

Roald Amundsen's **NAVIGATOR**



Sons of Norway Lodge 6-48, Sacramento

October 2012

Fra Presidenten

We initiated three new members at the September meeting--Kimberly Rowland, Norman Hales, and Arne Jensen. This is wonderful. We will have another initiation opportunity in November.



We also received reports from four students who were sponsored by the Lodge to the Language and Heritage Camp Troll Fjell - Anders Thue, Angelina Jensen, Matthew Bradley, and Bo Tadlock who sent a voice video from Utah. They gave enjoyable reports and they enjoyed the Camp.

The meeting also elected Carol Francis, Ann Sandner, and Steve Rosenthal to serve as the Nominating Committee which will recommend our officers for next year.

Although I wasn't able to attend the August BBQ Dinner, Carol Lee reports that about 50 people attended. Thanks to Bill Nilsen who donated a drawing for a raffle he conducted and to Back Forty BBQ of Shingle Springs which catered the meal. Lyla Hanson won the raffle.

I enjoyed visiting the Kretsstevne up at Camp Norge over the Labor Day weekend, which featured several delightful programs, and I purchased some nice craft items. Carol Francis' program on traveling in Norway was quite informative.

We've a number of entertaining and tasty programs coming up soon. The Scandinavian Festival is October 6th, and the Lutefisk/Meatballs Dinner is October 20th . Please see the flyers for these events. Come out and have a good time and some tasty treats. Don't forget the Viking Fest on November 17th.

The next Lodge Meeting is October 9th, hope to see you there. "The cultural program will be a DVD presentation on the Scandanavian countries. Please join us." Mange Takk,

David S. Bailey
(H) 916-925-8123

Summary of August Board Meeting

The Board met on August 9, 2012 at Carol Francis' residence. The Board determined to recommend purchase of a barbeque grill for Camp Norge to the Lodge, to make the case of books donated by Herman Anderson available at the Scandinavian Fest and Viking Fest, to have David Bailey front the expenses for printing the Navigator, to investigate payment methods for the website and domain name, to have Carol Lee Solheim take reservations for the Lutefisk Dinner and set the price at \$17 members/\$20 others, to not

Continued on page 3

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.

2.

your lodge officers:

President

David Bailey - 916-925-8123 • davidsbailey@yahoo.com

Vice President - open

Secretary

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

Recording Secretary - **Lyla Hansen**

Treasurer - **Stephen Rosenthal**

Membership

Florence Smith - 916-783-8830 • darian98@surewest.net

Counselor - **Carol Francis**

Social Director - open

Marshall - **Patricia Harriman**

Youth Director - **Jessica Brown**

Greeters - **Ron and Cecelia Byrd**

Librarian - **Carol Lee Solheim**

Historian - **Gordon Hanson**

Musician - **Janet Moe**

Ass't. Musician - **Bob Dahl**

Sports Director - **Ann Sandner**

Cultural Director - **LaRena Hannon**

Newsletter Editor

Knute Blodger - 916-632-9118 • kblodger@aol.com

Publisher - **Bob Dahl**

Webmaster

Anne Bandy - 916-486-8397 • abandy100@gmail.com

Publicity Director

Dee Ann Smeltzer - 530-676-9416 • smeltzer4@sbcglobal.net

Foundation Director - **Jim Smith**

Trustees

3-years **Joe Hannon**, 2-years **Ron Byrd**, 1-year **Ann Sandner**

Auditors

Susan Lemmon & Ingrid Sceals

Lodge meetings

Join us at 7:00p.m. on the second Tuesday of most months 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

COMING EVENTS

October

Sat. Oct. 6th

Scandi Fest

Complete info on page 6

Tues. 9th: 7pm lodge meeting

Sat. Oct. 20th

Lutefisk Dinner

5 pm Social;

6 pm Dinner

Complete information on page 7.

