

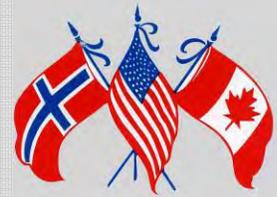
THE NAVIGATOR

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

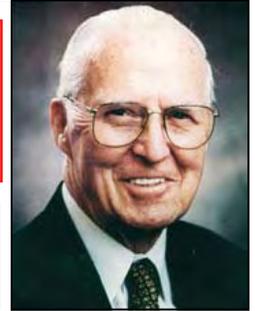
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Published Sunday, September 27, 2009.



"Yet though streets and buildings are named for Norman Borlaug throughout the developing world, most Americans don't even know his name." A tribute to this late Norwegian-American—see page 3.



FROM ROALD AMUNDSEN LODGE 6-48 PRESIDENT CAROL FRANCIS:
The lodge has an ambitious fall schedule...



Summer is definitely over, and we are heading into a busy fall with many lodge activities. It is still warm though, and I am heading up to the mountains in a few minutes. I love the crisp air, cooler nights, and

beautiful fall colors in the Sierra Nevadas (which look a lot like Norway). You can get a slice of Norway at our upcoming events - uten å reise til Norge, without traveling to Norway! Our lodge meeting on Tuesday, September 8th, was a special treat, with great presentations by our language camp scholarship winners, and many members in attendance. The kids have such great energy, and definitely enjoyed the ice cream social afterwards. We are working on more activities for kids in the future.

The Barbecue Dinner on August 21st was a big success, and we did not barbecue the cook this year. People gave rave reviews about the food which **Carol Lee Solheim** got at "Back 40" in Shingle Springs: wonderful tri-tip, pork ribs, and barbecued chicken, with beans, coleslaw, rolls, and two kinds of homemade breads, lingonberries from IKEA, and genuine caramel pudding from Norway. **LaRena Hannon** added corn on the cob. Helpers included **Joe Hannon, Florence Smith, Carol Francis, Ron and Cecelia Byrd,**

David Bailey, Øystein Solheim, Ann

(Continued on page 2)

Subliminal Message to Judges:
This is the best darn newsletter in District 6...



KALENDAR

Saturday, October 3rd, 10 am - 3 pm,
Scandinavian Festival, Divine Savior Church, Orangevale (see flier)

Saturday, October 10th, 5 pm social, 6 pm dinner,
Lutefisk and Meatball Dinner at lodge (see flier)

Tuesday, October 13th, 7 pm - **Lodge meeting**, Cultural Program: Genealogy, by Beth Solheim, and continued map work, Carol Lee Solheim. Refreshments: LaRena and Joe Hannon

Tuesday, November 10th, 7 pm - **Lodge meeting**, Cultural Program by Nancy Ottum on Paganism in old Norwegian culture. Refreshments: Cecelia and Ron Byrd

Saturday, November 21st, 10 am - 2 pm - **Vikingfest** at lodge (see flier)

Tuesday, December 8th, 7 pm - **Lodge meeting**, Cultural Program: film on Christmas Foods in Norway, Florence Smith, and Norwegian Christmas customs, Carol Lee Solheim. Volunteers needed for refreshments.

Saturday, December 12th, **Julebord**, Christmas Dinner and Santa Lucia Pageant, save the date, flier next month.

Sunday, December 20th, 2-4 pm, **Family Christmas Party**, Carmichael Park clubhouse, flier next month.

(Continued from page 1) **PRESIDENT'S MESSAGE****Sandner, and Ruby Freeman (LaRena's mom).**

Thanks to all the helpers who spontaneously helped clean up, and to brand new member **Sonja Malme** who figured out the new dumpster system for us. We are also welcoming new member **Leif Erik Bjerke (he goes by Erik)**, **Erwin Bjerke's** great nephew, who has been helping us with cleanup at dinners for years. Welcome Sonja and Erik!

Sometimes good things come from bad. When we were at the Orangevale Grange Hall on Walnut Avenue (near Madison Avenue) for **Sharon Mahnken's** memorial service, I heard many comments on how nice the facility was, and how easy it was to handle the lightweight tables and chairs on racks. At our September Board meeting, we discussed moving some of our 2010 socials to this facility. High rental prices preclude most Saturday night socials at the Masonic Hall (which we cannot rent for Sunday socials), the tables and chairs there are very heavy to move between rooms, and seating is very limited for our dinners. **Shirley Baker**, manager of the Orangevale Grange Hall, and wife of our member **Dale Baker**, has room for us on the 2010 schedule, at very reasonable rental rates, so we will see how this goes next year. We will have a spacious room for our dinners and events, a stage, piano and sound system, and a beautiful outdoors area, perfect for kids' activities and picnics. We will still have our lodge meetings on the second Tuesday at the San Juan Masonic Hall, where we have good storage, and will also keep the **Vikingfest** in November at the Masonic Hall.

