

# THE NAVIGATOR

A Publication of Roald Amundsen Lodge 6-48  
Sons of Norway, Sacramento, California  
March, 2009

Editor: Stephen Rosenthal  
rosen@winfirst.com



Published Sunday, February 22, 2009



## 80<sup>th</sup> ANNIVERSARY ISSUE!



### ROALD AMUNDSEN LODGE 80<sup>TH</sup> ANNIVERSARY BANQUET IS SOON!

Norwegian King and eleven charter lodge members invited.



Elsewhere in **The Navigator** the reader can find the flyer and reservation form for this wonderful luncheon, to be held at

the Elks Club in Carmichael on March 29<sup>th</sup>. Much planning, especially by Cynthia Hayashi, has gone into this event.

Many dignitaries, including regional and international Sons of Norway officers, have been invited. An invitation has been extended to the King of Norway, but as of press time his social secretary was unsure if she could clear his schedule so that he might attend.

Great entertainment is planned. No boring speeches are scheduled. An open invitation has been extended to all charter members of the lodge. A special honorary table is planned for them, but it will only be erected if they show up. And if they do, it may warrant some biblically-based extemporization on the part of the invocator.

Be sure and reserve now, as this promises to be a five-star event, and a sell-out!

### NORWEGIAN CHEF CAPTURES TOP PRIZE IN FRENCH COOK-OFF

Geir Skeie wins, and then promptly departs for Sacramento to prepare Roald Amundsen's Torsk dinner.

LYON, France (from the Internet) — A 28-year-old Norwegian chef captured the celebrated Bocuse d'Or cooking award this past January 28<sup>th</sup>, beating out Swedish and French rivals in this French city famed for its gastronomic exploits. Voted chef of the year in his native Norway in 2001 and 2002, Geir Skeie clinched the top prize of the biannual global contest here that has been dubbed the Olympic gold medal of cooking.

Skeie, who is currently chef at the Mathuset Solvold restaurant in Sandefjord, southern Norway, trumped Sweden's Jonas Lundgren and France's Philippe Mille, who earned the silver and bronze prizes, respectively, organizers announced. His talents earned Skeie a golden statue of French cooking master Paul Bocuse, whom the competition is named after, along with €20,000 (\$26,000 US).

Some 24 chefs from around the



world sweated over hot stoves for more than five-and-a-half hours during the contest, creating dishes based on the Scottish Aberdeen Angus Beef, fresh cod, scallops and wild shrimp from Norway.

This is the fourth time a Norwegian chef has won the top prize in just 12 editions of the culinary contest. Norwegian chefs have also captured second place twice, and third place once.

(Continued on page 2)

*Norwegian Chef* (Continued from page 1)

France remains number one in overall awards, capturing the top prize six times and second prize twice over the years.

"It's the best meal I have ever cooked," Skei crowed to Norway's NTB news agency after having served it up.

"However, I going to top even it when I prepare the upcoming Torsk Dinner for the Roald Amundsen Sons of Norway Lodge in Sacramento on Saturday, February 21<sup>st</sup>."

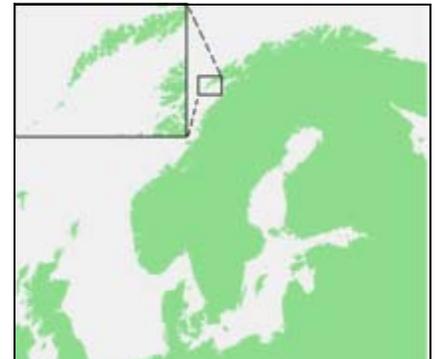
As of this writing Mr. Skeie has been preparing for the Torsk event at a secret location in Sacramento. He was once spotted at Whole Foods hanging around the fishmonger's display, but otherwise has been incognito. "I plan to deliver the best Torsk Dinner that lodge has ever tasted," he told The Navigator's special investigative reporter, **Dick Tracysen**, in a phone interview. "If they don't enjoy it, they are just make-believe Norwegians," he exclaimed. The dinner promises to be a historic event for this historic Sons of Norway lodge.

*Skeie's local competition, Ken Habbestad, armed with his tools.*



**THE ANNUAL LOFOTCUP ADVENTURE!**

Think you're a good dad because you took the boy out to that muddy pond to catch a few bluegills? Even put the worm on the hook for the squeamish little kid? (Must have picked that trait up from his mom's side of the family.)



You pansy! You better not brag about that outing to your friends from Oslo! There, they take their boys 200 miles north of the Arctic Circle – in March, no less! – to fish in the Arctic Sea in the annual cod fishing tournament know as the Lofotcup.



*Even a few women participate in the Lofotcup.*

For two days the 500 or so contestants bob around in small trawlers among the ice flows and the islands that comprise the 60-mile long Lofoten Islands archipelago, enjoying the sleety weather, the fishing, and the occasional views of the majestic mountains and plateaus that comprise this bit of sea-faring Norway originally settled by Viking traders.

The tournament headquarters is located in the village of Svolvær, 800 miles northeast of Oslo. This remote location notwithstanding, the town and others like it nearby are quite cosmopolitan. The cafes will be packed. If you get tired of cod, you can order a whale-burger (hvalburger) for a change of pace. Also, the Norwegians are known to enjoy a spot of brandy after a day of fishing.

This year, the contest is scheduled to start March 28<sup>th</sup> – **there is still time to register!** Let's go, dads – show your families that you still have a little Nordic blood, if not coursing, at least trickling, through your veins.