Sat. Oct. 20th

Viking Fair

in Grass Valley 10 am-3 pm

More information on page 3

November

Tues. 13th: 7pm lodge meeting

Sat. Nov. 17th:

VIKING FEST

10:00 am to 2:00 pm

SAN JUAN MASONIC HALL

5944 San Juan Ave. Citrus Heights

December

Sat. 8th: Julebord

Tues. 11th: 7pm lodge meeting

Sun. 16th: Family Christmas Party

Fra Presidenten - continued from page 1
publish addresses or phone numbers in the Navigator or website, except for officers and those serving as the point of contact for events, and to organize a meatball-making evening.

The board also discussed the September program, Kresstevne weekend, August BBQ, Scandinavian Festival, Lutefisk Dinner and Helping Hands (Adopt a School) program.

David S. Bailey(H) 916-925-8123

Living Will

(We should all have one!)

I, _____, being of sound mind and body, do not wish to be kept alive indefinitely by artificial means. Under no circumstances should my fate be put in the hands of lawyers, doctors, and hospitals interested in simply running up the bills.

If a reasonable amount of time passes and I fail to ask for at least one of the following;

___Lutefisk, ___Lefse, ___Lapskaus, ___Aquavit,

___Rømmegrøt, ___Kjøttkaker, ___Geitost,

___Krumkaker, ___Waffler, ___Bløtekake

then it should be presumed that I won't ever get any better. When such a determination is reached, I herby instruct my appointed person(s) and attending physicians to pull the plug, real in the tubes and callit a day.

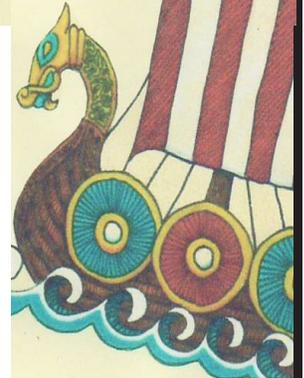
At my funeral, I ask all my friends to raise their glass and SKÅL to the good times we have had.

Signature: _____ Date: _____

NOTE: I hear that in Ireland they have a Nursing Home with a Pub. The patients are happier and they have lot more visitors. Some of them don't even need embalming when their time comes. If anyone knows the name of this happy place, PLEASE let me know!

3rd Annual Gilldalen Lodge

VIKING FAIR



Admission:

\$2. per adult

\$1. per child (6-12)

FREE 5 and under

Each ticket includes a chance to the complimentary Door Prize



- Scandinavian Vendors
- Nordic Foods
- Baked Treats
- Live Music
- Crafts
- Viking White Elephant!

Saturday, October 20

10am - 3pm

Nevada County

Fairgrounds

Ponderosa Hall

Free Parking at gates 2 and 3

Hosted by the Sons of Norway,

Gulldalen Lodge

Knute's Korner

Meet our Members

Ann Sandner

Following Ann's name in the roster is "Speech Pathology." For thirty-two years Ann was the speech pathologist for El Dorado County School District. That is a lifetime of work developing effective communication skills for children with myriad problems in speech and or hearing.

For the past six years, this dedicated lady is still in demand and works part time for Folsom-Rancho Cordova School District.



Ann was born Ann Ulleberg in Thief River Falls MN. It was her grandfather who first emigrated here from Drammen, Norway in 1902. After he arrived he sent back word to a girlfriend, that things were good here. She followed him to MN bringing along her sister as a traveling companion. The inside family story is Grandfather Ulleberg married the companion.

Ann's mother was a teacher and her father an accountant. When Ann was six the family moved to Stockton CA because her father had contracted TB. Needing a milder climate he was able to transfer with his company,

While in Stockton she attended all grades including two years of college. After graduating she married John Stagnaro in 1957, moved to Sacramento, and had two children, Roger and Cindy.

Things were going well and Ann wanted to get her Masters Degree in Speech Pathology at Sacramento State College. The College of Education requires a physical examination for all enrollees. She was diagnosed with having TB and spent two years at Wiemar Sanitorium plus having a large part of one lung removed. Ann was only twenty-two years of age, and this was devastating to her and her young family. As if this wasn't enough trauma, her mother died just before her sanitorium stay and her father died just after.