I hope you are planning to attend two big events in October: the **Scandinavian Festival on Saturday, October 3rd, from 10 am to 3 pm at the Divine Savior Church in Orangevale**, and our **Lutefisk and Meatball Dinner on Saturday, October 10th, at the lodge** (see fliers).

Another great event is our annual **Vikingfest on November 21st from 10 am to 2 pm** at the lodge; start your Christmas shopping early, and eat delicious Norwegian foods! In December we have the annual Julebord, or Christmas Dinner, and Santa Lucia pageant on Saturday, December 12th, and the Children's Christmas Party on Sunday, December 20th, more details next month. Upcoming cultural programs include: **Beth Solheim**, genealogy research on Tuesday, October 13th; **Nancy Ottum**, the paganism of the old Norwegian society on November 10th; and **Florence Smith**, Norwegian Christmas Foods on December 8th. Håper vi sees snart! I hope to see you soon! klem (hugs), **Carol**

PHOTOS FROM BBQ DINNER

Part of the multitudes waiting for the food.



Lodge member Donna Gordon with grandson and future member Wyatt Mattes.

“GREATEST AMERICAN OF THE 20TH CENTURY” DIES
Norwegian-American Norman Borlaug succumbs at 95.

Norman Borlaug – arguably the greatest American of the 20th century – died late Saturday [September 12th] after 95 richly accomplished years. The very personification of human goodness, Borlaug saved more lives than anyone who has ever lived. He was America's Albert Schweitzer: a brilliant man who forsook privilege and riches in order to help the dispossessed of distant lands. That this great man and benefactor to humanity died little-known in his own country speaks volumes about the superficiality of modern American culture.

...Often it is said America lacks heroes who can provide constructive examples to the young. Here was such a hero. Yet though streets and buildings are named for Norman Borlaug throughout the developing world, most Americans don't even know his name.

So said author Gregg Easterbrook in a very moving Op-Ed piece in the *Wall Street Journal* on September 16th.

Only last month we carried an article about Mr. Borlaug in *The Navigator*, and we have written about him at least twice in earlier issues.

Why was Mr. Easterbrook so laudatory? For starters, Mr. Borlaug spent much of his life helping poorer nations by teaching farmers in India, Mexico, South America and Africa the Green Revolution agricultural techniques that have prevented the global famines widely predicted when the world population began to increase exponentially after World War II. In 1999 the *Atlantic Monthly* estimated that Borlaug's efforts, combined with those of the many developing world agriculture-extension agents he trained and the crop-research facilities he founded in poor nations, saved the lives of one billion human beings.



Norman Borlaug at work.

At that point, Borlaug became the target of critics who denounced him because Green Revolution farming requires some pesticides and lots of fertilizer. Environmentalism was catching on, and affluent environmentalists began to say it was "inappropriate" for Africans to have tractors or use modern farming techniques. Easterbrook quotes Borlaug as telling him a decade ago that most Western environmentalists "have never experienced the physical sensation of hunger. They do their lobbying from comfortable office suites in Washington or Brussels. If they lived just one month amid the misery of the developing world, as I have for 50 years, they'd be crying out for tractors and fertilizer and irrigation canals and be outraged that fashionable elitists in wealthy nations were trying to deny them these things."

Borlaug was indeed recognized by some, if not the American populous in general. Here is a list of some of his honors – not a bad list for someone who was educated in a one-room schoolhouse in Cresco, Iowa:

- Nobel Peace Prize, 1970
- Election to the U.S. National Academy of Sciences, 1970
- Aztec Eagle, Government of Mexico, 1970
- Outstanding Agricultural Achievement Award, World Farm Foundation (USA), 1971
- Presidential Medal of Freedom (USA), 1977

(Continued on page 5)

NORMAN EARNEST BORLAUG—A BRIEF BIOGRAPHY
 (Reprinted from The Navigator, February, 2006, when Mr. Borlaug was still alive.)

