children's Barnetog (parade). The children went swimming and played in the park. The rest of us visited in the shade on a beautiful, breezy spring day. I think we all had a good time, in the spirit of lodge camaraderie.

We still have two summer events coming up, the Zone 1 Multi-lodge Picnic and our BBQ dinner. I hope to see many of you at one or both.

Hilsen, Steve

*See if your grandchildren can arrange these presidents in proper chronological order...*

**SIDEBARS FROM THE EDITOR...**

**Correction:** The memoriam for **Stanley Lemkuil** carried in last month's issue was slightly mis-worded. The first sentence should have read: **Stanley Lemkuil**, son of lodge member **Pearl Lemkuil and the late Burdelle Lemkuil (father; former president of the lodge)**, and sister of lodge member **Jeanne Lemkuil**, passed away on April 5th at the age of 63.

**Kon-Tiki, the flick.** We sure hope you saw it. Although a partially fictionalized account of **Tor Heyerdahl's** voyage, it is an exciting, beautifully filmed Norwegian movie.

**Welcome** to new member **Ann Campbell**, whom we formally introduced to the lodge at our May meeting. Ann actually attended lodge meetings as a child, as her parents were members. We are pleased that you have joined, Ann.



*New member Ann Campbell waiting patiently as lodge President stumbles and mumbles through welcoming verbiage.*

The **lodge will be 85 years old** next year. A celebration is in the planning stages.

Its not too early to be preparing for the **2014 Convention Folk Art Exhibition and Competition (Palm Springs, June, 2014)**. As with any skill or competition, you have to try it to compete. These are some of

the Traditional Folk Art Categories: Rosemaling, weaving, embroidery, knitting, carving, painting, and quite a few others. Check out the District 6 website (sofn6.com).

**Past Presidents awarded King Harald medallions at the May lodge meeting.** Recently the lodge voted to award each outgoing President with a King Harald medallion, and it was decided to reach back and make this award to several recent Presidents, including **David Bailey, Carol Francis, Joe Hannon, and Ann Sandner**. The serving President is also provided a medallion, which he or she turns over to the incoming president when there is a presidential transition. Below is a photo of David, Joe and Ann receiving their medallions at the lodge meeting.



**Sundfjord Lodge**, in the Pomona area, is celebrating its 60th anniversary on October 26th. If you have interest and are going to be in Southern California at this time, call Lise Fleming at 909 624-2868 for more information.

Somewhat old news, of course, but it was reported that the **Children's Snow Day**, held back in April, was great fun for not only the children but the adult chaperones. Fortunately there was, in fact, snow to be found.

See the photograph on page 5 of some of the kids.

*(Continued on page 5)*

## ROALD AMUNDSEN LODGE AND TWO MEMBERS SUPPORT SPECIAL LOCAL ACADEMY

Most of us have some knowledge of the **Sons of Norway Adopt a School Program** (now actually a part of the Helping Hands to Children Program), but maybe some are not so familiar with what our Roald Amundsen Lodge and two of its members are doing in support of this program.

The lodge supports the **Kitty Hawk School and its special programs, the Mather Youth Academy and the Mather Youth Opportunity Program**, all of which share the same campus in Rancho Cordova and are part of the Rancho Cordova School District. At our May lodge meeting we awarded the school a \$500 stipend for this underfunded school, which their principal, **Mr. Rolando Rosas**, said would be used for books and other supplies. He attended our meeting and accepted the stipend with gratitude, one-half of which is provided from our own Treasury, and one-half from the Sons of Norway Foundation (Thank-you, Foundation.).

Mr. Rosas gave an interesting talk about his school, which provides an educational venue for some of the children among us who have had a tough go of it. Most have not done well at other schools. However, they are not just “dumped” at the Academy – their parents have to apply to have their children (grades 6 and up) enrolled there, the school district has to approve, and the kids have to toe the line once they are enrolled. Rosas, who comes from a military family background, provides an active, performance-based routine, requires the wearing of school uniforms, and makes every effort to instill a sense of pride in the students. He and his staff have experienced significant successes with these children; for example, one ultimately attended the Coast Guard Academy.

