

# THE NAVIGATOR

A Publication of Roald Amundsen Lodge 6-48

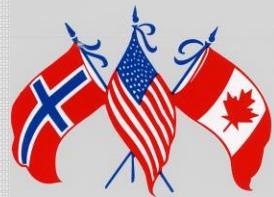
Sons of Norway, Sacramento, California

March, 2013

Interim Editor: Dick Tracysen

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[www.sonsofnorwaysacramento.com](http://www.sonsofnorwaysacramento.com)



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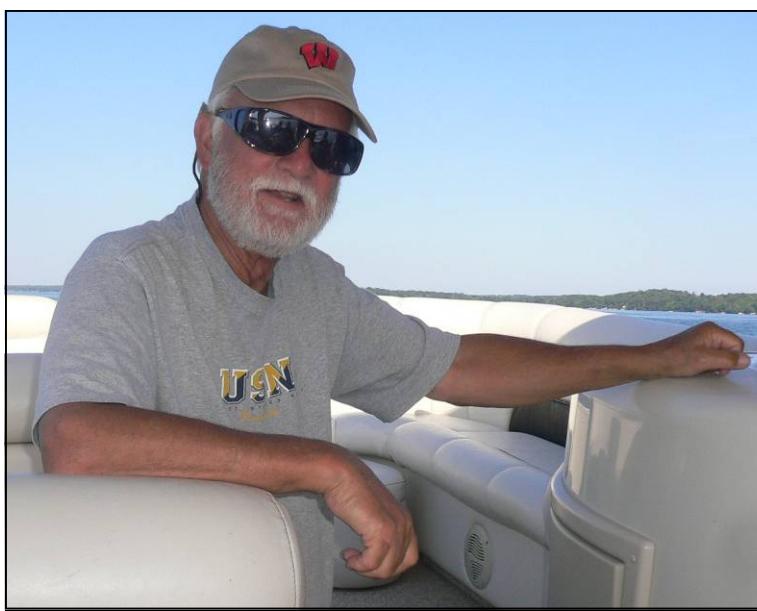
## FROM ROALD AMUNDSEN LODGE 6-48 PRESIDENT STEPHEN ROSENTHAL:

Well, two months into the job and they haven't fired me yet! We completed the annual audit and reported the results at the February monthly meeting. Also at that meeting **LaRena**

**Hannon** gave a very interesting cultural presentation on the Sami peoples in Finland. Unfortunately we don't have any photos of her costume and the, shall we say, unusual, hat she coerced **husband Joe** into modeling!

Our signature event of the month was our annual soup dinner. **Tove-Lise Miller**, with the assistance of **Donna Gordon**, prepared the most delicious soup, complemented with a lettuce salad, rolls, and a great, moist **bløtekake**.\* Husbands **Ray Miller** and **Mike Gordon**, and probably others that I have missed, helped serve. **David Bailey** ran an efficient clean-up crew. **District 6 Vice President Mary Beth Ingvoldstad** and her husband **Carl Peter** were among the guests; we thank them for attending.

The event would have been called a great success simply because of the food, but **Anne Bandy** arranged to have **Karen Nelson** give a fascinating program on the history of Rosemaling – how it sort of died out in Norway, was revived in the United States (at first, in Stoughton, Wisconsin), and as a result also was revived in Norway and is now practiced in several other countries around the world. Karen, who is a **Vesterheim** gold medalist, exhibited and discussed several of her pieces, as well as other pieces in her collection that represent different styles from different areas of Norway. She proved to be a fabulous presenter who knows her subject very well. For a separate article on Karen's awards, refer to the article about her in the September, 2012 issue of the Navigator, which can be found on our



*Your President, summer of 2012, enjoying Gin & Tonic season on Green Lake, Wisconsin, and not thinking about any presidential duties.*

web site.