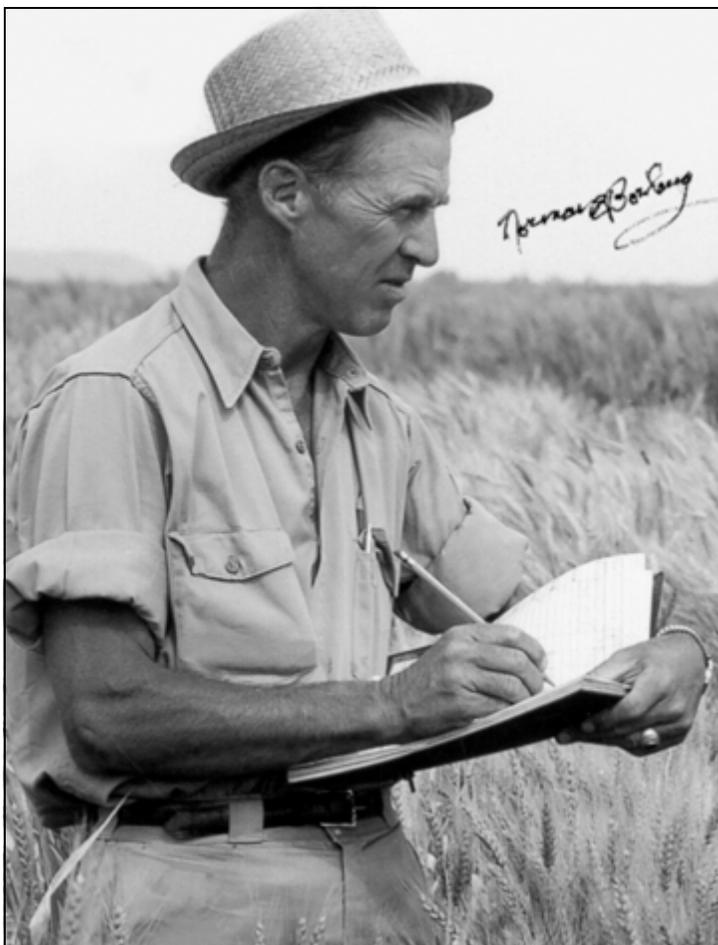
Norman Ernest Borlaug (born March 25, 1914) is an American agricultural scientist, humanitarian, Nobel laureate, and the father of the Green Revolution. Borlaug received his Ph.D. in plant pathology and genetics from the University of Minnesota in 1942. He took up an agricultural research position in Mexico, where he developed semi-dwarf high-yield, disease-resistant wheat varieties.

During the mid-20th century, Borlaug led the introduction of his grain and modern agricultural production techniques to Mexico, Pakistan, and India. As a result, Mexico became a net exporter of wheat by 1963. Between 1965 and 1970, wheat yields nearly doubled in Pakistan and India, greatly improving the food security in those nations. These collective increases in yield have been labeled the Green Revolution, and Borlaug is often credited with saving over a billion people from starvation.¹ He was awarded the Nobel Peace Prize in 1970 in recognition of his contributions to world peace through increasing food supply.

Borlaug is the great-grandchild of Norwegian immigrants to the United States. Ole Olson Dybevig and Solveig Thomasdotter Rinde, from Leikanger, Norway, emigrated from Norway to Dane, Wisconsin, in 1854. Two of their children, Ole Olson Borlaug and Nels Olson Borlaug (Norman's grandfather), were integral in the establishment of the Immanuel Norwegian Evangelical Lutheran Congregation in the small Norwegian-American community of Saude, near

Cresco, Iowa in 1889.

Borlaug was born the eldest of four children to Henry Oliver (1889 to 1971) and Clara (Vaala) Borlaug (1888 to 1972) on his grandparents' farm in Saude. From age seven to nineteen, he worked on the 106



A young Norm Borlaug at work in the field.

acre family farm west of Protivin, Iowa, fishing, hunting, and raising maize, oats, timothy hay, cattle, pigs and chickens. He attended the one-teacher, one-room New Oregon #8 rural school in Howard County up through eighth grade. Today, the school building, built in 1865, is owned by the Norman Borlaug Heritage Foundation as part of "Project Borlaug Legacy". At Cresco High School, Borlaug played baseball and wrestled, where his coach continually encouraged him to "give 105%."

He attributes his decision to leave the farm and pursue further education to his grandfather, Nels Olson Borlaug (1859 to 1935), who strongly encouraged Borlaug's learning, once saying, "You're wiser to fill

your head now if you want to fill your belly later on."

Through a Depression-era program known as the National Youth Administration, he was able to enroll at the University of Minnesota in 1933. While at the University of Minnesota, he was a member of the varsity wrestling team, reaching the Big Ten semifinals, and helped introduce the sport to Minnesota high schools by putting on exhibition matches around the state. "Wrestling taught me some valuable lessons ... I

(Continued on page 5)

GREATEST AMERICAN (Continued from page 3)