Within a few years, she had another child, Steve. In 1966 her husband died just nine years after their marriage.

Ann never lost the desire to become a speech pathologist and by 1970 she had her Masters from Sacramento State. There is a drop-out rate of 50% for students in almost any speech pathology class. It is so demanding in learning the integration of all that goes into speaking and hearing. Ann has the intellect and drive to do anything she sets her mind to. After graduating, she immediately went to work for El Dorado County School District, worked there until 2003 when she retired.

In 1969 she married Richard Sandner and they had two more children, Keith and Shauna. Sandner was employed at Formica in Lincoln and just recently died in 2009.

The end result of helping children to communicate is so gratifying, but sometimes getting there is so tedious and takes a lot of patience, and determination. Imagine having a case load of sixty to seventy children a year. Using just half the number, in her career as speech pathologist, Ann has brought normal speech and personal confidence to over a thousand children. When she sees the parents today, they tell her how thankful they are because those kids are now doctors, pilots, lawyers and CEO's, etc.

Parents can be a problem too. When Ann would find a child with a speech problem some parents would be in denial. This added to the complexity of the work.

All work and no play could have made Ann a little tired of it all. She found her bliss in travel. In 1976 she and a fellow teacher traveled to Europe. After

this trip, Ann never looked back. She has been to Norway eleven times and has traveled to seventeen countries and all but eleven states. She just recently returned from Italy.

When Ann's daughter came back from Norway in 1985, she brought Ann a knitting pattern. It was all in Norwegian so Ann had to have it translated by S/N member Maren Hawke. This of course is what prompted Ann to join Roald Amundsen that same year. Being a dedicated and involved member, Ann became president in 1993-94 and again in 2004-05.

All of Ann's five children and seven grandchildren are doing well and Ann's walls are covered with pictures of family.

If there was a show today called "This Is Your Life Ann Sandner," they would have to have a very large auditorium to hold all of the children, that are now grown up, that Ann has helped to make whole, healthy and normal. Ann, you are such a worthwhile and loving person. Today we hear a lot about givers and takers. You are a giver to your family, your lodge, your community and to all those kids who today can shout, ANN, WE LOVE YOU!

News of Norway

Final days for 50-øre coin



Norway's Central Bank (Norges Bank) is taking the last of the coins that once made up a krone out of circulation as of 2012. The 50-øre coin (two of them makes one krone) is also probably the last of the copper coins to be minted in Norway.

The move marks the first time since the krone was divided up into 100 øre in 1875 that

Norwegians no longer can pay for goods and services with both "kroner and øre."

The bank board determined that too many Norwegians would receive 50-øre coins as change but then set them aside and not re-use them. That led to high costs of producing millions of the little copper coins every year, even though the bank estimates there are nearly 370 million 50-øre coins actually in circulation among the public.

Anyone sitting with a large supply of 50-øre coins need not despair; they can be traded in at the Central Bank for another 10 years.