As a special project for the children, the school maintains an extensive garden, which Rosas encouraged our members to visit. Our member **Anne Bandy** regularly helps out there; she has commented she feels her participation returns as much or more to her than the time commitment takes away from her other pursuits. And member **Ann Sandner** has been volunteering there for quite a few years. She helps in the library and anywhere else she is needed. **Kudos to Anne and Ann for their contributions!**



*Ann Sandner presenting stipend check to Principal Rolando Rosas at May lodge meeting (above.)*

*Anne Bandy and two Academy students taking a little break from gardening in the Academy garden (below).*



**THE FASTEST MAN IN THE WORLD, USAIN BOLT, WINS THE 200 METERS AT NORWAY'S BISLETT GAMES .... (A NORWEGIAN IS SECOND)**

Piqued by suggestions of a possible decline, **Usain Bolt** responded with a blistering season debut at 200 meters and a track record at the **Bislett Games**. "I'm not in as bad shape as I thought I was," Bolt said June 13th after his emphatic victory. Bolt, whose conditioning was questioned after losing the 100 by 0.01 seconds in Rome earlier in the month, finished in 19.79. He is the only one to break 20 seconds this season in the 200.

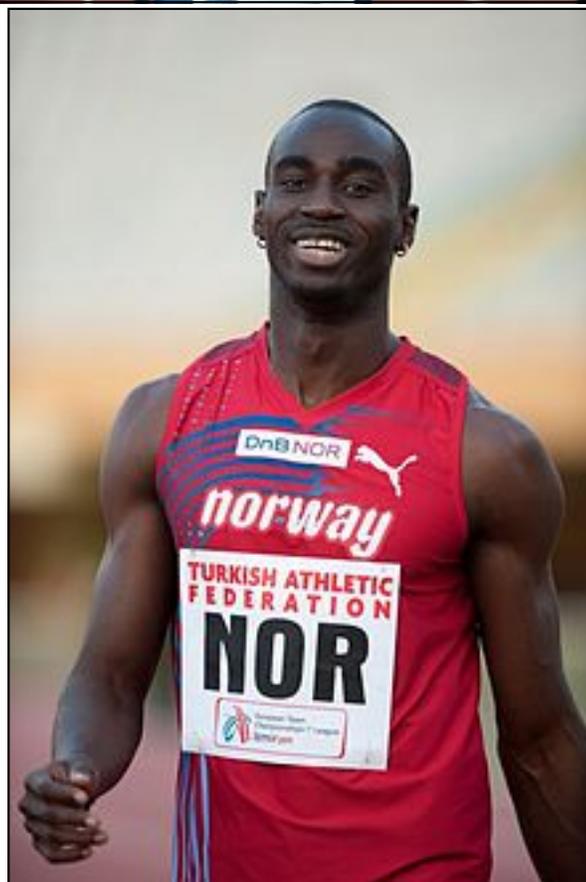


Norwegian record-holder **Jaysuma Saidy Ndure** finished second in 20.36 seconds. (See separate article)

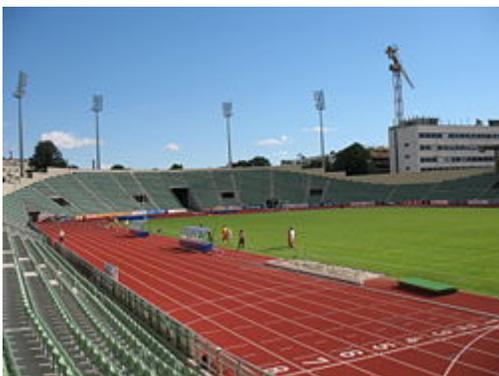
The **Bislett Games** is an annual track and field event at the Bislett Stadion in Oslo, Norway. It is sponsored by ExxonMobil and officially known as the **ExxonMobil Bislett Games**.

The first international athletics meeting at Bislett was held in 1924. Until 1937 the competitions were known as "The American Meetings". Different organizers staged the meetings between 1947 and 1965 until the three athletic associations, BUL, Vidar and Tjalve, formed the Bislett Alliance.

A man named Arne Haukvik founded the Bislett Games. He was a former politician and director of the meet, who used to invite the athletes, sponsors and the press to his home for his traditional "strawberry party" the day before the event each year. He died of cancer in 2002 at age 76. The tradition, however, continues.



**Norwegian record-holder Jaysuma Saidy Ndure. (See article on next page) He once trained here in California.**



The Bislett Stadion was used for speed skating events at the Olympics, but nowadays it is better known for the Bislett Games track and field competition, and it attracts the best track and field athletes from all over the world. At

(Continued on page 9)

**...AND NORWAY'S FASTEST MAN IS:  
JAYSUMA SAIDY NDURE. (photo on page 4.)**

**Jaysuma Saidy Ndure** (born 1 July 1984) is a Gambian-Norwegian sprinter. Having changed nationality from Gambia to Norway in 2006, he holds Norwegian records in the 100 and holds both the Gambian and Norwegian records in the 200 meters and is the seventh and fourth fastest person to race for Europe of all times at these two distances. He has a bronze medal from the African Championships and several top-three placings in IAAF Golden League meets and the IAAF World Athletics Final.