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

Gratulerer med 80 års dagen til Roald Amundsen Lodge! Happy 80th Birthday to Roald Amundsen Lodge! Have you sent in your reservation yet for our Anniversary Party on March 29th at the Carmichael Elks Club? The flier is elsewhere in this newsletter so you can get your check and menu selection in soon! We will be awarding membership pins based on twenty-five years or more in the lodge. In particular, we hope to see many of our life and golden members, who are invited at half price. Come see all the old pictures of lodge members and activities; maybe you can help us identify some unlabeled faces.

I understand that the Torsk and Meatball Dinner went very well tonight. After fighting the flu for almost a week, I bowed to people a lot smarter than I am, i.e., your historian and editor, who encouraged me to stay home and take care of myself. I was with you in spirit, if not body, and puttered while at home, working on the agenda for the Board meeting on Monday, writing the President's message, working on the Leadership Challenge Workshop III for next weekend, and staying inside and warm. Thanks to our speaker **Elliott S. Naess, Kristy and Jim Updegraff, LaRena and Joe Hannon, Ann Sandner,**

**Cindy Hayashi, Joan Armstrong-Allen, David Bailey, Nancy Ottum, Donna Gordon, Carol Voxland, Ruby Freeman, Sharon Brooks, Ken Habbestad, Erik Swanson, and many other helpers tonight.**

Tusen takk til alle sammen, thanks to all of you!

We are in the midst of a cultural shift in our lodge. In April 2008, I invited you to take a page from Norwegian culture, and "ta en kopp kaffe og skravle litt." Norwegians live longer and relax more than we do, and they regularly chat over coffee, solving the big and little issues in the world. During the past year, we have added social hours before our dinners. Our board has worked hard taking care of long-term planning and business items so that lodge meetings can focus more on cultural and social



activities. Our lodge meetings are now held at 7 pm on the second Tuesday of every month (except July), and we are bringing in a big group of new members! Come make them feel welcome! At the February lodge meeting, many people were chatting and getting to know each other. We are finally learning how to do relax and visit with each other as a lodge! I am excited to see this!

It is nice to still have winter weather, with the potential drought that California is facing. If you are a skier or snow shoe enthusiast, think about going to Camp Norge at Alta (on Hwy 80) for the weekend. Rental rates start from \$30 per night for members, \$40 for non-members, and you use your own sleeping bag. Where can you find a safe motel near the resorts at that rate? You can also enjoy the wonderful mountain air and save gas. For reservations, call 530-389-2508, or e-mail [campnorge@yahoo.com](mailto:campnorge@yahoo.com). It is time to make reservations for Memorial Day, 4th of July or Labor Day weekends, if you want a room for the large holiday gatherings up there; plenty of RV/camping spaces also. The Multi-Lodge Picnic is scheduled for August 16th; this is a perfect excuse to visit Camp Norge!

Welcome to new member **Andrea Davis!** And welcome back to California to **Jo Ann Ronneberg,** moving to Davis from the Midwest. We have three new potential members to vote in at the March meeting:

**Duane Anderson, Harold Anderson, and Doris Olson.** Velkommen til alle sammen! Welcome to all of you! Our next initiation of new members will be at the May 11th Lodge meeting; please mark your calendar. Language Heritage Camp applications are due shortly. Do

you have children, grandchildren or nieces and nephews who would like to attend and learn about their Norwegian heritage? The lodge gives scholarships to qualified applicants. If you want to go on the bus trip to Norway Day in San Francisco on May 2nd, call **Gordon Hanson** at 916-852-1035. Mye foregå på Roald Amundsen Lodge! Much is happening at Roald Amundsen Lodge! Hilsen, **Carol Francis**

**FEB 21ST TORSK AND MEATBALL DINNER A HIT WITH OVER 60 ATTENDEES**  
**Elliott S. Naess, Norwegian smuggler, gives after-dinner talk. Geir Skeie returns to Norway vanquished.**

**LaRena Hannon**, the chairman of the event, was able to deliver a typical high quality social event. She thanked the many helpers, including **David Bailey, Jim and Kristy Updegraff, Joan Armstrong-Allen, Ken Habbestad (who prepared the torsk), Cynthia Hayashi, Ann Sandner, Carol Voxland, Sharon Brooks, Joe Hannon, Erik Swanson, and Ruby Freeman.** There are probably others that LaRena thanked that your editor has overlooked.

**Geir Skeie**, the champion Norwegian chef who flew in from France to help with the torsk preparation (see page 1), instead ended up taking lessons from the lodge's own master fish preparer, **Ken Habbestad.** Mr. Skeie was truly amazed by Ken's fish-cooking skills, and returned immediately after the meal to his restaurant in Sandefjord with some new fish-boiling twists to try in his own restaurant.

**Mr. Naess** regaled the audience with tales of his not always above-board childhood in Norway, and with his discussion of some of the differences between Norwegian and American societies. He suggested that Norwegians receive a great payback in social services for the high taxes they pay, and that Norwegians are doing a good job of taking care of the planet, in spite of their huge oil wealth, which could tempt them to be wasteful. The lodge thanks Kristy Updegraff for arranging for Mr. Naess' presentation.