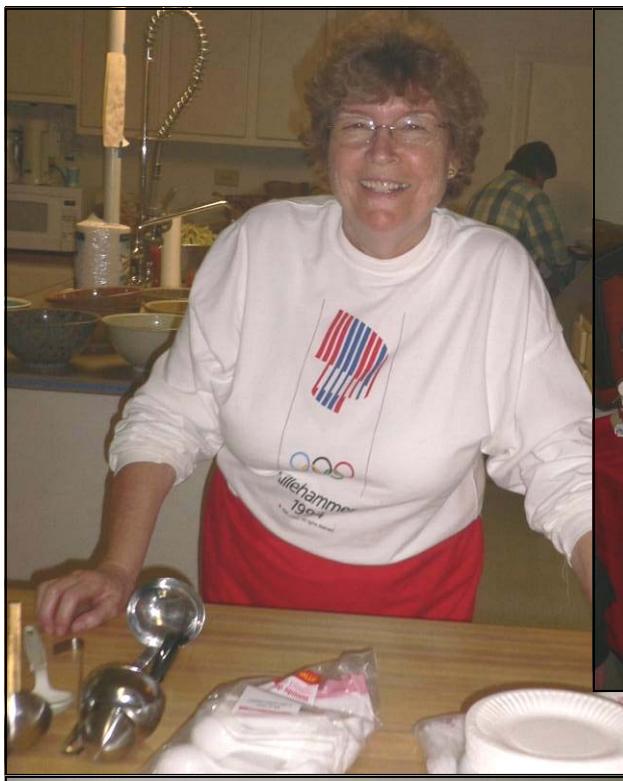
This month we will be having our annual Torsk Dinner (see flyer). If you think you might be able to help in any capacity, please call Dinner Chairperson **David Bailey** – I am sure he would be happy to hear from you. After dinner, while we are having our coffee, cigars, cognac and Lady Godiva chocolates (ok, just coffee), **Carol Francis** will give a short presentation on her recent stint serving as ship's complement on a South Pole excursion ship – a fitting presentation for

a lodge named **Roald Amundsen**.

Our cultural program at the March meeting (possibly subject to change) will be an on-screen photo/short film burst presentation prepared by a young woman student who spent a year at a farm school in Norway. I have viewed it and enjoyed it – a young person who gets to do this is so blessed, in my humble opinion (and as my Norwegian grandfather always used to say and how I so clearly see his wisdom now: "too soon old, too late smart."). Also, see the flyer on our Norway Days excursion in May, the flyer on the Kids Day in the Snow, and the information on Camp Trollfjell – get your applications in, kids!

Hope to see many of you at our March events!  
Steve

\*Directly translated this means soft cake or moist cake. The cake is also sometimes called kremkake, or cream-cake.



*Our master soup chef,  
Tove-Lise Miller.*

*Karen Nelson discussing some of the articles in her rosemaling collection.*



From Zone 1 Director and Snowshoe Thompson Lodge President Dave Severson:

Please allow me to extend to your lodge members  
our invitation to attend a celebration of the

### **50TH ANNIVERSARY OF SNOWSHOE THOMPSON LODGE IN YUBA CITY.**

We will gather at 12:30 p.m. on Sunday, April 28, 2013  
at the Peach Tree Golf and Country Club,  
at 2043 Simpson Dantoni Road in Marysville.  
Tickets are \$25 per person.

**Please RSVP by April 1 to Pam Sullivan,  
1600 Three Rivers Drive, Marysville, CA 95901  
[pksullivan1@comcast.net](mailto:pksullivan1@comcast.net) 530-749-2321**

## **Even with the horsemeat scandal, burger sales remain a “stable staple” in Norway.**

**But Norway's government on Friday called for a meeting of the country's largest food retailers and food safety authorities to discuss the situation after horsemeat was found in lasagnas sold in stores across the country.**

"We're not just horsing around about this! It's the country of production that has the responsibility to carry out controls," Health Minister Jonas Gahr Stoere said. "There are a lot of elements indicating that this is an organized crime," he said. He went on to observe that "this is an unbridled disaster."