- Jefferson Award, **American Institute for Public Service, 1980**
- Distinguished Achievement Award in Food and Agricultural Sciences, **Council for Agricultural Science and Technology (USA), 1982**
- The Presidential World without Hunger Award: **Educator/Scientist category (USA), 1985**
- The Americas Award, **The Americas Foundation (USA), 1998**
- Jefferson **Lifetime Achievement Award (USA), 1997**
- Altruistic Green Revolution Award, **Indian Council of Agricultural Research, 1998**
- Recognition Award for Contributions to World Wheat and Maize Research and Production, **Republic of El Salvador, 1999**
- Dedication of **Norman E. Borlaug Center for Southern Crop Improvement, Texas A&M University, 1999**
- Vannevar Bush Award, **National Science Foundation (USA), 2000**
- Memorial Centennial Medal of the **N.I. Vavilov Research Institute of Plant Industry (Russia), 2000**
- Public Welfare Medal, **National Academy of Sciences (USA), 2002**
- The Rotary International Award for World Understanding and Peace; **Barcelona, Spain, 2002**
- The Philip Hauge Abelson Prize, **American Association for the Advancement of Science, 2002**
- Award for Distinguished Achievements to Science and Medicine, **American Council of Science and Health, 2003**
- National Medal of Science (USA), **2004**
- Padma Vibhushan in Science and Engineering, **awarded by the Government of India, 2006**
- Norman Borlaug Institute for International Agriculture created as part of the **Texas A&M University System, 2006**
- Congressional Gold Medal, **received 2007**
- Texas A&M University honorary doctor of letters degree, **2007 (Borlaug received more than 50 honorary degrees in his career.)**

Elsewhere in this edition of *The Navigator* we are re-printing an article about Borlaug that we first carried in 2006 that tells more of his life accomplishments. Also, we refer readers to the article we carried in last month's *Navigator* about Mr. Borlaug's own recent Op-Ed piece in the Wall Street Journal. The editor can share Mr. Easterbrook's article with anyone who is interested in it.

BORLAUG BIOGRAPHY (Continued from page 4)

always figured I could hold my own against the best in the world. It made me tough. Many times, I drew on that strength. It's an inappropriate crutch perhaps, but that's the way I'm made." Borlaug was inducted into the National Wrestling Hall of Fame in Stillwater, Oklahoma in 1992.

To finance his studies, Borlaug periodically had to put his education on hold and take a job. One of these jobs, in 1935, was as a leader in the Civilian Conservation Corps, working with the unemployed on federal projects. Many of the people who worked for him were starving. He later recalled, "I saw how food changed them...All of this left scars on me".

At the end of his undergraduate education, Borlaug attended a lecture by Elvin Charles Stakman, a professor and head of the plant pathology group at the University of Minnesota. The event would be pivotal for Borlaug's future life. Stakman, in his speech titled "These Shifty Little Enemies that Destroy our Food Crops", discussed the manifestation of the plant disease rust, a parasitic fungus that feeds on phytonutrients, in wheat, oat, and barley crops across the United States. He had discovered that special plant breeding methods created plants resistant to rust. His research greatly interested Borlaug, and he asked Stakman if he should go into forest pathology. Stakman advised him to focus on plant pathology instead, and Borlaug subsequently re-enrolled to the University to study plant pathology under Stakman. Borlaug received his Master of Science degree in 1940 and Ph.D. in plant pathology and genetics in 1942.

Borlaug met his wife, Margaret Gibson, while in college, as he waited tables at a Dinkytown (the college town area at the

(Continued on page 7)

**2010 OFFICER NOMINATING
PROCESS REPORT**



The following is a status report from the Nominating Committee. The committee intends to nominate at least the following persons for the indicated officer positions at the next lodge

meeting:

- President - Carol Francis**
- Vice President - David Bailey**
- Secretary - Carol Lee Solheim**
- Recording Secretary - Pending**
- Treasurer - Stephen Rosenthal**
- Membership Secretary - Florence Smith**
- Social Director - LaRena Hannon**
- Counselor - Joe Hannon**
- Marshal - Open**
- Asst. Marshal - Open**
- Youth Director - Jessica Brown**
- Greeter - Open**
- Greeter - Open**
- Librarian - Carol Lee Solheim**
- Historian - Cynthia Hayashi**
- Musician - Arlene Berg**
- Asst. Musicians - Jeanette Braafladt & Bob Dahl**
- Sport Director - Ann Sandner**
- Cultural Director - Ingrid Seals**
- Editor - Open**
- Publisher - Bob Dahl**
- Publicity Director - Open**
- Foundation Director - Joe Green**
- Trustees**
 - 3 year - Open**
 - 2 year - Joe Hannon (still serving)**
 - 1 Year - Ann Sandner (still serving)**
- Auditors - Dawn Bayer**
- Ray Hinkley**

If there is a position for which you would like to volunteer, contact **Joe Hannon** at 916.451.3853.

LESSONS LEARNED...

By Don Waage, Financial Benefits Counselor

The Insurance Industry has declared that September is Life Insurance Awareness Month. Professionals in our business try in many different ways to help people realize the importance of planning ahead with life insurance. But, that wisdom is often lost on us until a personal life event strikes and then the lesson becomes very clear. Such was the case for me.



Don Waage

My Dad passed away 24 years ago in October at the relatively young age of 60. Over these past years my Mother has been able to lead a pretty financially secure life largely because of the foresight of my Dad in providing life insurance for her. When I was a minor he had life insurance on me (as well as my four siblings) and I can remember that part of the “right of passage” for me becoming an adult was when I took over responsibility for that insurance plan that he had started for me.

