

THE NAVIGATOR

A Publication of Roald Amundsen Lodge 6-48
Sons of Norway, Sacramento, California
October 2019 (Early Fall Edition)

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Occasional Highly Paid Contributor: Dick Tracysen



INSIDE: SIGN UP FOR LUTEFISK AND MEATBALLS! PG. 2.

PRESIDENT DONNA'S COLUMN RETURNS NEXT MONTH

CAMP NORGE 60TH ANNIVERSARY CELEBRATION

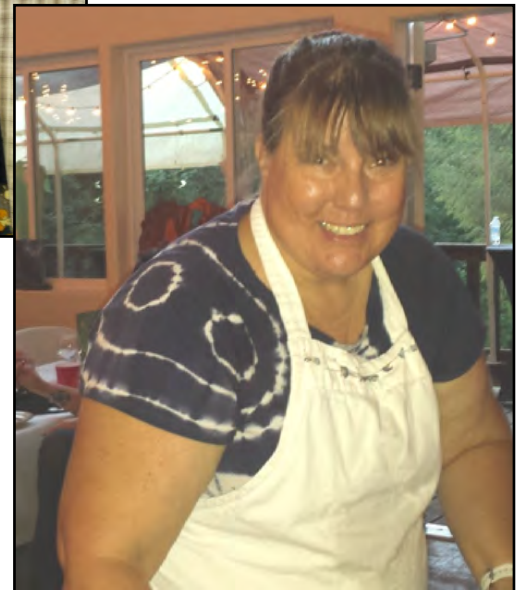
The 60th Anniversary of Camp Norge was celebrated over the Labor Day weekend. The event was a huge success with about 100 people attending the dinner on Saturday night, including the International President, **Ron Stubbings**, and his wife.

Several members of Roald Amundsen Lodge were in attendance. A special thank you to **Kirsten Wyatt** and her kitchen crew for being in charge of the kitchen for the dinner. Kirsten also made a very nice Kransekake for the event.

The Sunday morning frokost was also very special with vaffler, smorgrot, epleskiver, herring, cheeses and a lot more. A special thanks to **Mary Beth Ingvoldstad**, our District 6 International Director, as the entire weekend was great. There were lots of campers, games for the kids, swimming and some people went on hikes. All in all a fun weekend. – *Tove-Lise Miller*



*Tove-Lise Miller with International President Ron Stubbings.
Our wonderful Chef Kirsten Wyatt.
Judy Hales and lodge VP Norm Hales.
More photos inside.*



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.



**SONS OF NORWAY
ROALD AMUNDSEN LODGE
LUTEFISK AND
MEATBALL DINNER
SAT., OCT. 12, 2019**



**Social Hour 5:00 pm.
Dinner 5:30 pm.
MASONIC CENTER
5944 San Juan Ave., Sacramento**

**After Dinner: Presentation on The Pioneers of Roald Amundsen Lodge,
from Ytterøya, Trondheim Fjord, Norway**

**Reservation Deadline is October 7th
Pre-paid Reservations only · No ticket sales at the door
Adult S/N Members \$19.00 · Non-members \$23.00
Children 11 and under \$5.00 · Children 5 and under, No Charge
(These rates are good for the first 500 registrants.)**

**Make check payable to "Sons of Norway"
Mail to: Tove-Lise Miller, 2656 Barbera Way, Rancho Cordova, CA 95670,
tovelise@aol.com; www.sonsofnorwaysacramento.com**

LUTEFISK DINNER

Please reserve the following tickets, which will be held at the door for you:

Member Name(s) _____

Non-member Name(s) _____

Contact phone number and e-mail _____

of members _____ **@ \$19 each, to total** \$ _____

of non-members _____ **@ \$23 each, to total** \$ _____

of paying children _____ **@ \$5.00 each, to total** \$ _____

Grand Total \$ _____

(Detach and mail to above address by October 7th, 2019, with check)

SIDEBARS WITH THE EDITOR...

LUTEFISK AND MEATBALL DINNER!

Note the flyer on page 2! We didn't have this dinner last year, and so everyone should be especially craving this Norwegian delicacy! And if you have guests who just can't warm up to this quivering offering, we have meatballs! Sign up now!