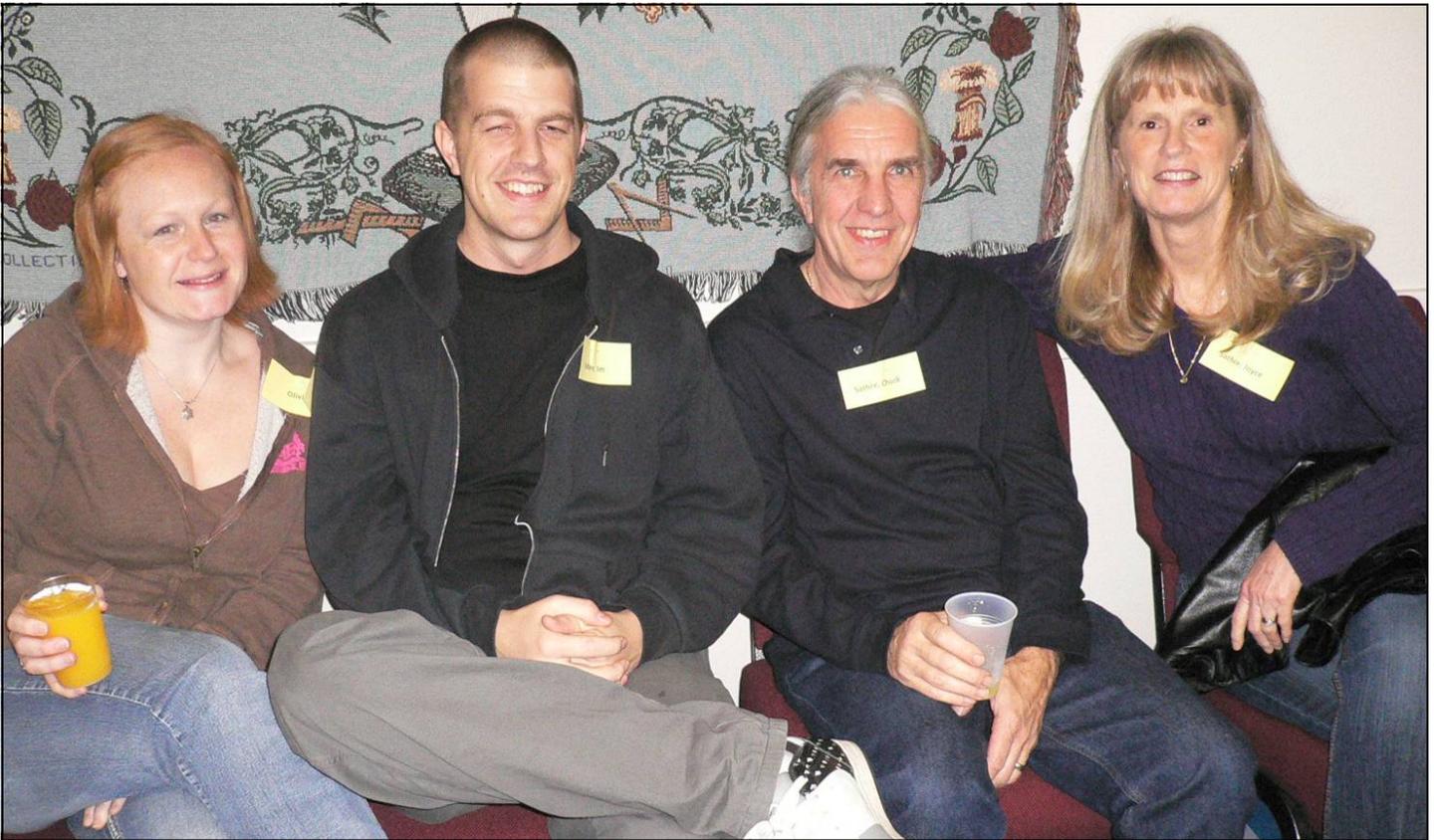


*Kristy Updegraff, LaRena Hannon, and Ken Habbestad in the kitchen. Geir Skeie is just off camera to the right.*

*Below: Elliott Naess telling it like it is.*



**MORE TORSK DINNER PHOTOGRAPHS**



Olivia Demars, Jim Sathre, Chuck Sathre and Joyce Sathre enjoying pre-dinner punch. Norwegian desserts on a typical table setting.





### NORWAY DAY BUS TRIP IS MAY 2ND

Once again Roald Amundsen Lodge and the Sojourners of St. John's Church are partnering to sponsor a bus tour on Saturday, May 2, 2009 to the annual Norway Day festival at Fort Mason near the Golden Gate on beautiful San Francisco Bay .

This Norwegian extravaganza has it all - a wide variety of delightful ethnic foods (including cooking and baking demonstrations and often tasty free samples), fascinating arts and crafts, lively instrumental and choral groups as well as soloists, costumed dancers, and educational booths celebrating Norway's contributions to world culture from Viking times to the present. Officials from the Norwegian Embassy in San Francisco will be on hand.

A deluxe 56 passenger All-West bus has been chartered for this event. It will leave the Country Club Lanes parking lot (2600 Watt Ave. just north of El Camino Ave.) at 8:30 am. We will return at 5:30 pm. The per person cost is only \$28.00, which includes bus fare and entrance to the festival in the spacious Herbst Pavilion at Fort Mason.