At the time Dad passed away I was working in another career, but only a couple of years later I started in the life insurance business. My decision to choose this business was partly because I saw first hand the value of life insurance for a family that has just lost a loved one. Having adequate life insurance coverage, obviously, can’t bring your loved one back. But, it can take reduce or eliminate some of the financial struggles that many people experience at such a difficult time of transition in their lives.

My Dad was in education and administration for his entire career. I always thought that if he had not chosen that field, he should have been in the life insurance business. We never had a lot of extra money when we were growing up, but Dad never short-changed the essentials, like life insurance. He worked very hard at his job because he was such a big believer in the value of providing for his family, not only while he was living but after he would no longer be with us. Come to think of it....it is probably one of the greatest lessons he ever taught.

Don Waage can be contacted at: don.waage@gmail.com.

BORLAUG BIOGRAPHY (Continued from page 5)

University of Minnesota) coffee shop where they both worked.

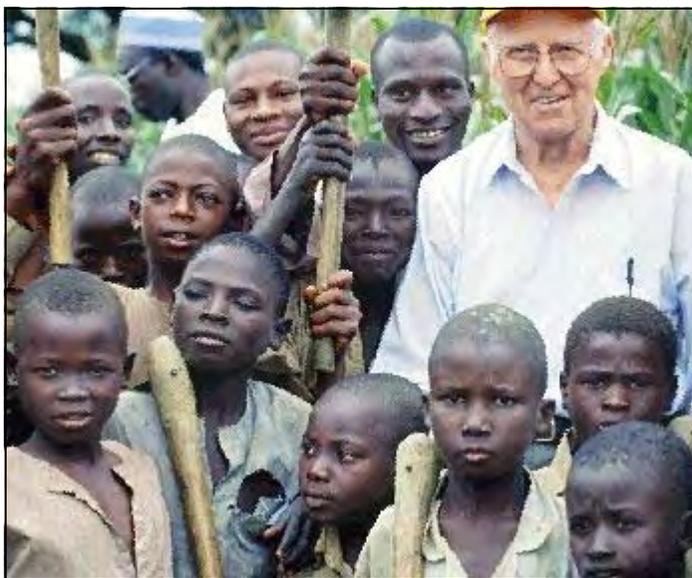
Career. In 1940, U.S. Vice President Henry A. Wallace received a request by Mexican government officials for assistance in developing a program to train a new generation of Mexican agricultural scientists. The agrarian reforms that had been instituted following the Mexican Revolution of 1910 had resulted in much lower yields, and the Mexican government feared their agricultural industry was being left behind. The U.S. government passed the program on to the Rockefeller Foundation. The Rockefeller Foundation contacted E. C. Stakman and two other leading agronomists. They developed a proposal for a new organization, the Office of Special Studies, as part of the Mexican Government, but under the direction of the Rockefeller Foundation. The organization was to be staffed with both U.S. and Mexican scientists, focusing on soil development, maize and wheat production, and plant pathology. Stakman chose Dr. J. George "Dutch" Harrar as project leader. Harrar immediately set out to hire Borlaug as head of the newly-established Cooperative Wheat Research and Production Program in Mexico; Borlaug declined, choosing to finish his war service at DuPont.

In July 1944, after rejecting DuPont's offer to double his salary, and temporarily leaving behind his pregnant wife and 14 month old daughter, he flew to Mexico City to head the new program as a geneticist and plant pathologist.

Borlaug said that his first couple of years in Mexico was difficult. He lacked trained scientists and equipment. Native farmers were hostile toward the wheat program because of serious crop losses from 1939 to 1941 due to stem rust. "It often appeared to me that I

had made a dreadful mistake in accepting the position in Mexico," he wrote in the epilogue to his book, *Norman Borlaug on World Hunger*. He spent the first 10 years breeding wheat cultivars resistant to disease, including rust. In that time, his group made 6,000 individual crossings of wheat.

Eventually he developed new semi-dwarf, disease-resistant varieties, called Pitic 62 and Penjamo 62, and changed the potential yield of wheat dramatically. By



It is nothing short of amazing to see how many tributes to Borlaug one can find on the internet.

1963, 95% of Mexico's wheat crops used the semi-dwarf varieties developed by Borlaug. That year, the harvest was six times larger than in 1944, the year Borlaug arrived in Mexico. Mexico had become fully self-sufficient in wheat production, and a net exporter of the grain. Four other high yield varieties were also released, in 1964: Lerma Rojo 64, Siete Cerros, Sonora 64, and Super X.