THE PIONEERS OF ROAL AMUNDSEN LODGE Presented by Sondra Betancourt of the Owre/Sandstad family

Our lodge has a fascinating history, with the first members coming from an island called Ytterøya in the very northeastern part of the Trondheim Fjord in Norway (not far from Levanger). The niece of 75-year member Grace Sandstad who passed away this year, **Sondra Betancourt** remembers growing up with a large number of family friends bound together by ties to the Bethel Lutheran Church in North Sacramento and Roald Amundsen Lodge. Our lodge held its first meeting in this church, and later bought the facility for its lodge from 1960 to 2001. Sondra will bring the history of the lodge alive with pictures from our early days. Come join us for a very interesting evening at the Lutefisk and Meatball Dinner (see flyer)! **-Carol Francis!**

DESCENDANT OF A FOUNDING FAMILY HAS PASSED

Edgar "Ed" Owre has passed away. He was not currently a member of the lodge, but he was a descendant of the Owre family that organized the lodge back in the late 1920s. There was a "life tribute" notice in the September 15th Sacramento Bee.

FIRST BOOK CLUB MEETING WELL-RECEIVED!

Ole: Yesterday a book fell on my head...
Lena: Well, you only have your shelf to blame!

An enthusiastic group of lectors recently met at the Arden-Dimick library for the inaugural meeting of the Roald Amundsen Lodge book club. The members individually expressed opinions about the first book selection, but it seemed as though all enjoyed reading it.

The club has "critical mass" size, but if others are interested, they can contact the enthusiastic originator and coordinator, **Noelle Buer**, 916-813-7334 cell/text, speedynoelle@gmail.com. A future meeting schedule follows. All meetings are at the Arden-Dimick library on Watt Avenue. (next page)



Book club schedule, continued...

(Continued on page 4)

(**SIDEBARS**, Continued from page 3)

Friday, October 11, 2019 11:00 AM - 1:00PM

Snowman, by Jo Nesbo

Bring a lunch if you so desire, we will always have coffee

Friday, November 8, 2019. 1:00PM - 3:00PM

Kristin Lavransdatter Volume 1, The Bridal Wealth, by Sigrid Undset

We will provide coffee and cookies, bring a lunch if you want

Friday, December 20, 2019. 11:00 AM to 1:00PM

Kristin Lavransdatter Volume 2, Mistress of Husaby, by Sigrid Undset

Bring a lunch if you so desire, we will always have coffee

Friday January 31, 2020. 11:00 AM to 1:00PM

American by Day, by Derek B. Miller

Bring a lunch if you desire, we will always have coffee for you

Here are organizer Noelle's comments on the initial meeting:

Hello Dear Book Club Friends,

Thank you all for making the first meeting of our Sons of Norway Book Club such a pleasure and success! The discussion was enlightening, with many aspects of this multi-layered book discussed, including the Norwegian setting for the story, the challenges of law enforcement in a liberal country coping with immigrants and a growing cultural diversity, the historical relationship between Norway and its Jewish citizens, the many wars in Sheldon's lifetime and their impacts on his life, dementia and family relationships, the twists and turns of the story's plot, the author's writing style, and questions of ethics and character.

WELCOME NEW MEMBERS

We welcome new members who have joined us during July and August:

Bjorn and Tove Anderson

Sean Moody

We hope to see you at our upcoming events!



2020 LODGE OFFICERS NEEDED!

The Board's recommendations for Nomination Committee members will be put up for ratification at the October meeting. The Nominating Committee's slate of 2020 officers, after being announced in the Navigator, will be voted on at the November meeting. Please look at the list of officer positions shown in Directory and notify the Committee (c/o Stephen Rosenthal, 916/539-5614; rosen@winfirst.com, if you see a position you would like to fill. Also, please give serious consideration to serving if you are asked. It takes help from many to keep a lodge running smoothly!



(**SIDEBARS. Continued from page 4**)

TWIN SISTERS

The lodge is missing its copy of the endearing film, **TWIN SISTERS**, and we have a request for it. If anyone has it or knows where it is, kindly notify the editor.



More anniversary photos. Duane and Betty Malme. Bob and Lotte Sather.