If you want to enjoy the Norway Day festival with a group of your friends on Saturday, May 2, make your reservation soon. Because of the enthusiastic response to this trip in the past years, we encourage you to secure your reservation by sending your check, payable to "Sojourners", to lodge member Lyla Hanson, 11871 Silver Cliff Way, Gold River, CA 95670. [ghansn@aol.com](mailto:ghansn@aol.com)

**The space will sell out fast!**

#### **NOTICE! THE LODGE MANAGEMENT NEEDS YOUR E-MAIL ADDRESS!**

We are trying to establish a notice system that will allow us to notify lodge members of upcoming events, changes to upcoming events, etc. We will treat this information with utmost care and only use it internally. If you do not already receive **The Navigator** by email, we probably do not have your email address. We would be obliged if you would send it to **Nancy Ottum**, Publicity Chair, at: [nancyottum@mac.com](mailto:nancyottum@mac.com). You could also send a copy to the editor at [rosen@winfirst.com](mailto:rosen@winfirst.com). We thank you for providing us this vital contact information. – *The editor*.

**ENERGY'S LAST FRONTIER - AND NORWAY IS THERE!**

A Norwegian oil company has gone to the ends of the earth -- almost literally -- to get at some of the world's last untapped energy resources. **StatoilHydro ASA** operates a pioneering venture deep inside the Arctic Circle, energy's final frontier. The company pumps natural gas from under the freezing waters of the Barents Sea, near Hammerfest, the northernmost town in the world, cools it into a liquid and exports it to Europe and the U.S.



The project, called **Snoehvit** (the name means Snow White in Norwegian), has taken StatoilHydro and the entire oil and gas industry into uncharted territory. Before, no one had ever produced liquefied natural gas in the Arctic --or in Europe, for that matter. And blazing that trail has been fraught with problems, putting Snoehvit behind schedule and over budget.

But the lure of the Arctic has proved irresistible, and not only for StatoilHydro. The region is thought to contain just over a fifth of the world's undiscovered oil and gas resources. Even conservative estimates put its reserves at 100 billion barrels of oil.

That has made it a huge draw for Western oil companies frozen out of places like the Middle East. Last year, in a record lease sale, Royal Dutch Shell PLC paid \$2.1 billion for exploration blocks in the Chukchi Sea, off the coast of Alaska.

Ironically, the oil companies are being aided by climate change. Lashed by storms and strewn with icebergs, the Arctic is one of the most hostile environments on earth. But global warming is melting the polar ice cap, opening up new shipping routes and unlocking once-inaccessible mineral deposits.

*(Continued on page 8)*

*StatoilHydro's liquefied natural gas plant located on an island off the coast of Hammerfest.*

**NORWEGIAN CHURCHES WANT OIL EXPLORATION MORATORIUM**

**And politician apparently wants windmills along scenic fjords, paid for by Norway's version of government bail-out money.**



Norwegian churches have asked for a five year moratorium on oil exploration on the Norwegian Shelf. "We need a pause for thought," says Bishop of Soer-Haalogaland, **Tor B. Joergensen**. "Norway can't continue exploring

for oil while at the same time call for a stricter agreement on the protection of the climate. An expansion of the exploration area at this time will be irresponsible towards the poor of this world," the bishop says.

Backing his views are the Church of Norway, the Christian Council of Norway, Norwegian Church Aid and its youth branch, Changemaker. Recently Bishop Joergensen led a procession of Christians from the Oslo Trinity Church to the Parliament buildings,

*(Continued on page 8)*

*Energy Frontier (Continued from page 7)*

Currently, environmental groups are resisting the development of a region they view as pristine wilderness. Shell was forced to give up plans to drill in Alaska's Beaufort Sea this year after a legal challenge from green organizations. And the WWF, a global conservation group, has called for a moratorium on all new oil and gas exploration in the Arctic, saying the environmental risks are too high.

With the world mired in recession, credit markets tightening and cash flows evaporating, the economics of Arctic oil are also looking more doubtful than they did even a year ago. Producing oil offshore there costs between \$35 and \$40 a barrel. With crude now trading at around that level, some Arctic projects will struggle to break even.

StatoilHydro is upbeat about its venture, in spite of opposition. The plant is currently running at 80% to 90% of capacity, up from around 60% last year, company officials say. Outages are typical for the run-in period of a big LNG project, and flaring will soon be a thing of the past. Sure, they say, the start-up period has been troubled, but this is a field with a production life of up to 40 years. *(Editor's note: based on an article in the WSJ by Guy Chazan, and internet articles. The editor can e-mail Mr. Chazan's article to anyone who desires a copy.)*

*Churches (Continued from page 7)*

where he handed out alarm clocks to parliamentarians of the various political parties. "It is time you wake up and seriously face the challenges ahead," Bishop Joergensen said.

The Socialist Left, the Agrarians, the Liberal Left and the Christian Democrats all support a moratorium on exploration, and particularly off the coast of Lofoten.

The Conservative Party and the Progress Party, on the other hand, think this is a bad idea. "Norway supplies environmental friendly natural gas to the whole of Europe. This replaces coal-fired power plants, which is a good thing," says Peter Gitmark of the Conservative Party. Gimark believes a moratorium would be a massive problem for the whole of industrial Norway.

When the good bishop was queried by **Dick Tracy** as to whether the church would lessen its institutional need for oil by no longer using it to anoint heads and feet, he did not have an immediate response.



In other related developments, **Åslaug Haga**, former Centre Party leader and ex-minister, recently demanded that billions of the government's promised rescue deal go to bioenergy and windmills. "We need to have two things in mind at the same time. By focusing on renewable energy, we can solve both the environmental and financial crisis. We are unable to solve the environmental crisis without a powerful focus on renewable energy, and the great thing is that such a focus will also provide many new jobs," says Haga.