Nobel Peace Prize. For his contributions to the world food supply, Borlaug was

awarded the Nobel Peace Prize in 1970. Norwegian officials notified his wife in Mexico City at 4:00AM, but Borlaug had already left for the test fields in the Toluca valley, about 40 miles (65 km) west of Mexico City. A chauffeur took her to the fields to inform her husband. According to his daughter, Jeanie Laube, "My mom said, 'You won the Nobel Peace Prize,' and he said, 'No, I haven't',... It took some convincing... He thought the whole thing was a hoax". He was awarded the prize on December 10. In his Nobel Lecture the following day, he speculated on his award: "When the Nobel Peace Prize Committee designated me the recipient of the 1970 award for my contribution to the 'green revolution', they were in effect, I believe, selecting an individual to symbolize the vital role of agriculture and food production in a world that is hungry, both for bread and for peace". It was the only Nobel Peace Prize awarded for agriculture or food pro-

(Continued on page 8)

BORLAUG BIOGRAPHY (Continued from page 7)

duction.

Criticisms and his view of critics. Throughout his years of research, Borlaug's programs often faced opposition by people who consider genetic crossbreeding to be unnatural or to have negative effects. Borlaug has dismissed most claims of critics, but does take certain concerns seriously. **He states that his work has been "a change in the right direction, but it has not transformed the world into a Utopia". Of environmental lobbyists he has stated, "some of the environmental lobbyists of the Western nations are the salt of the earth, but many of them are elitists. They've never experienced the physical sensation of hunger. They do their lobbying from comfortable office suites in Washington or Brussels. If they lived just one month amid the misery of the developing world, as I have for fifty years, they'd be crying out for tractors and fertilizer and irrigation canals and be outraged that fashionable elitists back home were trying to deny them these things". [Emphasis added by the editor]**

In 1968, Borlaug received what he considered an especially satisfying tribute when the people of Ciudad Obregón, where some of his earliest experiments were undertaken, named a street after him. Also in that year, he became a member of the U.S. National Academy of Sciences.

In addition to the Nobel Prize, Borlaug has also received the 1977 U.S. Presidential Medal of Freedom, the 2002 Public Welfare Medal from the U.S. National Academy of Sciences, and the 2002 Rotary International Award for World Understanding and Peace. As of January 2004, Borlaug had received 49 honorary degrees from as many universities, in 18 countries, and was a foreign or honorary member of 22 international Academies of Sciences. In Iowa and Minnesota, "World Food Day", October 16, is referred to as "Norman Borlaug World Food Prize Day". Throughout the United States, it is referred to as "World Food Prize Day". The stained-glass "World Peace Window" at St. Mark's Cathedral in Minneapolis, Minnesota, depicts "peace makers" of the 20th century, including Norman Borlaug. *(Editor's note: Condensed from a fascinating account of Borlaug's life from Wikipedia, the "Free Encyclopedia" at http://en.wikipedia.org/wiki/Norman_Borlaug. Many references are listed there.)*

JOHN REPPE-FISCHER, R.I.P.

We have received word that former lodge president (1999) John Reppe-Fischer has passed away. We extend condolences to family and friends, and will print me information as it becomes available to us.

SIDEBARS FROM THE EDITOR...

Tickets are now being sold at all lodge events for the **Camp Norge Benefit Raffle**. The drawing will take place at the lodge meeting on November 10th. Some of the prizes can be viewed on the illustration page contained in this issue of **The Navigator**.

Here are some other events from around the area (call to confirm exact info):

Sunday, 10/18 – Touch of Norway Luncheon, 1pm, Gulldalen Lodge, Nevada County Fairgrounds, Grass Valley, \$15, 477.5220 (don't know area code).

Saturday, 11/7, Lutefisk and Meatball Dinner, Bjørnstjerne Bjørnson Lodge, Oakland, \$20, call 510.530.3721.

(Continued on page 16)

WHAT IS THE CENTURY CLUB?

The Century Club was formed in 1996 in order to have money always available for the upkeep and maintenance of our beautiful 46+ acres of Camp Norge in Alta California. Camp Norge belongs to all of Sons of Norway members in District 6. We put our Camp to good use for many people. Like everything else there is always some repair to be made. So..... The Century Club Members agree to pay \$100 each year so that the funds are always there when needed. Dues are payable on the anniversary of your joining. Simple to join..... Just send your check to Lise Fleming, 1104 Alamosa Drive, Claremont, CA, 91016. Please let's keep our Camp beautiful for all who enjoy it. Think about your children and grandchildren.

•A proud charter member, **Julie Anne Droivold**

LODGE MEMBERS PARTICIPATE IN S/N SPORTS PROGRAM



Three lodge members, **Kristi Updegraff, Carol Lee Solheim, and David Bailey** have been awarded Sons of Norway sports

pins. Kristi has won bronze and silver in walking; Carol Lee, bronze and silver in exercise; and David, bronze, silver and gold in cycling.