HAMAR—SITE OF 2020 INTERNATIONAL CONVENTION

(What follows is a very interesting President's letter written by Randi Cruze, President of Bjornson Lodge. She describes the area around the town of Hamar, from which she is from.—Editor)

Dear Members,

I have lost track of how many times I have been back to Norway since I emigrated in 1962. As long as my parents were alive, my destination was always my home town of Hamar on the east side of Lake Mjøsa. Now my base is at my brother's home in Nannestad, about 15 minutes from the main airport at Gardermoen. But I always include a few days in Hamar to visit with friends and family.



Norway National Railway Museum, Hamar

This year I experienced the ride to Hamar through the eyes of delegates and guests attending next year's International Convention in Hamar. The eastern part of Norway is mainly a forestry and farming area, although many of the farms have been lost to housing to accommodate the growing population and higher expectations of a much more affluent society. It doesn't have the high mountains and deep fjords depicted in tourist brochures. Whether you travel by car or train, you will cross a bridge at Minnesund at the southern end of Mjøsa, where the lake runs into the river Vormå. The lake (called a fjord, which it once was) widens to the north, with high hills on both sides. It is a beautiful, peaceful sight.

The vastly improved road goes through several tunnels, as well as the hated toll gates which makes the trip by car quite expensive. As you pass Stange, the wide fields of the original Hedemarken spread out before you, with the old church in Vang on your right, and Hamar by the lake a little further ahead on your left. If you go by train, you will travel next to the lake for much of the trip north of Minnesund and arrive at the beautiful station in Hamar.

As we travelled to Hamar, I kept speculating about what the committee has in store for guests to visit, but we all have to wait until next year when the official paperwork comes out. It is very special for me to have my home town host the International Convention! And I hope the major road construction will be finished! And that the sun is shining!

Randi Cruze

**IN
AL**

ROALD AMUNDSEN LODGE, SONS OF NORWAY

Invites you to attend its annual

VIKING FESTIVAL

Saturday, November 16th, 10:30 am to 3:00 pm

Admission is Free!

Masonic Center

*5944 San Juan Avenue, Citrus Heights
(Between Madison and Greenback)*



*Craft items, demonstrations, clothing, bakery goods,
Scandinavian merchandise, Norwegian calendars, gift items...*

Just in time for holiday shopping!

Lunch will be available:

*Open-face sandwiches, Fish soup, Waffles,
Viking-on-a-Stick, Bakery goods... and more.*

Additional information: Call 916-451-3853 or 916-972-7337

And also the lodge website: sonsofnorwaysacramento.com.

All are welcome—you will have a good time!



Camp Norge Folkedans Stevne October 18 - 20, 2019

Nordahl Grieg Leikarring og Spelemannslag (NGLS) present a weekend of Norwegian folk dance and music featuring Mikkel Thompson and Ginny Lee as our dance teachers. Toby Weinberg will teach fiddle and hardingfele.

Our focus will be bygdedans Pols fra Finnskog and Springdans fra Ålesund. We will also include dances from other areas of Norway.

Mikkel Thompson is a founding director and lifetime member of Nordahl Grieg Leikarring og Spelemannslag (NGLS). Now living in Sweden, he regularly returns to North America to teach workshops and perform at Scandinavian festivals including Calgary, Canada, and Norsk Høstfest in Minot, ND. In Calgary and Minot, Mikkel's teaching and dancing partner is Ginny Lee, from Fairfield, CA. A founding member of Centennial Sons of Norway Lodge, Ginny has taught children and adults and has performed widely in the US, in Europe, and in Asia. Ginny plays a variety of instruments and attended the Eric Sahlstrom Institute in Sweden, 2015-2016, to study the nyckelharpa (keyed fiddle).

Music instruction will be shared by Mikkel and Toby Weinberg from New York. Toby is one of our American hardingfele tradition-bearers (see "Players" at: https://en.wikipedia.org/wiki/Hardanger_fiddle). Toby is an accomplished musician on many instruments for Norwegian and Swedish music. Mikkel plays two-row diatonic button accordion (durspel). He has helped many students to enjoy making music in several different traditions.

Music for dance classes will be provided by Toby and Mikkel.

Come join us for the camaraderie and celebration of Norwegian folk dance!

Dances will include plenty for beginning dancers as well as experienced dancers. Experienced dancers, please plan to share favorite dances that your group likes to include in a party! Friday night we start with many mixers for warmup and easy introduction to varied dance styles, so your contributions are welcome. No partners are necessary; we mix and match as needed for couple and trio dancing. Jim Little will provide fiddle and sackpipa music for our Saturday party. Musicians are welcome.