Saidy was born in Bakau, Western Gambia, and raised by his mother. His first experience in the sprint events came in high school in his hometown. He reportedly took up the 200 meter event in order to avoid beating his friend, who already had taken up the 100 meter event. In June 2001 Saidy entered the West African Championships in Lagos, and won the 200 meters in 21.27 seconds, a new Gambian record time. However, setting a national record did not inspire him to commence serious training, as he still preferred to play basketball and volleyball for fun with his schoolmates.

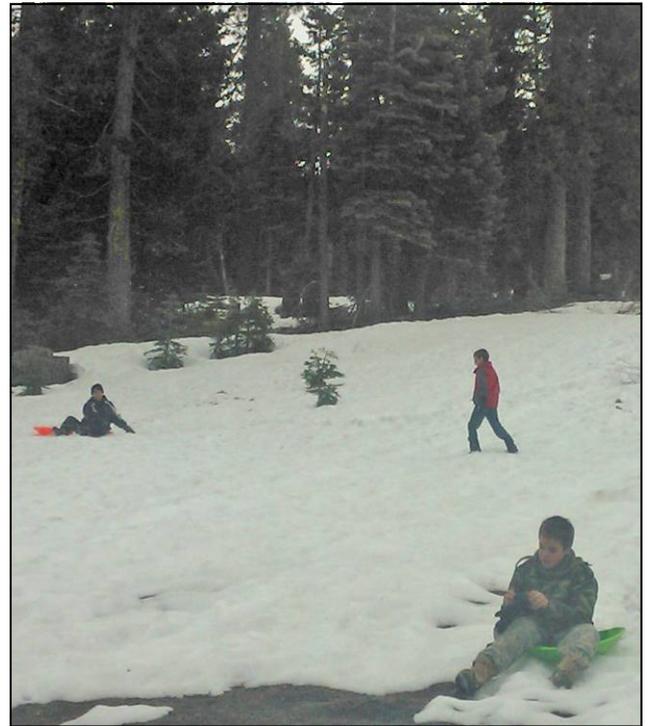
In 2002, Saidy moved to Oslo, Norway. A number of relatives already lived in the vicinity, most notably his father who had lived in Norway since the 1970s. Searching for a leisure activity, Saidy decided to take up athletics again and joined one of the athletics clubs in the Norwegian capital, IL i BUL, whose training sessions were held in the internationally known Bislett Stadion. Here, his talent was soon discovered and Saidy was put in contact with coach Olav Magne Tveitå, who still coaches him.

Saidy later established a relationship with Heidi Trollsås, a retired 400 meter hurdler hailing from the Norwegian city Sandefjord who competed on the national level. The couple eventually moved to Blystadlia outside of Oslo, where they still live. Trollsås also served as his manager until 2008. Feeling that a professional agent was needed to handle Saidy's career, they hired noted Swedish athletics manager Daniel Westfeldt. Shortly thereafter Saidy signed a lucrative five-year contract with Nike.

"The multi-million dollar contract with Nike is great," he was quoted as saying, "But I won't feel like I am successful until I have won a **Sons of Norway sports medal** like **David Bailey and Kristi Updegraff** have done!"

**SIDEBARS, continued**

(Continued from page 2)



**Interested in reading newsletters from other District 6 lodges? Here are a few websites with lodge newsletters:**

[www.sundfjord.org](http://www.sundfjord.org) This one is especially interesting...

<https://www.facebook.com/shastafjell> Not with access to newsletter, but interesting.

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

<http://nordahl-grieg.org/>

[www.sonsofnorwaycs.com](http://www.sonsofnorwaycs.com)

[www.norronalodge.org](http://www.norronalodge.org)

You can find more if you try looking for them.