Haga does not wish to put figures on her demand, apart from saying that renewable energy should be at a value of "several billion kroner". When asked if windmills should be erected along every prominent fjord entrance, she demurred answering. *(From on-line Norwegian news sources, and personal interviews of unreliable third party sources conducted by The Navigator's special investigative reporter, Dick Tracy.)*

**MEMBERSHIP CHALLENGE WORKSHOP III**

**Saturday, Feb. 28th  
10 am - 3 pm  
Mills Station Light  
Rail Station  
Rancho Cordova**

**Who:**  
Any lodge member wanting to improve lodge cultural events, membership retention, communications, or activities.

**How:**  
Small and large group discussions, questions and answers

**What:**  
What is Sons of Norway and where is it going? Cultural and heritage programs, how to build? Membership retention, what do members want? Fraternal benefits, how to assist members? Family and youth memberships, activities?

**Where:**  
Mills Station SART building, Highway 50 to Mather Field Road, at Folsom Blvd. Seminar on second floor, with elevator. Free parking near building.

Lunch will be provided. **Please RSVP to Nancy Ottum NOW at 530-756-8479, or nancyottum@mac.com.**

**SIDEBARS FROM THE EDITOR...**



**Thor Hushovd** of Norway won the 102-mile long third stage of the Tour of California peloton, completed Tuesday, February 17<sup>th</sup>, in heavy rain. Hushovd is a past six-time winner of individual stages of the Tour de France.

**Crazy Norwegians...** Your editor just had to repeat this little nugget – if you haven't yet gone on line to watch, you



must! **Norwegian Wing Suit Base Jumping!**...This is one of the most incredible things you will ever see! Paste the following into your browser and fly along with them: [www.youtube.com/watch?v=0Z6aZHcu3cg](http://www.youtube.com/watch?v=0Z6aZHcu3cg). Are these guys crazy, or what?

If you have corrections to the lodge directory, call them to the attention of **Carol Lee Solheim** at [solheim2636@earthlink.net](mailto:solheim2636@earthlink.net).



**Cellphones...** Nine out of every ten Norwegian ten-year-olds has one...

A theatrical production of **Pippi Longstocking** will be performed at the Crest Theatre on March 30...

**OPRAH** is doing a program this Wednesday (Ash



Wednesday) on homelessness. Oprah reportedly was here setting up for this program; Sacramento's **Loaves and Fishes** and an inter-faith program being used here in Sacramento, **Families First**, will be featured, although not necessarily identified by name. One of the churches participating in Families First is St. John's Lutheran, who also sponsor the

Sojourners group that is arranging the Norway Days bus trip. Based on annual counts taken in area schools once a year, there are over 5,000 homeless children attending local schools. (Homeless defined as not having an address.) About a third of these kids are "couch surfers," another third stay in motels, and the remaining third sleep in cars. These statistics do not account for children who do not attend school at all.

(Note: We realize that persons receiving **The Navigator** by mail will not receive it until after this program has shown, but more than half of our lodge membership now receive **The Navigator** on-line...)

**80<sup>th</sup> Anniversary Dinner.** Please get your reservations in now! The event is catered and we will not be able to accept late reservations...

*The serving line at the Torsk Dinner. Joe Hannon is serving. Lodge member Leonard Jacobsen is in the foreground.*

## CAMP NORGE NEWS

**IT IS NO SECRET!** Did you know?



The members of District Six own a camp in the Sierra foothills known as Camp Norge. It has 46 acres of meadow and trees. All told, with the dormitories, cabins and main house, it

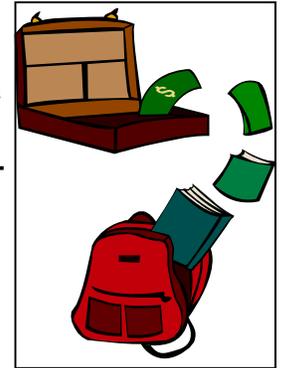
can sleep 44. The social hall contains a restaurant type stove and plenty of refrigerator space, pots, pans and dishes. There is also a very nice deli across the freeway if you really don't like to cook. It is there for you to use, summer, winter, spring and fall. Right now there is plenty of snow in the Sierras for your skiing, snowboarding and sledding activities. Camp Norge is convenient to the snow activities, it is inexpensive to you as members, and it is available. Call 530 389- 2508 for room reservations.

Memorial Day is the beginning of the camping, RV season. There will be food service, activities, and lots of District Six members with whom you can visit and play. Call for room reservations and watch your local newsletter for the registration form for meals. No reservations needed for RV's or tents July 4th is a 3-day weekend this year. We are planning to participate in the Dutch Flat parade.

We hope you will plan to spend time at camp and to participate in this very fun, old-fashioned July 4th celebration in Dutch Flat. We will have limited food service. We urge you to participate in the community affair. Watch for the reservation form for food as it appears in your local lodge newsletter, and call camp for room reservations. No reservations needed for RV's or tents. - *Penny Joseph Knutsen*

## COLLEGE AND LANGUAGE SCHOLARSHIPS AVAILABLE!

**The 6<sup>th</sup> District** will award three (3) \$1,000 scholarships to members in good standing their children or grandchildren who are Unge Venner members in any lodge in the 6<sup>th</sup> District. **They must attend a four 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 and F=0. These scholarships can also be awarded to those students in their sophomore, junior or senior year of any four year accredited program at a community college in the USA. When an applicant is deemed worthy of a scholarship (recommended by the 6<sup>th</sup> District Scholarship Committee and approved by the 6<sup>th</sup> 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 6<sup>th</sup> District will offer one (1) scholarship to a two-week **Concordia Language Camp Summer Session** at The Norwegian Village or "Skoggjorden" in the amount of \$1,635, for a camper over the age 13 who has attended Camp Norge Language Heritage Camp. The applicant must be a Heritage or Unge Venner member of a 6<sup>th</sup> District lodge. Applications must be submitted to the scholarship committee by May 1 of the application year. Visit website [www.ConcordiaLanguageVillages.org](http://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.