Our meals will be prepared by Jeannie Wiles from Grass Valley. You are welcome to bring potluck for sharing on Friday evening, as people arrive at various times.

Camp Norge is located near Alta, California. Alta is halfway between Auburn and Truckee on Interstate 80. The camp is at 250 Canyon Mine Road, approximately 1/2 mile from I-80. From eastbound I-80, take the Alta exit, turn right at the stop sign, and follow the signs. Camp Norge phone: (530) 389-2508.

Next Stevne: March 27 - 29, 2020

WEEKEND AGENDA

Friday:	6:00 - 8:00PM	Registration & Potluck Dinner	Saturday (continued)	5:00 - 6:00	Social Gathering
	8:00 - 11:00	Party		6:00 - 7:00	Dinner
Saturday:	8:00 - 9:00	Registration & Breakfast		8:00 - 11:00	Dance Party
	9:00 - 9:15	Orientation Meeting	Sunday:	8:30 - 9:30	Breakfast
	9:30 - 12:00	Dance & Music Instruction with break		10:00 - 12:00	Dance & Music Review
	12:00 - 1:00	Lunch		12:00	Lunch
	1:00 - 4:30	Dance & Music Instruction with break			

Please bring some cookies or a snack of your choice for the Saturday lunch or social gathering. Bring a drinking cup, name tag from a favorite dance event, sleeping bag, pillow, and towels. (Bunads, folkedrakt & other costumes are welcome but not by any means required or expected.) Sleeping facilities are dormitory-style. Lodging is assigned on a first come, first served basis. **Voluntary help with decorating for Saturday's dinner will be greatly appreciated.**

Registration must be postmarked by October 4, 2019. Cancellation, with full refund, can be made up to that date. Call Zena Corcoran for off-site accommodation information and/or late registration space availability.

**** A limited number of work scholarships are available. Please contact Zena Corcoran if you are interested ****

Send registration form to:

Zena Corcoran 1547 Valdez Way, Pacifica, CA 94044
e-mail: zmcocoran@gmail.com.

Make check payable to: NCS

For more information:

Meg Laycock meg@jstubs.com (408) 255-2111
Zena Corcoran (650) 355-3752, (415) 308-5761
Anne Huberman & Greg Goodhue (408) 259-9959

Adult name (1) _____ Sons of Norway member: Y__ N__ Lodge & Member # _____
 Adult name (2) _____ Sons of Norway member: Y__ N__ Lodge & Member # _____
 Address _____
 City _____ State _____ Zip _____
 Phone: Home _____ Work _____
 E-Mail Address _____
 Interested in carpooling? Yes ___ No ___
 Special Request? (room, diet: vegetarian...)

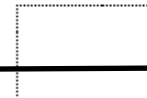
 Would you like music instruction? Yes ___ No ___
 Please describe:

Make check payable to NCS. Please note that the registration fee includes \$5.00 for an annual affiliate membership.
 \$ _____ 160 per adult dancer or musician – full payment
 \$ _____ 200 per adult after October 4, 2019
 \$ _____ 135 per non-participating adult or teenager
 \$ _____ 80 per child 5-12. Children under 5 are free.
 \$ _____ 50 deposit per person
 \$ _____ Tax Deductible Donation
 \$ _____ **TOTAL ENCLOSED** (Ask about work scholarship if needed)
 \$ _____ **Balance due October 4, 2019.**


Would you like to receive future flyers by email? Yes ___ No ___

_____ CUT HERE – KEEP LOWER PORTION _____

Camp Norge Folkedans Stevne
 1547 Valdez Way
 Pacifica, CA 94044




And for those of you who cannot get enough Lutefisk:



SONS OF NORWAY

Bjørnstjerne Bjørnson Lodge 6-014

LUTEFISK DINNER



Saturday, November 2, 2019

Bjørnson Hall, 2258 MacArthur Blvd, Oakland 94602

featuring

Lutefisk, Homemade Meatballs, Potatoes, Vegetables, Coleslaw,
 Pickled Beets, Lefse, and Dessert.

