

June 2011

# ndvigator

News from Roald Amundsen

Sons of Norway Lodge 6-48 Sacramento

## PRESIDENT'S MESSAGE

### Hilsen til alle—Greetings to you all!

On May 10<sup>th</sup> we enjoyed an interesting monthly program about a stave church built in Morehead, Minnesota, based on one built in Norway. Thanks to LaRena Hannon for the program and to the providers of our refreshments following the program.



At the lodge meeting we installed Renee Perry as a new member, recognized the recruiting efforts of Joe Hannon and Ann Sandner, confirmed Gordon Hanson as the new historian for the lodge, moved the Lutefisk Dinner from September 24 to October 29, approved assistance to the Modesto Lodge for a deficit in the District Convention, and recommended a bylaw change to allow membership applications to become effective upon presentation by the Membership Secretary instead of requiring a Lodge vote. The bylaw change will require publication to the membership and a subsequent vote by the lodge (see article pg. 4).

On May 15<sup>th</sup> we hosted a piano recital by Norwegian pianist Knut Erik Jensen that was truly delightful. An additional article on pg. 3 provides more information. Thanks to Carol Lee Solheim for reservation services and refreshments for the reception as well as Tove-Lisa Miller and Jeanette Braafladt.

Please look at the rest of the newsletter for information on the next lodge meeting, June 14<sup>th</sup>; the Snowshoe Thompson Dedication, June 25<sup>th</sup> at Squaw Valley; and the Lodge Barbeque on August 19<sup>th</sup>.

I'm looking for volunteers to work on the Lutefisk Dinner in October. Please call me 916-925-8123 or email me [dauidsbailey@yahoo.com](mailto:dauidsbailey@yahoo.com).

Mange takk for hjelpen.

David Bailey  
President

## 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	Gordon Hanson
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
Publicity Director	Carol Francis
Foundation Director	Jim Smith
Trustees	
3-years	Ann Sandner
2-years	Ron Byrd
1-year	Joe Hannon
Auditors	Susan Lemmon
	Ingrid Sceals

## our mission

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 7:00p.m. 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](http://www.sonsofnorwaysacramento.com)

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



## Cultural Program—June Meeting "The Flying Norseman," Carl Howelsen

He was an amazing Norwegian ski jumper who came to America and became a major attraction in the Barnum & Bailey's Greatest Show on Earth. In 1922, the *New York Evening Journal* praised Howelsen's mastery in an article titled "Captain Howelsen's death-defying bird-like flight on skis is a wonder."

Howelsen brought skiing and ski jumping to the West in general and Colorado and Steamboat Springs specifically. Olympic Silver Medalist Billy Kidd, writes, "The sport of skiing has a long and interesting history, and Carl Howelsen, 'The Norseman', is a fascinating part of it."

### REMINDERS

Next lodge meeting is Tuesday, June 14<sup>th</sup>

No lodge meeting or newsletter in July

## CONTACT US

### PRESIDENT DAVID BAILEY

916-925-8123      [davidsbailey@yahoo.com](mailto:davidsbailey@yahoo.com)

### SECRETARY CAROL LEE SOLHEIM

530-677-2006      [solheim2636@earthlink.net](mailto:solheim2636@earthlink.net)

### MEMBERSHIP FLORENCE SMITH

916-783-8830      [darian98@surewest.net](mailto:darian98@surewest.net)

### NEWSLETTER EDITOR/WEBMASTER NANCY OTTUM

530-304-1300      [navigatoreditor@me.com](mailto:navigatoreditor@me.com)

### PUBLICITY DIRECTOR CAROL FRANCIS

916-390-0953      [csfnorge@jps.net](mailto:csfnorge@jps.net)

**K**NUT ERIK JENSEN tickled the ivory keys and coaxed out fantastic music that was as quixotic as the weather. His fingers flew over the keyboard of the old Steinway whose old sound complimented the chosen music. He patiently introduced every piece before playing which made for a fuller understanding of the music.

Jensen played five pieces from “The Holberg Suite” or more properly “From Holberg’s Time” (Fra Hol-

bergs tid) written in the 18<sup>th</sup> century by Edvard Grieg. Using the entire keyboard, his flying fingers produced everything from a soft, light touch to bright, crashing sounds.

Next, Jensen debuted his first time singing while playing along on the piano. With a lively tenor voice, he sang four Norwegian songs by Grieg that were a big hit with the audience. In order to keep his fingers warm, he then asked if we could skip the intermission; the audience was more than agreeable. Who wanted to fracture this enchantment?

Then we all knew we were in for an extraordinary treat when Jensen pulled out an accordion next! What’s this squeezebox doing here?