The members of the committee are: Vern P. Martin, Chairman, 16985 Kawai Court, Fountain Valley, CA 92708, PH: (714) 839-2502, e-mail, [ypmartin@dslextreme.com](mailto:ypmartin@dslextreme.com); Carolyn Dahl, Member, 13361 East 35<sup>th</sup> Place, Yuma, AZ 85367, PH: (928-335-1801, e-mail, [KA6LSK@arrl.net](mailto:KA6LSK@arrl.net); and Patricia E. Jokela, member, 10101 Dewey Drive, Garden Grove, CA 92840, PH: (714) 539-2312, e-mail, [patricejoke@aol.com](mailto:patricejoke@aol.com).

Note: Roald Amundsen lodge may also award scholarships, and we will try and report on these in the next issue.





**HURTIGRUTEN CRUISE  
SAILING DATE JUNE 2-9, 2009  
BERGEN TO KIRKENES  
M.S. KONG HARALD**

**PAID ADVERTISEMENT**

Enjoy a relaxing cruise up the beautiful Norwegian coastline on the June 2, 2009 sailing of the **MS Kong Harald!** Start in historic Bergen, with its Bryggen Wharf from the medieval Hanseatic League. Visit the beautiful Geirangerfjord, and see its beautiful waterfalls. Stroll through coastal towns and Trondheim, with its great Gothic Nidaros cathedral. Cross the Arctic Circle into the land of the Midnight Sun, to Tromsø, the “Paris of the North,” and the Lofoten Islands. Take an optional trip to the northernmost point of Europe at North Cape, and end in Kirkenes. Or extend your trip with A Taste of Lapland to learn about Sami culture and modern reindeer-herding.

A deposit of \$300 per person will hold your cabin until final payment 70 days before sailing. Prices are per person double occupancy (ppdo) unless noted. Remaining cabins are as follows:

Category	Type	Allotment	Group Rate
U	Ocean View	1	\$3626
P	Ocean View	4	\$3293
N	Ocean View	4	\$2987
L	Ocean View Porthole	4	\$2807
I	Interior	1	\$2339



Single Occupancy is 175% (roommates matched if desired and available). Triple and quad cabins are available. Prices include all meals and \$75 port fees. Fuel surcharge is currently \$84. Airfare from Kirkenes to Oslo costs about \$175 per person. Airfare from the West Coast to Oslo or Bergen costs about \$1200.

You need to be in Bergen on Monday night, June 1, 2009. Rooms at the Clarion Hotel Admiral are about \$300 double occupancy and are right on the Bergen harbor near the fish market. Or stay with relatives or friends.

Optional side trips: Pre-cruise, by train from Oslo to Myrdal for the Flâm railroad, cruise the Sognefjord, overnight in Balestrand, and cruise to Bergen, \$699 ppdo. Post-cruise, three day trip from Kirkenes to experience Sami culture on A Taste of Lapland., \$799 ppdo. This includes a bus trip along the Neidenfjord and Finnish border, a two night stay in Inari, and visiting a reindeer-herding family to learn about the everyday life of modern Sami.

Leader Carol Francis speaks fluent Norwegian, and will be making her twenty-seventh trip to Norway. She has lived in Norway twice, as an exchange student, and working on a farm and in an open prison. She is also studying towards a Master’s Degree in History at California State University, Sacramento, focusing on medieval history, northern European history, and polar exploration. She has been to Antarctica twice and the Arctic three times. She is a travel agent for Action Travel in Citrus Heights, California, and has negotiated prices that are 5.2% less than the early booking rates. For more information, please contact Carol on her cell phone 916-390-0953, or Email [csfnorge@jps.net](mailto:csfnorge@jps.net).

**FORTY NINTH**  
**ROSEMALING SEMINAR AT CAMP NORGE**  
**April 25/26, 2009**

It is time to make your reservations for the adult (18 years and over) spring Rosemaling Seminar at Camp Norge. We will have three classes. The teachers are Julie Anne Droivold, Kay White, and Cherly Seath. We will be using the firehouse for classes.

We will be painting on a beautiful ten inch clock. Julie Anne is teaching a Hallingdahl pattern with a red/orange background. Kay is teaching a Valdres style on a greenish/blue background with red trim. Cherlyl Seath will be teaching the beginner's class using a Telemark Red Embroidery (with gold accents) on a black background. Look on the Camp Norge Website for pictures of all three projects: [www.Campnorge.com](http://www.Campnorge.com).

Please make your room reservation with me. I develop the list of who is in which room. You will pay for your room when you arrive at Camp. It is not included in your class fee. Bring your current membership card. Members pay \$15 per night; guests pay \$20 for dorms, plus 8% Placer County Occupancy Tax. Only members are allowed to stay in the main house and the cozy cabins. For people who want to room together, I need to receive the list of names with the first reservation. RV's are encouraged as we have a limited number of beds. Members pay \$20 per night for up to four people per RV. Guests pay \$25 per night for RV's. We have electrical and water, but no sewer hookups. Tents are \$15 for up to four people for members, \$18 for non members. Pets are \$2 per night. Pets are not allowed in any of the buildings, pool area or sleeping rooms at any time.

