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News from Roald Amundsen

Sons of Norway Lodge 6-48 Sacramento

PRESIDENT'S MESSAGE

Hilsen til alle—Greetings to you all!

I was able to attend an evening of Kretsstevne at Camp Norge over the Labor Day weekend. I was charmed by two young girls twirling away during the dance and was delighted by the Norwegian breakfast Sunday morning. Conversations with District President Lyle Berge and Past International President Penny Knutsen were also a delight.



On September 13th, the Lodge approved the proposed change in the bylaws allowing approval of new member applications upon presentation by the Membership Secretary. Correspondence

has been sent to the
Sons of Norway
Headquarters
advising them of this
change. At the same
Lodge meeting, we
had an enjoyable
presentation by
the students at the

Please volunteer at an event to help
do even a small job and/or contribute
some baked goods.

language school at Camp Norge. They showed us some crafts and sang some songs they had learned.

We have many events coming soon. The Scandinavian Festival is October 15th, the Lutefisk and Meatball Dinner is October 29th, and the Viking Fest is November 19th. Further information is in the newsletter. These events are heavily attended need your support. Please volunteer at an event to help do even a small job and/or contribute some baked goods.

We also have Lodge meetings on October 11th and November 8th. Hope to see you there.

Mange takk.
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

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



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
- 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.

CONTACT US

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PUBLICITY DIRECTOR CAROL FRANCIS

916-390-0953 csfnorge@jps.net



Northern California Kretsstevne 2011 Camp Norge

September 11, 2011

Dear Roald Amundsen Lodge,

The 2011 Northern California Kretsstevne attendees at Camp Norge had a wonderful weekend due to the efforts of several Lodges. It was great to have your Lodge member and Zone 1 Director, Carol Francis, as Kretsstevne Treasurer. She ran things very efficiently and finished her accounting in a most timely manner. We thank your members Carol Lee/ Øystein Solheim and David Bailey for joining us for a meal or two during the weekend. We would love to see more of you for the weekend or a day trip in 2012.

Our Lodge, Vikings of Lake Lodge, Chair for 2010 and 2011 has stepped down. We are looking for a new Chair in 2012. We have all but the Saturday morning breakfast in place. If your Lodge would be willing to do that it would be most appreciated. It can be done with about four members on hand! Think about that, please, and know that we are grateful that Carol has agreed to continue as the Treasurer for this event that truly benefits Camp Norge and brings us together as a Sons of Norway family.

Mange tusen takk!

Fraternally,

Vikings of Lake Lodge #6-166
Chair Lodge—2011

Cc: Carol Francis
Nancy Ottum—Editor

⚡ REMINDERS ⚡

We always need help running events. Consider volunteering at your lodge!

Next lodge meeting is Tuesday, Oct. 11. "Scandinavian flags" will be the topic of the cultural program.

WANTED

Lodge Members To “Make And Bake” For Viking Fest On Saturday, November 19th

Lodge members are being asked to participate in the annual Viking Festival by baking items to be sold at the bakery table the day of the festival.

LaRena Hannon is heading up the sale of the baked goods and is asking members to make cookies, cakes, and breads for the Lodge to sell. Items most wanted are those from Norwegian or Scandinavian recipes.

“The more items we have to sell, the more money we make for the Lodge,” adds LaRena.

“We are hoping many of our members who are unable to attend Lodge events will want to share their baking talents and help us out.” When and where items can be turned in will be announced next month.

Lodge members with artistic talents are also being asked to make things to be sold at the Viking Fest. Items such as crafts, needlework, crocheting, knitting, sewing, painting and rosemaling will be offered for sale. The object is to offer homemade goods to the many people who attend the annual event.

If you have questions, give LaRena a call at
(916) 451-3853.

Language Heritage Camp Report from Three Happy Campers

It was a fun evening when Carson, Anders and Matthew came forward and told of their experiences at Camp Norge while attending Language Heritage Camp this past July.

Carson was first to present. He proudly showed the crafts he so carefully made: A photo book adorned with rosemaling on the cover; a plaque that really showcased his rosemaling; a stick that nobody seemed to know what it was for; a hand-woven belt, and rope. His favorite Norwegian part of the weekend was the food. This is his second year attending the camp.

Matthew, a 2-yr. veteran, stepped up next and showed his crafty troll made from clay, a smiley rock (like a pet rock), photo and photo book, his name spelled in runes and the entire rune alphabet lettered out. Lastly he showed his workbook with all the Norwegian language he learned.

Lastly came Anders, a 4-yr. camper. He showed some photos he took and admitted that it was the Norwegian desserts that won his heart.