Norway's food safety authorities said meanwhile they would soon begin conducting DNA tests on frozen meals labeled as containing beef, following a similar announcement made by the European Union, of which Norway is not a member.

Three big Norwegian food retailers said Friday that horsemeat had been found in frozen lasagna dishes that had already been withdrawn from store shelves, the first confirmed cases in the country. The retailers knew they had a problem when some customers reported that they had urges to whinny, and also wished they had a tail to swish (aka a "swish wish"), after consuming the lasagna.

Other customers were not perturbed by the apparent

adulteration. "It's the first time I've had a meat that was not beef and was supposed to be some other exotic animal that didn't taste like chicken," said one customer.

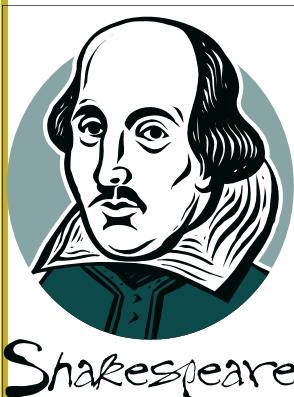
All of the dishes were made by the French company Comigel which makes frozen food and which is at the centre of the horsemeat scandal engulfing Europe. Comigel has claimed that it was tricked by French meat supplier Spanghero, which the French government on Thursday accused of knowingly selling around 750 tons of horsemeat as beef. Apparently the horses were "rustled" in Romania, where now there not only aren't any horses, there is a grievous shortage of horse manure. Could the US Congress be of help here?

Meanwhile, the Norwegian Minister of the Environment has suggested that, since the horses have already been slaughtered, perhaps Norwegians should just practice their usual stoicism and get used to a horse-burger maybe once a week or so. Apparently they are quite tasty if served with a little horseradish... - DT



You are invited to the first annual  
**Writer's Workshop at Camp Norge**

April 19, 20 and 21, 2013



Have you thought that there was a book inside you, just waiting to be written? Do you have life experiences that you think others would benefit by? Would you like to assemble memoirs of your childhood or your courtship and provide to your kids? Do you have piles of poems that need to be collected and printed? Have you always wanted to write that steamy novel with a teasy cover? A cookbook? Let's do it.

Come and meet like-minded individuals. Your time will be filled with fellowship, training sessions, team work, project planning, personal writing, peer-editing and instruction on how to get your material professionally published for less than \$50. You don't need to buy a garage full of books. You can start small, print as few as 3 copies, and let the public decide how many reprints will be needed as you approach best-seller status!

The workshop will be led by Dr. Dave Severson, President of Snowshoe Thompson Lodge in Yuba City, and Zone 1 Director of Sons of Norway, District 6. Dr. Severson lived one year in Gothenburg, Sweden, and three years in Oslo, Norway, as the National Coordinator for Campus Crusade for Christ, working within the State Lutheran churches and studied Norwegian at the University of Oslo. Dr. Dave was a teacher, principal, superintendent, adjunct faculty for Brandman University, and author.

His most recent book is titled Prepare to Win: Ten Vital Steps to Expand Your Potential. He has written and self-published several other books. One is a condensation of John Dewey's book Democracy and Education. Dr. Dave has formulated a curricula on explicit direct instruction in critical thinking skills for reading and for writing, and a teacher's manual for those books, called Figure It Out Faster with the Twelve Bridges to Meaning. He also wrote a book for adult writers to guide them in writing and self-publishing. That book will be included for free to the first 16 who register!

Dorm lodging for the two nights for Sons of Norway members is \$32.40, non-members pay \$52. There will be a single charge (\$50) for food, including dinner 6:00 Friday, all three meals Saturday, and Sunday breakfast, breaking camp after the morning concluding session at about 10:00. The workshop leader, Dr. Dave Severson, is volunteering his time and copies of his book, but requests a \$25 per person donation to the Camp Norge Stabbur Fund. Members send \$107.40, non-members send \$127.