No Host Social 6:00 p.m. Dinner 7:00 p.m.
(no outside beverages allowed)

Adults \$25.00 Children age 12 and under \$5.00


Pre-paid reservations are needed. **NO TICKETS SOLD AT THE DOOR.**

Send check made out to BJORNSON LODGE to:
 Nancy C. Eikeberg, 2211 Coloma St., Oakland CA 94602-2311


Please include all names for whom you are making payment. All tickets are held at the door.
 All seats are reserved. If you wish to be seat with other guests, please include their names


of Adults ___ # of Children ___ Amount enclosed \$ _____

Names _____



Deadline for Reservations - Tuesday, Oct. 29, 2019
 For more information, call Nancy at 510 530-3721
Sailing to Oakland for that good lutefisk!





**70th ANNUAL
 LUTEFISK-MEATBALL-TORSK
 DINNER**

HOSTED BY SONS OF NORWAY GARBERG LODGE 6-56

WHEN: OCTOBER 26, 2019

WHERE: MODESTO SENIOR CENTER
 211 BODEM ST. MODESTO (CORNER OF SCENIC &
 BODEM)

TIME: DOORS OPEN AT 3:00PM
 DINNER WILL BE SERVED 3:30PM - 4:30PM

TICKETS: \$20.00/ADULTS & CHILDREN UNDER 10 FREE
 IF RESERVED BY OCTOBER 13, 2018

\$22.00/ADULT IF PURCHASED AT THE DOOR

ENTERTAINMENT: THE VILLAGE DANCERS WILL BE WITH US SO
 COME ENJOY THE FUN AND DANCE WITH THEM.



Ⓢ COME AND MEET OUR SPECIAL GUESTS FROM SONS OF
 NORWAY: . LEARN ABOUT WHAT SONS OF NORWAY HAS TO
 OFFER WHILE MEETING AND SOCIALIZING WITH A FUN GROUP
 COFFEE AND LEMONADE WILL BE FURNISHED. NORWEGIAN COOKIES
 AND LEFSE TO EAT. TORSK (IS BAKED COD).

Ⓢ RAFFLE PRIZES TO WIN

**FOR RESERVATIONS PLEASE CONTACT _____ MAKE CHECKS
 PAYABLE TO _____**
 LINDA SILVA.....572-0323 SONS OF NORWAY
 GARBERG LODGE

SEND PAYMENT TO: LINDA SILVA
 3553 FAWNDALE DR. MODESTO, CA. 95356

SEE YOU THERE!

SOUNDS LIKE GREAT FUN! - Editor

Grab Your Viking Helmet, Come to Colorado, and Celebrate the Season in Breckenridge!

What is the Ullr Fest in Breckenridge, CO?

Ullr Fest has been a can't miss family-friendly event in Breckenridge since it began more than five decades ago. The event is a massive celebration of the season and community, inspired by Ullr, a Norse god known for his affinity for cold weather and outdoor activities this **December 11-15, 2019**, and the Town of Breckenridge invites snow lovers of all ages to join the party.

During Ullr Fest in Breckenridge, don't be surprised to see horned Viking hats adorning the heads of skiers and snowboarders, the biggest bonfire in town, and more than 12,000 Ullr enthusiasts filling the streets for the Ullr Parade with crazy float participants skiing off jumps on Main Street or gliding along town in a hot tub. Join us to rejoice with Ullr



himself... he's ready for a good party. Take part in the Ullr Parade down Main St, or attempting to break the 2019 Breckenridge Distillery "unofficial" World Record

Prove your dedication to the cold at Ullr Ice Plunge. The story behind the Ullr fest is . . . Ullr was so well skilled in the use of the bow and could go so fast on his skis that in these arts no one could best him. Each winter he covered the earth with snow to protect it from harm. It has been said that Ullr enjoyed the cold weather and loved traveling throughout the land, gliding along on his great skis, for pleasure and hunting.

It is also said that Ullr was such a great skier, he would streak across the sky leaving the brilliant stars as his trails (they obviously had some fine powder days). Though very skilled, Ullr guarded his knowledge closely and refused to show the other gods how to ski. Luckily for us, he let the secret out of the bag, and we will all be soon celebrating his glory. Next time you are trying to bash through some wind crust or plunge head first into fresh waist deep powder, be sure to invoke his name and remember – ULLR RULES!

One of Ullr's travels found him in Breckenridge, Colorado.

Breckenridge seemed a likely place for Ullr to settle down, since he wasn't looking to return to Norway any time soon. Ullr fit right in and took to the mountains. And every year, Ullr blesses Breckenridge with some of the finest snow in the world.