SYTTENDE MAI PICNIC SCENES



*The picnic group. Anne Bandy, Joe Hannon and Mike Gordon hovering around the grill. Wyatt Mattes looking for sharks in the pool, with Grandma Donna Gordon in the background. Ann Sandner's three delightful granddaughters.*

**SYTTENDE MAI, continued**



*The parade forms. The parade marches through the park as the crowds cheer. David Bailey and Tove-Lise Miller bring up the rear. Norm and Helen Evensen, with Celia Rosenthal.*



NEWSLETTER SURVEY

SURVEY

SURVEY

SURVEY

SURVEY



**PLEASE TAKE A LOOK....**



If you are reading this you must, at least occasionally, read The Navigator. However, judging by the number of “hits” it gets on the website, a goodly portion of our membership doesn’t bother to open it. We would be interested in learning the thoughts of our members about this. Is there something we should be doing to significantly

increase the readership? And/or, is it worth the effort and expense to physically print it and mail it out if up to one-half of the members don’t read it? **We would be interested in your comments, which can be sent to [rosen@winfirst.com](mailto:rosen@winfirst.com).**

Are you not receiving our periodic notice that the on-line version of the latest newsletter is available? If not, your email address must not be on our “Chimp” (notification) list. Please notify our webmaster, **Anne Bandy**, that you want your email address added to the list; her email address is [abandy100@gmail.com](mailto:abandy100@gmail.com).

Many organizations today are going to on-line only newsletters. Clearly an on-line version is a better product – color photos, no limitation on pages (i.e., an odd-number of pages doesn’t matter), errors can be easily corrected, recipients can print (or not) only the pages they want to, there are no U.S. mail delays, etc. It costs the lodge about \$300 - \$400 to print and mail each newsletter, plus the “volunteer” labor to pick them up, print labels, address the individual copies, take them to the post office, and wait for service in order to post them.

Would you be adverse to an on-line only newsletter? Would we be affecting very many of our significantly elderly members who may not be computer savvy? How many? Are very many of them all that interested in reading the newsletter? We don’t know the answers to these questions, and would appreciate receiving opinions. Please send them to [rosen@winfirst.com](mailto:rosen@winfirst.com).

Maybe there is a middle ground position – say one printed newsletter a year with the remainder on line only? Again, we would appreciate hearing from you.

**KALENDAR:**

**July 4th, Independence Day. Hooray for the USA!**  
**July 7-14, Camp Trollfjell.**  
**July, NO LODGE MEETING.**  
**August 3rd, Multi-lodge picnic at Camp Norge**  
 (See flyer).  
**August 13, Lodge meeting.**  
**August 23rd, Summer BBQ, at Masonic Lodge**  
 (See flyer).  
**Aug. 31, Sept 1-2, Northern California**  
**Kretsstevne, Camp Norge.**

**September 10th, Lodge Meeting.**  
**September 21st, Lutefisk Dinner at Lutheran**  
**Church.**  
**October 8th, Lodge meeting.**  
**October 12th, Scandifest.**  
**November 12th, Lodge meeting.**  
**November 16, Vikingfest.**  
**December 7th, Julebord at Lutheran Church.**  
**December 10th, Lodge Meeting.**

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**TO ALL ZONE 1 LODGES -  
YOU ARE INVITED TO THE  
SONS OF NORWAY**

**PICNIC STARTS  
ABOUT NOON...**



## **ZONE 1 MULTI-LODGE PICNIC**

**SATURDAY, AUGUST 3RD, 2013, AT CAMP NORGE**

*Please Bring your own beverage,  
meat/fish/sausage/Norwegian polenta to grill (condiments provided)  
and a salad or dessert to share, and your place setting.*

**HOSTED THIS YEAR BY ROALD AMUNDSEN LODGE #48,  
SACRAMENTO**

*Please e-mail or call by July 30th to put the name of each person  
attending on the reservation list, to Carol Lee Solheim,  
solheim2636@earthlink.net (530)677-2006.*



*Camp Norge has a \$3/day use fee.  
www.campnorge.com.*

**(BISLETT**, Continued from page 4)

least 65 world records have been set on its forgiving, brick-colored track.

In 2009, a severe storm delayed proceedings and even caused damage to the track-side clock display. Usually, though, this highly popular event is a track and field enthusiast's dream to attend.



**MORE PHOTOS.** Anne Bandy helping an Academy student tend to a tomato plant. Another view of the crowd at the Syttende Mai picnic.



2013/05/19

# Annual Summer Bar-B-Q

**Friday, Aug. 23, 2013**

**6:00 pm Dinner**

Masonic Center

5944 San Juan Ave., Citrus Heights, CA

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

Adult members \$12

Adult Non-Members \$15

Children age 10 and under \$6

**(Children 5 and under free)**

Paid reservations are required and due by August 17. Mail to Carol Lee Solheim, 3570 Vista Grande, Shingle Springs, CA 95682. Checks payable to Sons of Norway. Limited Seating.