They closed the program with a rousing (and gyrating) version of "We are Norwegians". Too bad I can't attend the camp; it sounds like hecka fun!



From left to right: Matthew Bradley, 9; Anders Thue, 12, and Carson Hutler, 12. President Bailey in the background.

September Cultural Program

The Sami

as told by LaRena Hannon

The upper region of Norway, Sweden, Finland and Russia is called Finnmark and it is inhabited by an ancient native people called the Sami. They live in the land of the Midnight Sun in temporary shelters made of cloth or hides tied over poles much like our Native Americans. Their choice of homes is purposeful in that they can pick up and move with the reindeer herds that are their livelihood. They use the hides for shelter and clothing, eat the meat and boil bones for marrow.

Some of the reindeer are domesticated enough so they can pull their sledges. Spring is a big time of celebration. All the Sami come together and play games, stage races, catch up with friends and show off their beautiful costumes.

**28th Annual
Sacramento
Scandinavian Festival
October 15, 2011
10:00 am - 4:00 pm**



**Scandinavian food, baked goods, and merchandise for sale
Information about the Nordic Countries
Music, Entertainment and 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 (408) 509-3209
- Norway (916) 451-3853
- Sweden (916) 791-1908

Day of Festival you can call (916) 206-8962

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



VIKING FEST

**WHEN: November 19, 2011
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 29, 2011

Social Hour 5:00pm Dinner 6:00pm

Lutheran Church of the Master
1900 Potrero Way
Sacramento

Don't Miss!
After dinner, we will feature a program on the Lost Western Settlement of Greenland (1342) by Carol Francis.



**LUTEFISK &
MEATBALL
DINNER**



Cultural program after dinner.

NOTE: DEADLINE TO MAIL IS OCT. 13th

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: Carol Lee Solheim, 3570 Vista Grande, Shingle Spgs, CA 95682

(Questions? 530.677-2006 email:solheim2636@earthlink.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 _____

of Members _____ @ \$17.00 each Total \$ _____

of Non-members _____ @ \$20.00 each Total _____

Child tickets _____ @ \$5.00 each Total _____

Grand Total: \$ _____

(DETACH AND MAIL TO ABOVE ADDRESS BY OCT. 13, 2011)

October 9th—Leif Erikson Day



Leiv Eiriksson (c. 970 – c. 1020) was a Norse explorer who is regarded as the first European to land in North America (excluding Greenland), nearly 500 years before Christopher Columbus.

America Not Discovered by Columbus by Rasmus B. Anderson was published in 1874. This book helped popularize the now familiar idea that Vikings were the first Europeans in the New World. During his appearance at the Norse-American Centennial in 1925, President Calvin Coolidge gave recognition to Leif Erikson as the Discoverer of America due to research by Norwegian-American scholars such as Knut Gjerset and Ludvig Hektoen.

In 1930, Wisconsin became the first U.S. state to officially adopt Leif Erikson Day as a state holiday, thanks in large part to efforts by Rasmus Anderson. A year later, the state of Minnesota followed suit. By 1956, Leif Erikson Day had been made an official observance in seven states (Wisconsin, Minnesota, South Dakota, Illinois, Colorado, Washington, and California) and one Canadian province (Saskatchewan).

October 9th is not associated with any particular event in Leif Erikson's life, but was chosen because the ship *Restauration* coming from Stavanger, Norway, arrived in New York Harbor on October 9, 1825 at the start of the first organized immigration from Norway to the United States.



From the desk of...

Mary Beth Ingvaldstad
District 6 Vice President

Bunad Making Class

Freya Lodge #6-62, in Santa Rosa, California, is teaming up with **Sue Sutherland** of Bunad Butikken, in Barronett, Wisconsin, to have a bunad making class at Camp Norge. This class is scheduled for May of 2012 following Norway Day in San Francisco (which is the first full weekend in May).

Sue typically teaches bunad making in Ely, MN. This is an excellent opportunity for our district as we will have her right here in our own backyard, so to speak. The class structure is usually five days with the next class a year later. That means learning your embroidery in the first class and have the bunad fitted and constructed the following year. The cost of these classes has been \$400 per five day session when it took place at the Grand Ely Lodge in Minnesota. The cost at Camp Norge is expected to be less due to the lower costs of lodging and food.

The class may or may not follow the exact structure noted above. Sue would like to know the needs of members to determine the structure of the class.

- Do you want to learn embroidery?
- Do you want to learn construction?
- Do you have a bunad that needs fitting, or adjustment, or repair?