The Sons of Norway has a sports pin program to promote member fitness and recognize achievement. It provides four categories: Walking (Gangmerke), X-skiing (Skimerke), Cycling (Sykkelmerke) and Exercise (Idettmerke). Pins (bronze, silver, gold, enamel) are awarded on the basis of activity within 365 days at various levels established by age. For example, age 55-69 must walk 100 miles for a bronze pin. The first three categories are based on miles and the Exercise category is based on time spent. You self-accredit your activity and submit it to David Bailey, Lodge Sports Director, who will order your free pin from Sons of Norway. The Exercise category includes a wide variety of activities from bowling, walking, aerobics, golf, dancing, wrestling, weightlifting, and others, even broomball.

To access more information and an activity log, go to www.sofn.com, click on the site map at the bottom, and click on the Sports Medal Program (you may have to register). If you do not have internet access, leave David Bailey a message at 916.925.8123, and he will mail it to you if you clearly leave your name, address, and category. *(Article by David S. Bailey.)*

THE “LIGHTENING BOLT” ENDORSES S/N SPORTS PROGAM

Usain (“Lightening Bolt”) Bolt, from Jamaica, a three-time Olympic gold medalist, is, simply said, the fastest man alive today. He holds the world records for the 100 meters, the 200 meters and, along with his teammates, the 4x100 meter relay. He also holds the Olympic records for all three of these races. At the 2008 Summer Olympics, Bolt became the first man to win three sprinting events at a single Olympics since Carl Lewis in 1984, and the first man to set world records in all three at a single Olympics. In 2009 he became the first man to hold the 100 and 200 meter world and Olympic titles at the same time.



Usain Bolt, the fastest sprinter in competition today.

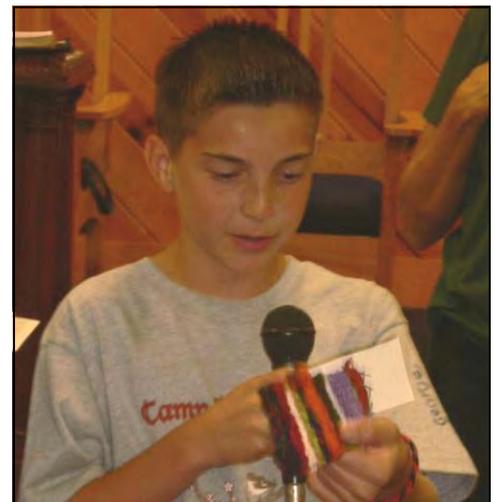
Usain credits **the Sons of Norway Sports Program** for giving him his start in sprinting. “When I was a boy, there was this Norwegian kid living next to me – I think his name was Dick Tracysen, or something like that – and his parents were from Norway. I think his dad was a plantation foreman, or something. The kid was a little strange. But anyhow, Dickey introduced me to the Sons of Norway Sports program, and it wasn’t long before I qualified for the gold, and then the enamel, medals in running. And the rest is history.

“I went to a lodge meeting to get my medals. The people were great, but they served some rotten-smelling fish. I couldn’t believe it, with all the fresh fish we have available in Jamaica. I think they called it “Luke’s fish,” or something like that. But I liked the lilt in their voices – almost like the way we sing-song the English in Jamaica. Anyhow, I still have those medals hanging on my wall, intertwined with my Olympic medals.”

And there you have it – shouldn’t you put down the remote, get up out of the recliner and order your Sons of Norway Sports Activity Log? *(See separate article to the left on the program.)*



At the September lodge meeting children from the lodge explained in word, song, and craft demonstrations, their experiences at Camp Norge. Shown here (above) are: P. J. Mahnken, Anders Thue, Madysen Mahnken, Gabrielle Aschehoug , Kelly Bradley, Alex Wyatt, and AisLinn Phillips.



**Sons of Norway's
Roald Amundsen Lodge Presents**



VIKING FEST

**WHEN: November 21st, 2009
Saturday 10:00 am to 2:00 pm**

WHERE: SAN JUAN MASONIC HALL
5944 San Juan Ave.
Citrus Heights, CA

Folk Dancing, Crafts, Demonstrations
Open Faced Sandwiches, Fish Soup, Vikings on a Stick, Baked Goods
and more.
Scandinavian Merchandise, Food Goods and Candies

ADMISSION FREE

For Information Contact: Florence Smith
916.783.8830





ROALD AMUNDSEN LODGE
SONS OF NORWAY



SAT., OCTOBER 10, 2009

Social Hour 5:00pm Dinner 6:00pm

SAN JUAN MASONIC HALL
5944 SAN JUAN AVE., CITRUS HEIGHTS, CA



LUTEFISK &
MEATBALL
DINNER



Cultural program after dinner.
Door prizes.

NOTE: DEADLINE TO MAIL IS OCT. 1st

PRE-PAID RESERVATIONS ONLY

NO TICKET SALES AT DOOR.