Registration will be open until March 15. Please send a check to Dr. Dave Severson, 1576 Sanborn Road, Yuba City, CA 95993. Questions? 530-632-2115 email:[calviking@comcast.net](mailto:calviking@comcast.net) Get a free book by being among the first 16 to register!

Name \_\_\_\_\_ Address \_\_\_\_\_  
 Phone \_\_\_\_\_  
 City, State, ZIP \_\_\_\_\_  
 SON Lodge \_\_\_\_\_

**KALENDAR:**

Tuesday, March 12th, 7 pm - **Lodge meeting.**



Cultural Program: Student's Year at school in Norway (Video).

Saturday, March 23rd, **Torsk Dinner.** See flyer.

April 5-7, **Jr. Lodge Snow Trip.** See announcement.

Tuesday, April 9th, **Lodge meeting.**

April 19-21, **Writers' Workshop.**

April 27-28, **Rosemaling Seminar.**

Tuesday, May 14th, **Lodge meeting.**

Saturday, May 4th, **Norway Days Bus Trip.** See flyer.

Sunday, May 19th, **17th of May Social Event** (in the formative planning stages)

**VIKINGS ARE COMING**

A new scripted series highlighting the Vikings is coming to the History Channel. For more information check out the weblink:



<http://www.history.com/topics/vikings>



Roald Amundsen Lodge

**Junior Lodge Snow Trip at Camp Norge!**

Friday night - Sunday morning, April 5-7

Open to children, grandchildren, nieces and nephews of lodge members, ages 8 to 21.

RSVP to Carol Francis, 916-390-0953

or [csfnorge@jps.com](mailto:csfnorge@jps.com).

\$45 per person, chaperones welcome and appreciated.

Includes lodging figured at four per room (may have two to six per room) and food for weekend.

Bring bedding, toiletries, towels, warm clothes, and snow play equipment.



We will find snow on Saturday, and there may be cross-country skiing opportunities. Also, there may be a possibility to go to a ski resort for snowboarding or skiing as long as an adult takes a carload.



### ANNUAL NORWAY DAY FESTIVAL, FORT MASON, SAN FRANCISCO!

**MARK THE DAY—MAY 4, 2013!  
\$36 PER PERSON**

**RESERVE YOUR PLACE ON THE ROALD AMUNDSEN LODGE FIRST CLASS MOTOR COACH FROM GREAT AMERICAN STAGE LINES, ARRANGED BY PASTOR GORDON HANSON! THE BUS WILL DEPART FROM COUNTRY CLUB LANES AT EL CAMINO AND WATT ABOUT 8:30 AM AND WILL RETURN ABOUT 5:30 PM. ONLY 56 SEATS AVAILABLE! (Please park on south side of C.C. Lanes)**

**Make your reservations with Lyla Hanson at 916.852.1035 or [lylahanson@aol.com](mailto:lylahanson@aol.com), and then immediately follow up to confirm your reservation by sending your \$36 (per person) check, made payable to the Sons of Norway, to 11871 Silver Cliff Way, Gold River, CA 95670. Fee includes bus fare and admission to the event!**

**DON'T MISS THIS ONCE A YEAR EVENT SPONSORED BY YOUR LODGE!  
MEMBERS AND NON-MEMBERS WELCOME!**



**ROALD AMUNDSEN LODGE  
SONS OF NORWAY**



**UPCOMING**

**TORSK & MEATBALL**

(Icelandic Cod)