Please include your full phone number, address and lodge name and number when registering. If you have e-mail, please include your e-mail address. It is so much faster and cheaper if I need to talk to you. As soon as the supply lists are available from the teachers, I will send them as I receive your registration form and check. **ABSOLUTELY NO E-MAIL RESERVATION REQUESTS.** I need the check and registration form together. Be sure to send a self addressed stamped envelope for your supply list and class confirmation information if you do not have e-mail. I will not be sending you a supply list unless you send me a self-addressed, stamped envelope or your e-mail address with your registration form. I use Microsoft Word running on an XP program and all attachments will be attached from that program.

The cost of the seminar will be \$80 for registration which includes the class and wood piece all base coated and ready to go, the fire hall rent and clean up, and the meals. There will be \$25 cancellation fee for any cancellations, but absolutely no cancellations after April 5th. Registration fees (less cancellation fee) can be refunded if you have to cancel up to April 5 if there is someone on the waiting list who wants your space. It is difficult for people on the waiting list to take your place if they do not have at least three weeks to make their plans. Melanie Souza will again do our cooking. The cost for food for the weekend is included in the \$80 registration fee. The food includes breakfast, lunch and dinner on Saturday and breakfast and lunch on Sunday. You were so very generous and cooperative with the cookies last time. I do so appreciate that. We will ask just one class to bring cookies, and will rotate those classes each time. The information will be in your supply list letter.

My e-mail address is [pennyjknudsen@sbcglobal.net](mailto:pennyjknudsen@sbcglobal.net). My phone number is (916) 941-6433. Please complete the following registration form, make your check payable to Penny (not Camp Norge) and return as soon as possible with your stamped, self-addressed envelope for supply list if you do not wish to receive it by e-mail, to: Penny Joseph Knudsen, 3774 Park Drive, El Dorado Hills, California 95762

-----  
-----  
**APRIL 25/26, 2009 ROSEMALING SEMINAR REGISTRATION FORM**

Name \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_ I need a room reservation: Yes \_\_\_\_\_ No \_\_\_\_\_

Address \_\_\_\_\_ e-mail address \_\_\_\_\_ I want to room with:

City \_\_\_\_\_ Zip \_\_\_\_\_ Name of Lodge \_\_\_\_\_

Class I want is: Julie Anne \_\_\_\_\_ Cheryl \_\_\_\_\_ Kay \_\_\_\_\_ I am bringing my RV \_\_\_\_\_

I am enclosing \$80 for registration fee for food and class. I am bringing my tent \_\_\_\_\_

My spouse and/or family will be eating with us and I enclose \$30 for each \_\_\_\_\_



# Memorial Day Weekend May 23, 24, 25, 2009 Camp Norge, Alta, California



The Recreation Center Board welcomes you to Camp Norge for a three-day camping experience at your own recreation center on Memorial Day Weekend. If you do not have a tent or RV, call the Manager (530) 389-2508 for a room.

We have planned the following activities for your weekend:

### Saturday

- Breakfast
- Lunch
- Craft Fair in the Meadow
- Explore area on your own or just relax
- Dinner
- Bingo

### Sunday

- Breakfast
- Lunch
- Horseshoes & other games
- Raffle drawing
- Dinner

### Monday

- Breakfast

**PRE-REGISTRATION OF YOUR MEALS IS NECESSARY TO ALLOW US TO PURCHASE THE CORRECT AMOUNT OF FOOD.**

Registration Deadline: May 15, 2009. (Make check payable to Camp Norge)

Mail this form and check to Dale Baker, 9352 Castlemont Circle, Orangevale, CA 95662

### MEMORIAL DAY WEEKEND

Name: \_\_\_\_\_ Lodge \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone \_\_\_\_\_

Meals you wish to purchase:

Saturday Breakfast – Adults \_\_\_\_\_ x \$5.00 = \$ \_\_\_\_\_ Children \_\_\_\_\_ x \$2.50 = \$ \_\_\_\_\_

Saturday Lunch Adults \_\_\_\_\_ x \$5.00 = \$ \_\_\_\_\_ Children \_\_\_\_\_ x \$2.50 = \$ \_\_\_\_\_

Saturday Dinner Adults \_\_\_\_\_ x \$10.00 = \$ \_\_\_\_\_ Children \_\_\_\_\_ x \$5.00 = \$ \_\_\_\_\_

Sunday Breakfast Adults \_\_\_\_\_ x \$5.00 = \$ \_\_\_\_\_ Children \_\_\_\_\_ x \$2.50 = \$ \_\_\_\_\_

Sunday Lunch Adults \_\_\_\_\_ x \$5.00 = \$ \_\_\_\_\_ Children \_\_\_\_\_ x \$2.50 = \$ \_\_\_\_\_

**Sunday dinner is potluck. Please bring a dish to share and your own place settings**

Monday Breakfast Adults \_\_\_\_\_ x \$5.00 = \$ \_\_\_\_\_ Children \_\_\_\_\_ x \$2.50 = \$ \_\_\_\_\_

If you wish to register for all the meals, you get a discount. Send a check for \$33 for each adult and \$16.50 for each child 12 years and under.