To repay Ullr for his gift of snow, we here in Breckenridge hold a festival to honor the god of winter. We call this little celebration Ullr Fest. This fantastic party all started back in 1963 when a few of the locals heard that Ullr was in town. Well, they wanted to let him know how much Breck appreciated Ullr's gift of snow, so they went to the Town Council and lobbied to start... 'Ullr Dag' (Ullr Day in English). The first few years of the event were hailed with locals honoring Ullr with gold coins, parties, skiing, and oh – don't forget the parties.

As the years went on, traditions were formed such as the Ullr Ball, the Ullr Bonfire, the Ullr Parade, Snow Sculpting, Ullr King and Queen, the Ulllympics and the Ullr Dating Game. Some traditions have stayed, such as snow sculpting, which has become its own event called the International Snow Sculpture Championships. Other traditions have gone by the wayside.



From fake currency to burning old skis in the bonfire, Ullr Fest has always been about fun and partying... and Breckenridge

knows how to hold a "killer party, dude." Just ask any of the locals.

Ullr Fest continues throughout the week with games, parties and more. Will you be there to join in the fun, this year?





SAVE THE DATE

District Six 2020 Convention

June 2020 

Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				



**The Sheraton
Mesa Hotel**
Mesa, ARIZONA

Celebrating Our Roots

**Sons of Norway 28th Annual
Weekend Southern California Kretsstevne
Friday, Oct 25—Sunday, Oct. 27, 2019**



SCK Banning Fall Weekend

Join us for the weekend or a day trip for a wonderful blend of Norwegian Heritage and fellowship. The campground is a short distance south of Hwy 10 in Banning, 25 miles west of Palm Springs. The camp is on level ground at low elevation.

Banning Stagecoach KOA Campground & RV Park

1455 S. San Geronio Avenue, Banning, CA 92220

<http://koa.com/campgrounds/banning-stagecoach> information, only – no reservations

- Enjoy Music, Singing, Heritage Crafts, Camaraderie, and **60th Birthday Party** for Camp Norge
- Cultural Food Demonstration and/or games, Bingo, Silent Auction on Saturday
- ♦ Enjoy Saturday afternoon wine tasting put on by volunteer attendees



Nancy Madson, SCK Registrar Call Nancy for camp lodging (760) 343-0848

28-351 Via Las Palmas e-mail: norsknm@gmail.com

Thousand Palms, CA 92276

2019-EARLY 2020 CALENDAR EVENTS**ROALD AMUNDSEN LODGE**

(As of 9/27/2019)



Tuesday, 8 October	Monthly meeting with Cultural Program and homeless student presentation 7 pm
Saturday 12 October	Lutefisk Dinner
Tuesday 12 November	Monthly meeting with Cultural Program. Officer Election. 7 pm
Saturday 16 November	Vikingfest
Saturday 14 December	Julebord
December, Date TBD	Family Christmas Party (Date and Venue TBA)
Sunday, 12 January	Installation (Afternoon time TBA)
Tuesday, 11 February	Monthly meeting with Cultural Program 7 pm
Tuesday, 10 March	Monthly meeting with Cultural Program 7 pm
Saturday, March 28	Torsk Dinner

All events at the Harding San Juan Masonic Lodge, Citrus Heights, unless otherwise indicated. Schedule always subject to change. Changes will be announced in **The Navigator**.

A WORD FROM OUR FINANCIAL BENEFITS COUNSELOR...**Life happens in a heartbeat...**

While nothing can replace you, having life insurance could help make sure your family is okay if something happened to you. Ensure that you have the proper coverage in place.

As an agent I know how important it is to make sure you have the right coverage and to design a plan that meets your needs. No single plan fits everyone!

We can design your life insurance from a retirement plan to as simple as a burial plan. Do you have medical or disability issues that has prevented you from getting one in the past? Well we have one for you now!

Don't want to pay for an Insurance Policy until you are 125? We have policies now that we can design just for you and your family. I would love to sit down with you and do a free financial review and design a program just for you or your loved ones.

Thank you,
Adrienne Lincoln

Adrienne Lincoln Insurance Services

10771 Pittsburg Rd.
Nevada City, Ca. 95959

B: 530-470-6070**C: 530-263-6565****E: alincoln2048@comcast.net**

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