ADULT S/N MEMBERS \$17.00 NON-MEMBERS \$20.00

CHILDREN 10 & UNDER \$5.00

Make check payable to "SONS OF NORWAY"

MAIL TO: CINDY HAYASHI, P.O. BOX 814, CARMICHAEL, CA 95609

(Questions? 916.488.9901 email: cindycyc@surewest.net)

www.sonsofnorwaysacramento.com

Please reserve the following tickets: "Lutefisk & Meatball Dinner" Tickets will be held at the door for you.

Member name(s) _____

Non-member/Guest names(s) _____

Phone number & e-mail _____

# Members _____ @ \$17.00 each	Total \$ _____
# Non-members _____ @ \$20.00 each	Total _____
# Child tickets _____ @ \$ 5.00 each	Total _____
	Grand Total: \$ _____

(DETACH AND MAIL TO ABOVE ADDRESS BY OCT. 1st, 2009)

26th Annual
Sacramento
Scandinavian Festival
October 3, 2009
10:00 am - 3:00 pm



Scandinavian food & baked goods
Information about the Nordic Countries
Music and Entertainment
Door Prizes

DIVINE SAVIOR CATHOLIC CHURCH
9079 Greenback Lane
Orangevale, CA 95662
(Two blocks east of Hazel Avenue)
Adults \$4
Children under 12 free

For more information,
please call:
Denmark (916) 682-4888
Finland (916) 987-8193
Iceland (530) 554-4100
Norway (916) 451-3853
Sweden (916) 791-1908

*Donation Drawing to be held November 10, 2009
to Benefit CAMP NORGE*



*Henning Troll (1980)
donated by
Gordon & Gwen Lokke*



*Painting
donated by
Bill Nielsen*



*Rosemaling
donated by
Julie Ann Atkins*



*Jonasson Crystal
(Baby Fox)
donated by
Øystein and Carol Lee
Solheim*

Donation tickets: \$1.00 each or 6 for \$5.00

See Carol Lee Solheim 530-677-2006—solheim2636@earthlink.net

MORE PHOTOS FROM SEPTEMBER LODGE MEETING



SONS OF NORWAY

Freya Lodge, 6-62 presents...

Norway Hall
617 West 9th Street
Santa Rosa
707-579-1080
you can leave a message

Leif Erikson Viking Fest

For more information contact:
Frank (707-778-8120)

(Free Admission)

Saturday, October 10, 2009 - 10 a.m. to 3 p.m.

Offering a "Taste of Norway" lunch Served from 10a-3p.

Pay only for your selections:

- Smorbrod (Norwegian open-faced sandwiches),
- Riskrem med rod saus (Rice in whipped cream w/ raspberry sauce),
- Lefse, Rommegrot, Rosettes and Krumkaker, Fresh Waffles and Coffee

"The Vikings of Bjornstad"



Bake Sale!
lots of Norwegian goodies

RAFFLE PRIZES every half hour starting around 12 noon, we hope you will stick around to shop, eat lunch and visit with friends & family -- but if you have to leave ~ prize pick up by a friend/family with ticket or at Freya Lodge's Cultural & Heritage Meeting Saturday, November 21, 2009. (no prizes will be shipped)



Scandinavian Form and Design
Ceramics, Art and Nisser
www.scandinavianformanddesign.com



Jay McMartin-Rosenquist coffee and Swedish clogs
mailto:zoegas@mcn.org or mendocinoclogs.com or zpostorderusa.com

Freya Lodge
Welcomes new and returning vendors.

Birgitta von Frenckell
Children's books & literature for adults too, such as history, classics, art, architecture, geography, craft, cookbooks etc. Also DVDs and CDs. bvonfrenckell@aol.com



Larson's Industries: Scandinavian Baking Equipment and Instruction.
Handmade wooden items by Sid Krogstad.



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. Check it out!

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SIDEBARS (Continued from page 8)

Friday, 12/4 and 5, Lutefisk Dinner,
Nordahl Grieg, Los Gatos, \$16 & \$22,
408.248.5046.

Fall **new member recruiting** can mean winning a \$500 prize for the lodge. Dues-paying new members recruited between September 15th and December 15th qualify for this contest. Lodges will be divided into two categories based on size. The two lodges—one from the small and one from the large categories—that see the largest percentage growth will each win \$500 and be featured in a spring 2010 Member Matters section. There is more informa-

tion at www.sonsofnorway.com.

Oakland's **Bjørnstjerne Bjornson Lodge** will be celebrating its **100th Anniversary** on April 10, 2010 at the Hilton Garden Inn, Emeryville! Officers and interested members, mark your calendars.

Lodge Photo Albums... Cynthia Hayaishi asks: If you have any PHOTOS that you would like to go into the lodge photo albums, please mail them to me Thank you, **Cynthia Hayaishi (Historian)**, PO Box 814, Carmichael, CA 95609.