Questions: Call or email Carol Lee Solheim  
530-677-2006 ♦ [solheim2636@earthlink.net](mailto:solheim2636@earthlink.net)

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Phone \_\_\_\_\_

Adult members \_\_\_\_\_ at \$12 - \_\_\_\_\_

Adult Non-Member \_\_\_\_\_ at \$15 - \_\_\_\_\_

Children 10 & under \_\_\_\_\_ at \$6 - \_\_\_\_\_

TOTAL: \_\_\_\_\_

**Northern California Kretsstevne  
Labor Day Weekend at Camp Norge  
August 31, September 1-2, 2013**



The Northern California Kretsstevne Committee invites the members of all Sons of Norway Lodges 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—Bingo
- Barbecue

Check out [www.campnorge.com](http://www.campnorge.com) for more information

Camp Norge Room Accommodations? The rooms fill up quickly.  
Call the Office at 530-389-2508. (No site reservations required for RV's/Tents.)

Meal Packages will not be available at the event.  
Meal Registration Deadline is **August 23, 2013**.

Questions? Dave Severson at 530-632-2115 or email at [calviking@comcast.net](mailto:calviking@comcast.net)



Cut here and return, along with payment (check made payable to NCK) to:  
**The Hansons, 5701 Live Oak Drive, Space 26 Kelseyville, CA 95451**  
Northern California Kretsstevne (NCK) 2013

Lodge Name & # \_\_\_\_\_ Name \_\_\_\_\_  
Address: \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_  
Phone \_\_\_\_\_ Email \_\_\_\_\_

**Meals Purchased Individually in Advance:**

**Prices at the Door**

Saturday Breakfast	# of Adults _____	X \$6.00 = _____	\$ 7.00
Saturday Lunch	# of Adults _____	X \$6.00 = _____	\$ 7.00
Saturday Dinner	# of Adults _____	X \$12.00 = _____	\$14.00
Sunday <i>Frokost</i>	# of Adults _____	X \$7.00 = _____	\$ 8.00
Sunday Lunch	# of Adults _____	X \$6.00 = _____	\$ 7.00
Sunday Potluck	<i>Donation Requested</i>		

Saturday Breakfast	# of Children _____	X \$4.00 = _____	\$ 4.50
Saturday Lunch	# of Children _____	X \$4.00 = _____	\$ 4.50
Saturday Dinner	# of Children _____	X \$7.00 = _____	\$ 7.50
Sunday <i>Frokost</i>	# of Children _____	X \$4.00 = _____	\$ 4.50
Sunday Lunch	# of Children _____	X \$4.00 = _____	\$ 4.50
Sunday Potluck	<i>Donation Requested</i>		

*Monday Breakfast is a free smorgasbord of leftovers, with priority to meal-ticket registrants!*

**Meal Package includes \$2.00 Kretsstevne Pin**

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

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

**Save \$8.00 with an Adult Meal Package including the Krets Pin!**



**Day Pass**

If not staying at Camp: \_\_\_\_\_ # of Passes X \_\_\_\_\_ # of Days @ \$3.00 per day = \$ \_\_\_\_\_

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

**Non-Profit Organization  
U.S. Postage Paid  
Sacramento CA  
Permit #124**

**Roald Amundsen Lodge Website: [www.sonsofnorwaysacramento.com](http://www.sonsofnorwaysacramento.com). Check it out!**

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**SIGN-UP LIST FOR REFRESHMENTS  
AT 2013 MONTHLY LODGE MEETINGS**

January -	No meeting
February -	Norman Hales
March -	Janet Moe
April -	Ron and Cecelia Byrd
May -	Tove-Lise Miller, Donna Gordon
June --	Florence Smith, Ingrid Seals
July -	No meeting
August -	Steve Rosenthal, Gwen Lokke
September -	Joe and LaRena Hannon
October -	Sharon Brooks, Ann Sandner, Pat Harris
November -	Gordon and Lyla Hanson, Carleton and Richard Petersen
December -	Need someone to sign up

We need a few more volunteers to sign-up and help bring refreshments for the social time at the Tuesday night monthly meetings. It is a little hard for one person to bring everything. Please help out. Call or notify Ron Byrd at 916-293-8142 if you can bring something one month.