NORSEMAN XTREME TRIATHLON

The Brutal Norseman

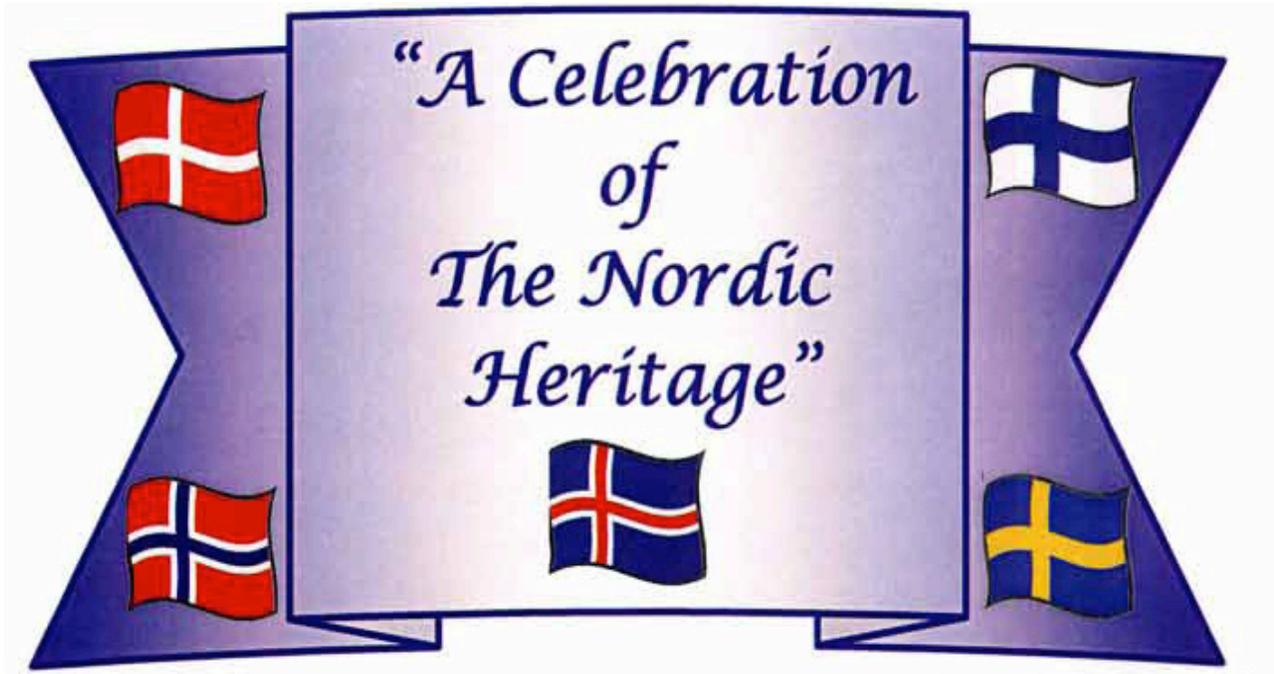
Call it gluttons for punishment, but 500 hardy souls from 37 countries took part in early August in what's been called one of the "most brutal" races in the world; the extreme triathlon known as the "Norseman".

The race involves swimming 3.8 kilometers in the ice chilly Hardangerfjord, followed by a 180 kilometer bike race from sea level at Eidfjord up the mountain to the plateau known as Hardangervidda. That involves an elevation climb of around 1,200 meters (nearly 4,000 feet). The last leg of the triathlon is a 42.2 kilometer running race with the finish line at an elevation of 1,883 meters to the peak of Gaustadtoppen for a total of 226 kilometers in a single day.

The organizers warn that there are no service stations during the bike leg; there is a risk of extreme weather conditions on the mountains. You will probably be very cold, hate the hills, sometimes you will feel lonely and experience being unusually emotional. Another warning; Do not enter the race unless you have read the Race Manual as this is harder than any other long-distance race in the world.

29th Annual
Sacramento Scandinavian Festival

October 6, 2012
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) 682-488
- 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 ROALD AMUNDSEN LODGE
LUTEFISK & MEATBALL DINNER
SAT., OCTOBER 20, 2012

Social Hour 5:00pm Dinner 6 :0 0 pm
Cultural program after dinner

Lutheran Church of the Master
1900 Potrero Way Sacramento

NOTE: DEADLINE TO MAIL IS OCT. 12th
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:
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. 12, 2012)

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

RETURN SERVICE REQUESTED



Sons of Norway's
Roald Amundsen Lodge Presents

VIKING FEST

Saturday, November 17, 2012

10:00 am to 2:00 pm

SAN JUAN MASONIC HALL

5944 San Juan Ave. Citrus Heights, CA

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

ADMISSION FREE

For Information Contact: Florence Smith