It turns out, the accordion was the first instrument he learned to play as an accomplished musician; the piano came later. He played this well-respected instrument from age 7 to 17. The year 1999 was the last time he competed as an accordion soloist. He won the competition and decided, at this pinnacle of his career, he would “retire” to pursue learning the piano.

He played three delightful pieces by Pietro Frosini, Jørgen Guldseth (lived in the town where Jensen grew up) and Pietro Frosini. I’ll never speak disparaging words about the accordion again after hearing this music. But as Jensen chided us, “The definition of a gentleman is one who can play the accordion, but chooses not to.” Well then Jensen, you are a scoundrel of the most wonderful kind.

Returning to the piano, Jensen played a piece by Grieg called “Notturmo”. It was written during his middle period and became an inspiration to Maurice Ravel with its unusual way of moving chords. The next group of pieces by Grieg was called Humoresques op. 6, written while he lived in Copenhagen. And lastly, Jensen played two Norwegian folk songs and requested that we sing along if we knew them. The first, called appropriately “Den Fyrste Song” and the last was called “Blåmann Blåmann”. The latter was played several times but with piano variations that made each sound like another famous composer.

I think it’s fair to say that this was one of the highlights of the year for the lodge. Our guest was congenial and engaging as was his music. We all thank you Knut for spending the Sunday afternoon with us.

Jensen lives in Palm Springs where he works as an accompanist and vocal coach and is the Music Director of the International Opera Institute of California. He has two CDs of songs that can be purchased from iTunes (You’ll need to download the free app if you don’t already have it). You can also preview his work on YouTube at <http://www.youtube.com/piacevole>.



## 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!!

## lodge bylaw change requested

In May, the Board recommended a change in the bylaws to allow membership applications to be approved upon presentation by the Financial or Membership Secretary instead of requiring an approval by the Lodge (which is the current procedure). The Lodge approved presenting this bylaw change to the membership.

The constitution states (4.6.4) "The lodge shall adopt ONLY ONE of the following bylaw options: (1) Allow membership to become effective upon presentation by the Financial Secretary or Membership Secretary, or (2) Allow membership to become effective following a vote by the Lodge."

The bylaw change will delete the existing language requiring a vote by the Lodge on proposed membership and will replace it with language stating that "Proposed membership will become effective upon presentation by the Financial Secretary or Membership Secretary."

The constitution also provides (4.10.1-2) that such a **bylaw change requires a two-thirds vote of members attending a lodge meeting** and that it must be preceded by written notice of the proposal and meeting date for decision.

The board's purpose in proposing this bylaw change is to make it easier for members to join and to allow them to join while their interest is active. The board noted that no one has been declined membership in several decades and that most lodges do not require the prior approval of members seeking to join. Further information will be provided in the next newsletter.

Please contact me if you have any comment on this proposed change at [davidsbailey@yahoo.com](mailto:davidsbailey@yahoo.com). or 916-925-8123.

# It's Been 100 years Since Roald Amundsen and Crew Won the Race to the South Pole!

from *News of Norway*, edited by Nancy Ottum

## A Man of Firsts

Roald Engelbregt Gravning Amundsen was an accomplished explorer with a remarkable first to his credit: He was the first to navigate the Northwest Passage, which he did from 1903 through 1906, in his ship, *Gjoa*. Many had tried and failed before him.

By 1910, he began preparations to achieve another first: first to the North Pole. But when word came that separate expeditions led by Frederick Cook and by Robert Peary had beat him to it, Amundsen changed plans. He set his sights on the South Pole, which had been approached — Ernest Shackleton had come within 97 miles in 1909 — but never attained.

As he prepared to embark on the journey, he learned that an expedition led by Capt. Robert Scott of the British Royal Navy had departed for the South Pole eight weeks before Amundsen's, but the head start was not quite the advantage it seemed. Even after a winter layover, on December 14, 1911, the five explorers and 15 remaining dogs finally reached the South Pole, the first ever to do so, beating Scott's competing group, which had taken a different route, by 35 days!

Amundsen used specialized skills he had learned earlier from Canada's Inuit population. Perhaps his greatest act of foresight lay in his pre-journey selection of 97 of the finest Greenland dogs to pull the sleds.

Scott's expedition, in contrast, used ponies — which could not endure the cold as well — and motorized sleds, which were considered inefficient. Greenland Dogs are working dogs, well suited to hard work in frigid conditions.

Most of the dogs survived the ocean voyage but only a few made it all the way to the Pole.



“Victory awaits him who has everything in order— luck, people call it. Defeat is certain for him who has neglected to take the necessary precautions in time; this is called bad luck.”