*The Torsk Dinner gathering.*

**CALENDAR OF EVENTS –  
2009**

(Current as of 2/21/09 but always subject to change)  
**Roald Amundsen Lodge 6-48**  
**San Juan Masonic Center**  
**5944 San Juan Ave., Citrus Heights, CA**  
**If you are aware of errors in this calendar, please call them to the editor's attention. Thank you.**

**VELKOMMEN TIL MIDDAG**

**ROAST PORK DINNER**

and  
**'NORWAY DAY FESTIVAL'**  
**PRESENTATION**  
 by Marilyn Hansen



**MONDAY, MARCH 9, 6PM**  
 at Gold Country Community Center  
 (Gate 2 at the Fairgrounds)  
**\$5.00**

RSVP by March 2 to Judy Jennison (432-8270) or Karen Olsen-Salisbury (273-7514). If you RSVP **ON TIME**, your name will be entered into a (free) raffle drawing, giving you a chance to win a prize.

JANUARY	FEBRUARY	MARCH
13th – Lodge Meeting, Initiation of New Members 7:00 p.m. 18th – Installation of Officers – Mills Station – 1:30 p.m., Sunday	10 <sup>th</sup> – Lodge Meeting, 7:00 p.m. 21 <sup>st</sup> – Torsk Dinner (Saturday) 28 <sup>th</sup> – Member Challenge Workshop, Mills Station-10 am–3 pm (Saturday)	10 <sup>th</sup> – Lodge Meeting 7:00 p.m. 29 <sup>th</sup> - 80 <sup>th</sup> Anniversary Luncheon Banquet – Sunday – Carmichael Elks Lodge.
APRIL	MAY	JUNE
14 <sup>th</sup> – Lodge Meeting, 7:00 p.m. 24 <sup>th</sup> - Lodge Social Friday	2 <sup>nd</sup> -Norway Day bus trip 12 <sup>th</sup> – Lodge Meeting, 7:00 p.m. 17 <sup>th</sup> – 17 <sup>th</sup> of May Social, 12 noon – Park in Loomis (Sunday) (time tentative) 23 <sup>rd</sup> -Memorial Day Weekend, Camp Norge	9 <sup>th</sup> – Lodge Meeting, 7:00 p.m.
JULY	AUGUST	SEPTEMBER
NO LODGE MEETING. NAVIGATOR NOT PUBLISHED. 13 <sup>th</sup> – Lodge Board Meeting – Carols Francis' house	11 <sup>th</sup> – Lodge Meeting, 7:00 p.m. 16 <sup>th</sup> - Multi Lodge Picnic, Sunday Camp Norge 21 <sup>st</sup> – BBQ Dinner, Friday -6:30 p.m.	8 <sup>th</sup> – Lodge Meeting, 7:00 p.m.
OCTOBER	NOVEMBER	DECEMBER
3 <sup>rd</sup> – Scandi Festival, Saturday 10 <sup>th</sup> - Lutefisk Dinner, 5:00 p.m. Saturday 13 <sup>th</sup> – Lodge Meeting, 7:00 p.m.	10 <sup>th</sup> – Lodge Meeting, 7:00 p.m. 21 <sup>st</sup> – Vikingfest, 10:00 a.m. – 3:00 p.m., Saturday	8 <sup>th</sup> – Lodge Meeting, 7:00 p.m. 12 <sup>th</sup> – Lodge Social, 5:30 p.m. Saturday 27 <sup>th</sup> – Children's Party – Mills Station, Sunday

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!

PLEASE SUPPORT OUR  
 ADVERTISERS

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

**Secretary**  
**Florence Smith**  
[darian98@surewest.net](mailto:darian98@surewest.net)

**Treasurer**  
**Ingrid Sceals**  
[redsceals@yahoo.com](mailto:redsceals@yahoo.com)

**Editor**  
**Stephen Rosenthal**  
[rosen@winfirst.com](mailto:rosen@winfirst.com)

**Publisher**  
**Robert Dahl**  
[rt Dahl@sbcglobal.net](mailto:rt Dahl@sbcglobal.net)



**Carol S. Francis**  
*Independent Agent*

7601 Sunrise Blvd., No. 11A  
 Citrus Heights, CA 95610  
 Email: [actiontravel@surewest.net](mailto:actiontravel@surewest.net)  
 Home: [csfnorge@jps.net](mailto:csfnorge@jps.net)

Bus. (916) 723-3355  
 Fax (916) 723-0314  
 Home (530) 878-3824  
 Cell (916) 390-0953

Monthly lodge meetings are usually held 2nd Tuesday at the Masonic Center, 5944 San Juan Avenue, Citrus Heights (just south of Greenback Lane). Start time is 7:00 pm. A cultural program is usually presented.

**KALENDEREN**

**Viking Sisters**

**President**  
**Ann Sandner**  
**916.366.8071**

<b>Feb 28</b>	<b>Member Challenge Workshop</b>
<b>Mar 10</b>	<b>Lodge Meeting</b>
<b>Mar 29</b>	<b>80th Anniversary Luncheon!</b>
<b>Apr 14</b>	<b>Lodge Meeting</b>
<b>April 24</b>	<b>Lodge Soup Social</b>
<b>May 2</b>	<b>Norway Days Bus Trip</b>

**Viking Sisters:**

Call Viking Sisters President for Viking Sisters meeting information. Meetings now held at Denny's, at the southeast corner of Watt Avenue and Auburn Boulevard, just south of Business Route 80 freeway. Generally, they meet the second Saturday of every month at 9:00am.