There will be limited class space of 12 and the cost has not yet been determined. The structure and exact dates are yet to be determined.

Also, we will need a cook to provide meals to participants (if we model it after the rosemaling weekends).

We expect this class to fill up quickly. Contact Pamela at clothcrafter@sbcglobal.net or 707-778-8120 for more details or to enroll.

LANGUAGE HERITAGE CAMP CAMP NORGE 2011



Sports Medal Program Update

Introducing the Gangmerke!



If you haven't already heard, Sons of Norway's Sports Medal Program is currently being re-designed. Feeding off of the energy and liveliness of the 2010 Olympics, the Sports Medal Program has a new and improved look and feel. The Svømmemerke (swimming medal) and Idrettsmerke

(sports/fitness medal) have already been introduced. This quarter you can work towards earning the new Gangmerke (walking medal)!

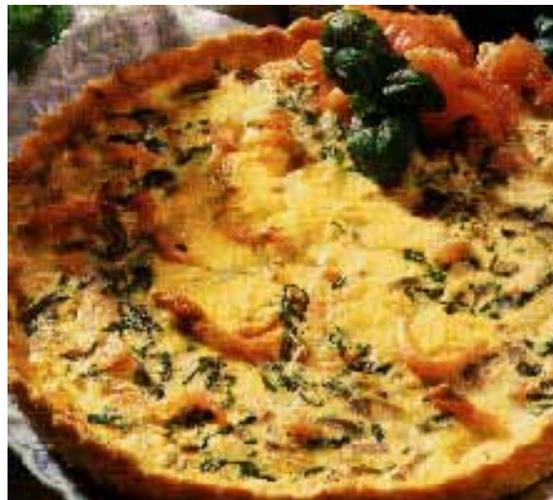
The Sports Medal Program is a way for Sons of Norway members and their lodges to share their enthusiasm for the Norwegian tradition of friluftsliv (outdoor life/outdoor recreation). There are five different pins that can be earned: Gangmerke (walking), Idrettsmerke (sports/fitness), Skimerke (skiing), Sykkelderke (biking) and Svømmemerke (swimming). For each pin, there are four levels of achievement: Bronze, Silver, Gold and Enamel.

To earn a Sports Medal, simply ask your Lodge's Sports Director for a record card, or download one from our website (www.sonsofnorway.com), and begin recording your activity. When your record card is complete, submit it to your Sports Director and receive a pin from Sons of Norway Headquarters free of charge. Remember that the Sports Medal Program is designed so that members of all ages and abilities can participate.

Remember to keep track of your summer activities so that you can earn the new Gangmerke!

**For more information about the Sports Medal Program email culture@sofn.com or call Sons of Norway Headquarters (800) 945-8851.

recipe



SMOKED SALMON QUICHE / SERVES 8

Pastry:

- 250 g (4 1/4 dl, 1 3/4 cups) flour
- 250 g (8 ounces, 1 cup) butter or margarine
- 1 dl (up to 1/3 cup) water

Quiche:

- 1 1/4 dl (1/2 cup) finely chopped onion
- 2 1/2 T. butter
- 400 g (14 ounces) chopped smoked salmon
- 2 tsp. chopped fresh chives
- 1/2 clove garlic, chopped
- 2 tsp. chopped fresh basil
- 5 eggs
- 2 1/2 dl (1 cup) milk
- 2 1/2 dl (1 cup) whipping cream
- pepper

Combine all pastry ingredients in a food processor. Gather into a ball, cover with plastic wrap and chill 1 hour. Preheat the oven to 200°C (400°F). Roll out the dough to fit a 24 cm (10") tart pan. Prick with a fork. Cover edges with foil and bake 10 minutes. Reduce temperature to 160°C (325°F). Sauté onion until shiny in the butter. Stir in salmon, chives, garlic, and basil. Cool. Arrange the salmon mixture in the pre-baked tart shell. Whisk eggs with milk and cream, season with pepper and pour in the tart shell. Bake about 30 minutes, until puffed and golden.

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

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RETURN SERVICE REQUESTED

2011 KALENDER

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
3-5th: Kretsstevne 13th: 7pm lodge meeting	9th: Leif Erikson Day 11th: 7pm lodge mtg. 15th: ScandiFest 29th: Lutefisk Dinner	8th: 7pm lodge meeting 19th: VikingFest
December		
13th: 7pm lodge meeting 10th: Julebord 18th: Kids' Christmas Party		

**MARK
 KALENDERE**

Dec. 10 is the
 annual Julebord

Dec. 18 is
 the Childrens'
 Christmas Party