— ROALD AMUNDSEN

## Lessons of the Inuit

Roald Amundsen owed much of the success of his journey to the South Pole to the time he had spent some years before with the Canadian Inuit called Netsilik. Through their meetings with the Inuit, Amundsen and his men learned many techniques for surviving and traveling in a polar climate: proper handling of dogs, dog sledding, igloo building, the best way to dress against the cold, and appropriate food and equipment for the climate.

He had used his accumulated knowledge to navigate the Northwest Passage, when, on August 26, 1905, they met an American whaler sailing toward them from the eastern end of the passage marking the expedition's completion of its goal. After spending another winter trapped in ice, they continued on and received a hero's welcome in mid-October, 1906 when they reached San Francisco. You could say that he gained the necessary practice necessary for the upcoming Antarctic expedition and it proved to be critical. When Amundsen reached the South Pole, he owed his success not only to his own careful planning and bravery, but also to Arctic survival skills he had learned from the Inuit years before.



# *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

## HELPERS STILL NEEDED!

### Camp Troll Fjell Language & Heritage Camp July 10-23, 2011

Be a part of the "Camp Troll Fjell Team" that teaches our young people about their heritage and culture plus ensures their health and safety at Camp Norge.

We are in need of the following staff members:

- Assistant Director for Food Services
  - Food buyer
  - Cook
  - Assistant cook
- Assistant Director for Personnel
- Nurse—must be licensed to practice in California

Please visit [www.campnorge.com](http://www.campnorge.com) and link to Camp Trollfjell to access the complete Manual in pdf under Counselor Application or CIT Application.

For more information and details regarding salary scale, contact Mary Beth Ingvoldstad  
[mbingvoldst@aol.com](mailto:mbingvoldst@aol.com)  
 707-987-2404  
 or toll free at 866-834-1932

## 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 13<sup>th</sup>.

Applications for a lodge scholarship can be downloaded from the web site—Click on Events:  
[www.sonsofnorwaysacramento.com](http://www.sonsofnorwaysacramento.com)

### **Deadline has been extended!**

Mail applications to the lodge foundation director by the **June 1<sup>st</sup>**:

Jim Smith  
 606 Jo Anne Lane  
 Roseville, CA 95678

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



## ***Snowshoe Thompson Statue Dedication Ceremony***

***Dedication to be held at the world famous Squaw Valley USA resort in the Events plaza at The Village at Squaw Valley at 1:00 PM June 25, 2011 located in Olympic Valley, CA***

***The program will include a reading by the sculptor, Richard Gill  
Norwegian dancing by the Kropp's, Singing by Phil Walker,  
and Snowshoe Thompson impersonator Steve Hale.***

***Attendees are invited to arrive early and tour the cobblestone streets,  
shops & restaurants all under the peaks of Squaw Valley.  
Discounted room rates will be available for those wishing to stay  
over before or after the event.***

***All Sons of Norway lodges, District representatives and International  
representatives are invited as well as the Norwegian Consulate.  
A news release will be published in area newspapers.***

***A recruiting stand will be available for prospective members  
in any represented lodge.***

***June is a great time to visit the Lake Tahoe area and Squaw  
Valley is high among the preferred destinations, even in the  
summer, as the Cable Car to 8200 ft.  
and other attractions remain in service***

***(Sponsored by the Squaw Village Neighbourhood Company and  
Sons of Norway, Snowshoe Thompson Lodge 6-078)***

***(More information? Contact Rich Moe at 530 755 4640 or [rgmoe@comcast.net](mailto:rgmoe@comcast.net))***

***Lodging information: Call 1-866-818-6963 and use promotion code SMMR or visit this link:  
[Http://reservations.thevillageatsquaw.com/smsworld/we.dll?smsworld~availbox~&rcr=SMMR](http://reservations.thevillageatsquaw.com/smsworld/we.dll?smsworld~availbox~&rcr=SMMR)***

**Zone 1 All-Lodge Picnic  
Hosted by Snowshoe Thompson Lodge**

**Sunday, Aug. 7  
1-4 p.m.  
Camp Norge**

This is a nice time of year in the Sierra and always a good time to get together with fellow lodge members and meet new friends.

