

April 2011

ndvigator

News from Roald Amundsen

Sons of Norway Lodge 6-48 Sacramento

PRESIDENT'S MESSAGE

Fifty members enjoyed a delightful Torsk and Meatball Feast Saturday, April 26th. The menu included boiled and baked torsk with butter and cream sauce, meatballs in gravy, boiled red potatoes, carrots and peas, custom coleslaw, pickled sliced beets, tomatoes and onions, cucumbers, rolled lefse, homebaked rye bread, cookies and cake. The weekend's rains abated to allow the folks to attend and depart without their umbrellas. Special thanks go to cook Kristin Wyatt, and to Joe and LaRena Hannon, Carol Lee Solheim and Florence and Jim Smith, who provided entrees and kitchen assistance. Thanks also to several members who assisted in the clean-up.

Earlier in March we had an interesting Lodge Meeting. The program was highlighted by a video telling the story of a Minnesota man with a dream of building a Viking Long Ship and sailing it to Norway. He built the ship, but succumbed to cancer before he could sail it. Sharing his dream, his sons and daughter recruited a crew and sailed the ship to Oslo through some severe storms and privations. It was a fascinating and inspiring program. We discussed the film afterwards over some delicious snacks provided by LaRena Hannon.

Save the Date!

Sunday, May 15., 2:00 pm the Lodge will sponsor a concert featuring **Norwegian Pianist Knut Erik Jensen**. The concert will be at Lutheran Church of the Master at 1900 Potrero Way, Sacramento and a reception will follow. Reservations are crucial in assisting in planning for the reception. Further details are in our *Navigator* newsletter as well as on the website.

Our next Lodge Meeting is April 12 at the San Juan Masonic Lodge, 5944 San Juan Avenue (just south of Greenback). Please come and enjoy the program and the convivial social gathering afterwards.

Tusen takk,

David Bailey, President

www.sonsofnorwaysacramento.com

your lodge officers

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

sons of norway

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

lodge meetings

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

www.sonsofnorwaysacramento.com

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



A HEARTY THANKS...

to our outgoing newsletter editor, **Steve Loberg** for a job well done! Steve found out that opening a new restaurant with his wife, Evette, was more demanding than he thought, so he had to relinquish the Navigator reins. We are grateful for your hard work and dedication. Everyone give Steve a hearty "Tusen Takk for en godt utført jobb" or just "Thanks!".

... & WELCOME!

to **Nancy Ottum** who has taken over the job beginning with this month's edition. Nancy has spent 25 yrs. in the graphic design business and hopes you like the new layout. Want to see more? Any and all comments are encouraged! Please send an email to:

nancyottum@mac.com

Got something to say?
Let me know!



I would love to hear from all of you who read the newsletter. Got a new idea for improvement? Have a family heritage story to tell? News of an event we should know about?

Send an email to Nancy at: nancyottum@mac.com and I'll be your new best friend!

PHOTOS OF OUR PAST EVENT

Torsk Dinner

Held at our new event location — the Lutheran Church of the Master.



Norwegian Table Prayer

I Jesu navn går vi til bords
å spise, drikke på ditt ord.
Deg, Gud til ære, oss til gavn,
Så får vi mat i Jesu navn.
Amen.

English Translation

In Jesus' name to the table we go
To eat and drink according to His word.
To God the honor, us the gain,
So we have food in Jesus' name.
Amen.

membership recruitment contest

Sons of Norway and Borton Overseas are bringing back the exciting membership recruitment contest. Beginning on January 1, and running through the end of the year, Sons of Norway and Borton Overseas are sponsoring the Norwegian Experience recruitment contest.



From January 1 through December 31, 2011, members who recruit new, dues-paying Sons of Norway members will be entered into a drawing to win a Norwegian Experience of a lifetime for two!

This is open to any Member!

This year's Norwegian Experience will be an exclusive land-based tour for the winner and guest, courtesy of Borton Overseas, with day excursions and a two-day stay in Oslo for some sightseeing. As always, this trip of a lifetime includes international air travel, deluxe accommodations, and visits to some of Norway's most spectacular sites!

Last year's winner is Nancy Madson! As the 2010 winner, Nancy and a guest will be spending nine days visiting some of Norway's most scenic and historic places, including UNESCO World Heritage sites and several stave churches.

A member since 1990, Nancy has held numerous lodge leadership positions and is currently vice president of Solskinn 6-150 and a District 6 zone director.

For more information visit the [Sons of Norway webpage](#). Good luck!!



Photo from Ekte Norsk Mat--Authentic Norwegian Cooking.

The Dairymaid Wafers (Seterjentas Rømmebrød)

- 1 cup (2 1/2 dl) sour cream
- 7/8 cup (200 g) butter
- 1/4 cup (1/2 dl) water
- 1/4 tsp. salt
- 1/2 tsp. cardamon
- 4 T sugar
- 1 quart (liter) flour, approximately

This cookie is rolled out very thin and baked in a krumkake iron, but not rolled up into a cone like krumkaker. It is an old traditional recipe.

Have butter at room temperature, stir together with sour cream. Add remaining ingredients, leaving out a little flour for rolling out the dough. Knead into a fairly firm dough. Chill for 2 hours. Sprinkle a little sugar on top and roll into the dough. Cut out a cardboard template the size of krumkake iron; trace and cut wafers from the pattern. Bake in heated krumkake iron until a nice golden color.