**DINNER**



**SAT., MARCH 23, 2013**

**Social Hour 5:00pm Dinner 6:00pm**

**LUTHERAN CHURCH OF THE MASTER  
1900 POTRERO WAY, SACRAMENTO, CA**

Cultural program after dinner: ... Short presentation on an Antarctic excursion

**NOTE: DEADLINE TO MAIL IS MARCH 17**

**PRE-PAID RESERVATIONS ONLY**

**ADULT S/N MEMBERS \$12.00    NON-MEMBERS \$17.00**

**CHILDREN 10 & UNDER \$5.00**

**Ticket Sales Limited to 90**

**CHILDREN 5 AND  
UNDER ARE FREE!**

**NO TICKET SALES AT DOOR – PLEASE BRING AN ITEM OR TWO FOR DOOR PRIZE DRAWING.**

**Make check payable to “SONS OF NORWAY”**

**MAIL TO: Carol Lee Solheim, 3570 Vista Grande, Shingle Springs, CA 95682**

**Questions? Call Carol Lee at 530.677.2006 email: [solheim2636@earthlink.net](mailto:solheim2636@earthlink.net) [www.sonsofnorwaysacramento.com](http://www.sonsofnorwaysacramento.com)**

**Please reserve the following tickets:    (no ticket sales at door)**

**Tickets will be held at the door for you.**

**Member name(s) \_\_\_\_\_**

**Non-member/Guest names(s) \_\_\_\_\_**

**Phone number & e-mail \_\_\_\_\_**

**# Members \_\_\_\_\_ @ \$12.00 each**

**Total \$ \_\_\_\_\_**

**# Non-members \_\_\_\_\_ @ \$17.00 each**

**Total \$ \_\_\_\_\_**

**# Child tickets \_\_\_\_\_ @ \$ 5.00 each**

**Total \$ \_\_\_\_\_**

**Grand Total: \$ \_\_\_\_\_**

**(Children 5 and under are free.)**

**(DETACH AND MAIL TO ABOVE ADDRESS BY March 17 )**

## Last minute items:

**Camp Norge.** There will be an all day (9 to 5) spring cleaning at Camp Norge on March 23. Workers' lunches will be furnished. If you have an appropriate skill, or even if you are just interested in working, call or contact Penny Joseph Knudsen, Secretary (916-941-6433; [pennyjknudsen@sbcglobal.net](mailto:pennyjknudsen@sbcglobal.net)) to indicate your availability and skill type. Besides coordinating activities, she will need a lunch count. See our website for more information.

**2013 Directories - Errata.** You should be receiving them by my mail about the same time you receive this copy of the Navigator. We apologize for the delay. One officer error: Corrine Laing is listed as the Cultural Director, but that position is actually vacant. If any member has an interest in filling that position, please let the President know.

The annual **Rosemaling Seminar**, is April 26-28 at Camp Norge. See the website for application.

**Scholarships Available.** District Six offers up to three \$1000 college scholarships each year depending on available funds. Also, the District offers a single full tuition (currently \$1770) scholarship to the Skogfjorden Norwegian Language



## Camp Trollfjell

*Sons of Norway - District 6  
Language & Heritage Camp*

*Camp Norge - Alta, California*

For Camper & Counselor Applications, visit:

[www.campnorge.com](http://www.campnorge.com)  
Link to Camp Trollfjell

**Registrar:** Carol Lee Solheim  
[solheim2636@earthlink.net](mailto:solheim2636@earthlink.net)  
Ph: 530-677-2006  
3570 Vista Grande  
Shingle Springs, CA 95682



**A 14-day Camp from July 7 - 20, 2013**

\$750.00 — postmarked by May 7th  
\$800.00 — postmarked after May 7th  
Ages 8-13 (at the time Camp begins)

**SEE CHAPTER WEBSITE ([www.sonsofnorwaysacramento.com](http://www.sonsofnorwaysacramento.com))  
or elsewhere in this Navigator for Camp application  
and Campership application!**

## Learning & Living Your Norwegian Heritage

Daily Activities Include:



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

Camp operated by Concordia College in Bemidji, MN. Life at Skogfjorden is infused with Norwegian language and culture from the moment you wake up – participating in small language learning groups, cultural and camp activities, sports, dance, and song – until the close of the day. If you are interested check out the District website ([www.sofn6.com](http://www.sofn6.com)) now, as the applications are due soon.