Please bring your own—

- beverage
- meat/fish/sausage to grill (condiments provided)
- salad or dessert to share
- your place setting

Day use fee is \$3

RSVP by **Aug. 3** to

Rich Moe at [rgmoe@comcast.net](mailto:rgmoe@comcast.net) or 530 755-4640 or  
Eugene Nelson at [geneorlee@aol.com](mailto:geneorlee@aol.com) or 530 673-5366



**Amundsen Lodge Annual Summer BBQ**

**Friday, August 19  
6:30 p.m.**

**San Juan Masonic Center  
5944 San Juan Ave.  
Citrus Heights**

The BBQ dinner is being catered by Back Forty in Shingle Springs and we'll be serving:

Barbequed ribs, sliced beef, chicken along with cole slaw, baked beans, corn-on-the-cob, banana bread and corn bread. Dessert will be juicy watermelon.

**RSVP by Monday, Aug. 15** to Carol Lee Solheim (530) 677- 2006 or email her at [solheim2636@earthlink.net](mailto:solheim2636@earthlink.net)

Make checks payable to The Sons of Norway and mail to:

Carol Solheim, 3570 Vista Grande, Shingle Springs, Ca 95682

Form is also available on website: [sonsofnorwaysacramento.com](http://sonsofnorwaysacramento.com) and will be in our August issue of the *Navigator*.

## \$250 "Helping Hands to Children" Grant Awarded to Our Lodge

Zone 1, of which we are part of, had a high number of grants awarded this year. Three "Helping Hands to Children" grants went to Gulldalen, Roald Amundsen, and Vikings of Lake. Our grant went to the Mather Youth Authority to purchase much-needed books.

Congratulations to our lodge: This is why we are proud to be a part of the **#1 Zone!**

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## Scandinavian Festival in Oregon?

Ya shur ya betcha! Velkommen to Junction City. Since 1960, the people of Junction City have been celebrating their rich Scandinavian heritage by transforming their town into a charming old-world village. This year's festival will be held Aug. 11-14.

For more information visit their website at <http://scandinavianfestival.com/index-2.html>

## Make Our Dinners Extra Special for You!

We encourage everyone who comes to our dinners to bring their own place settings. It makes sense on so many levels:

- No trying to cut meat with a plastic knife, then have the fork break
- Wine is just better in a glass
- Saves the lodge money appropriately
- Keeps plastic and styrofoam out of the landfill
- Makes all the meals special and festive

We will also be offering the choice to recycle items from dinners so they can be properly disposed of.

## The Gulldalen Lodge "VIKING BÅTEN" will "sail" in the Dutch Flat 4th of JULY PARADE



For those Sons of Norway members and friends planning to spend the weekend at Camp Norge, be sure to come the short distance to "downtown" Dutch Flat and join us marching!

For details call 530 432-8311

# INSURING THE FUTURE



The last phrase of the Sons of Norway Mission Statement is to “provide quality insurance and financial products to our members”. To do this, your Financial Benefits Counselor (FBC)-me-needs to sit down with you to identify your financial goals via a FREE financial review! Financial goals are unique and everyone seeks advice for a different reason. As your FBC, I promise to approach your goals and concerns by applying the following five-step process that will be unique and tailored to your situation:

- **Preparing for Retirement:** Simplify the process and find you the best path forward.
- **Planning for life changes:** Navigate through all of life’s changes.
- **Making a plan:** Meet your goals and make sure you’re ready for WHATEVER.
- **Taking action:** Put your PLAN into action.
- **Reviewing your progress:** Meet regularly to reassess your progress and adjust your PLAN to keep you on track.

Call me today to put Sons of Norway to work for you and to learn more about your FREE financial review! Help me help yourself—“Have car, will travel!”

Carl P. Ingvaldstad Toll-free at 1-866-834-1932 ([cingvaldst@aol.com](mailto:cingvaldst@aol.com))

► Call me today to put  
Sons of Norway to  
work for you and to  
learn more about your  
FREE financial review!

**CELEBRATE A MILESTONE!**

65 Years

*Happy Anniversary*

*Norman and Helen Evensen*

*June 1, 2011*



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

Non-Profit Organization  
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 Permit #124

## 2011 KALENDAR

June	July	August
14th: 7pm lodge meeting 25th: 1pm Snowshoe Thompson monument dedication	NO lodge meeting NO newsletter	7th: 1-4pm Zone 1 Picnic, Camp Norge 9th: 7pm lodge meeting 19th: Lodge BBQ
September	October	November
3-5: Kretsstevne 13th: 7pm lodge meeting	11th: 7pm lodge meeting 15th: Scandi-Fest 22nd: Lutefisk Dinner	8th: 7pm lodge meeting 19th: VikingFest
December		
NO lodge meeting 10th: Julebord 18th: Kids' Christmas Party		

**MARK YOUR KALENDARS**

Sept. 3-5 is the No. Cal. Kretsstevne at Camp Norge

Dec. 10 is the annual Julebord