[*Ekte Norsk Mat—Authentic Norwegian Cooking* is available for purchase through the Vesterheim bookstore. Call toll-free 1-888-979-3346.]

UPCOMING EVENTS

DON'T MISS THIS CONCERT!

Piano Recital "Nordic Elegance" Featuring Knut Erik Jensen

We are so fortunate to have this talented 31-yr.-old play for us in Sacramento in May! He is here in the United States on a 3-year artist visa and currently resides in Alberta, Canada. Get your seat reserved by **May 9** — just follow the directions below.

Please visit his website where you can learn about his life, training and music. He has CDs available for purchase (He will have them at the concert also) and samples of his performances.

www.knuterikjensen.com/

particulars

Sunday, May 15th at 2 pm
Lutheran Church of the Master
1900 Potrero Avenue
Sacramento

Reception following.

Sponsored by the Sons of Norway, Roald Amundsen Lodge.

\$5 donation requested

Reservations are strongly encouraged. There are 3 ways to make reservations through our member, Carol Lee Solheim:

Phone: 530-677-2006

Email: solheim2636@earthlink.net

Snail mail to: 3570 Vista Grande, Shingle Springs, CA 95682-7602 (use the form below)

Tickets will be held at the door.



Name _____

Member? circle one Y or N

Number of tickets _____



Photo courtesy Knut Erik Jensen.



Living Your Norwegian Heritage

Camp Trollfjell

*Language & Heritage Youth Camp
@ Camp Norge in Alta, California*

www.CampNorge.com
**(link to Camp Trollfjell for
Camper & Counselor
Applications)**

Registrar: Sharee Frost
sharee@theunion.net
530-478-0980



Camp is July 10-24, 2011

\$750/child

Ages 8-13 (at the time camp begins)

Scholarships are available—check with your local lodge
or get more information on pg.7 of this newsletter.

Daily Activities Include:



Rosemaling
Viking History
Crafts
Folk Dancing
Language Lessons
Foods of Norway
Building Lasting Friendships

UPCOMING EVENTS



NORWAY DAY FESTIVAL APRIL 30–MAY 1!

Gulldalen Lodge 128 and Nevada County Travel Club (NCTC) have chartered a bus to go to Fort Mason in San Francisco for the purpose of attending Norway Days on Saturday, April 30th. The coach will originate in Grass Valley and the route will depend upon our "cliente's" departure places - most likely with pick-ups in Marysville/Yuba City and/or Sacramento. The bus needs a minimum of 30 passengers to go and will be full at 56 people.

Price will include round-trip bus ride, entrance to the event, beverages and gratuities. Price will be determined by number of people signing up - not to exceed \$60 per person.

Why go with a group?

This way you can leave the driving to a professional, network with other Lodge members, arrive at the Front of the venue and not have to hunt for parking—What could be more relaxing and fun?

Please sign up for this trip by phoning or emailing Brenda Shilling at (530) 432-5362 or tnbshilling@comcast.net before March 31. Payments will be due to: NCTC c/o Brenda as soon as the minimum number of people is confirmed. Please get your name on the list ASAP.

Want to go it alone?

Get tickets and more information from the website: www.norwayday.org

LANGUAGE CAMP SCHOLARSHIP APPLICATION

Camp date: July 10 – 23

Eligible ages: 8 to 13 yrs. old

Roald Amundsen Lodge offers scholarships paying ½ the cost to applicants. To receive a scholarship, each applicant must also agree to give a report on their experiences after camp at the Lodge meeting, on September 13th.

Applications for a lodge scholarship can be downloaded from the web site—Click on

Events: www.sonsofnorwaysacramento.com

Mail applications to the Lodge Foundation Director by the **May 10th** Lodge meeting:

Jim Smith
606 Jo Anne Lane
Roseville, CA 95678

DON'T FORGET TO REGISTER FOR THE LANGUAGE CAMP too!

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

KALENDAR

APRIL	MAY	JUNE
12 th – Lodge Meeting, 7:00 p.m.	10 th – Lodge Meeting, Initiation of New Members 7:00 p.m. 15 th – 17 th of May Concert time TBD	14 th – Lodge Meeting, 7:00 p.m.
JULY	AUGUST	SEPTEMBER
NO LODGE MEETING	9 th – Lodge Meeting, 7:00 p.m. 19 th – BBQ Dinner - Friday 5 p.m. Social 6:00 p.m. - Dinner	13 th – Lodge Meeting, 7:00 p.m. 24 nd - Lutefisk Dinner, Lutheran Church
OCTOBER	NOVEMBER	DECEMBER
11 th – Lodge Meeting, 7:00 p.m. 15 th – Scandi. Festival 5:00 p.m. – Social 6:00 p.m. - Dinner	8 th – Lodge Meeting, Initiation of New Members 7:00 p.m. 19 th – Vikingfest, 10:00 a.m. – 2:00 p.m.	13 th – Lodge Meeting, 7:00 p.m. 10 th – Julebord , Lutheran Church 5:00 p.m. Social 6:00 p.m. - Dinner 18 th Child. Xmas Party