**New webmaster.** Our new webmaster is Anne Bandy ([abandy100@gmail.com](mailto:abandy100@gmail.com)), and she has taken the initiative to educate herself on the skills needed, and has jumped wholeheartedly into the job—thanks, Ann!

**NOTE: THE CAMP APPLICATION BELOW IS CUSTOMIZED FOR USE BY APPLICANTS BEING SPONSORED BY ROALD AMUNDSEN LODGE MEMBERS.**

### Camp Trollfjell Application

District #6—Sons of Norway

**Camp Dates:** Sunday, July 7, 2013 through Saturday, July 20, 2013

#### Eligibility Requirements:

- Must be between 8-13 years old (at the time Camp begins)
- Must be a child, grandchild or great grandchild of a Sons of Norway District #6 Member in good standing.
- Rules for acceptance and participation in the program are the same for everyone without regard to race, color, national origin, sex or handicap. All applicants will be accepted based on staff availability

**Camp Cost: \$750.00 per child postmarked by May 7<sup>th</sup> (\$800.00 if postmarked after May 7<sup>th</sup>)**

Assistance with camp cost may be available from local lodges and associated groups. If the cost poses a hardship, please inform the registrar at the time of application. Alternative financial arrangements will be explored by the registrar and you will be notified. If you are requesting a scholarship from your local lodge or other group, please provide the following information:

Applying for scholarship/campership from: Roald Amundsen Lodge

Contact person for scholarship/campership is: Jim Smith Phone: 916-783-8830

**To Register:** Complete the application below, include a check for the **\$375 deposit** (made payable to **Sons of Norway Language & Heritage**), and mail any time prior to May 7, 2013 to:

**Registrar:** Carol Lee Solheim

3570 Vista Grande

Shingle Springs, CA 95682

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

Acceptance or rejection to Camp is contingent on review by the Director with notification by May 17, 2013.

Health forms and other information are available on the Camp web site at [www.campnorge.com](http://www.campnorge.com)

**Refund Policy:** No deposits will be refunded after June 27 and no Camp fees refunded after the first day of Camp.

**Travel:** For those requiring airport transportation to and/or from Camp Norge, there will be an additional \$30.00 charge per trip. Parents are hereby advised that heightened security restrictions may prevent access to airport gates to meet Campers. Alternate means of transporting a child to Camp should be considered. Please inform the registrar prior to June 27 if transportation from the Sacramento Airport is needed. **Flight arrival must be before 12 noon and departure after 3 pm.**

NAME OF APPLICANT: \_\_\_\_\_ BOY        GIRL       

ADDRESS: \_\_\_\_\_ PHONE: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP CODE: \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_ AGE: \_\_\_\_\_ BIRTHDATE: \_\_\_\_\_

CIRCLE T-SHIRT SIZE: ADULT: XL L M S YOUTH: L M S PREVIOUS CAMPER? Y N

PARENT/GUARDIAN: \_\_\_\_\_

NAME OF SONS OF NORWAY SPONSORING

MEMBER: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP CODE: \_\_\_\_\_

RELATIONSHIP TO CAMPER: \_\_\_\_\_

NAME AND NUMBER OF SPONSOR'S LODGE: \_\_\_\_\_

EMERGENCY CONTACT PERSON: \_\_\_\_\_

PHONE: \_\_\_\_\_

**LANGUAGE/HERITAGE CAMP****(Camp Trollfjell)**

Scholarship Application for July 2013 Camp  
**Roald Amundsen Lodge #48**, Sacramento, CA  
Sons of Norway

This is an application for a lodge scholarship stipend to pay one-half the camp charge. Please refer to the Camp application and flyer for additional information on charges, etc. You can find these on the District 6 website ([www.sofn6.com/](http://www.sofn6.com/)) and elsewhere.

Camper's Name: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Telephone number: \_\_\_\_\_

Email: \_\_\_\_\_

Tell us who in your family (parents, grandparents, etc.) belongs to the Sons of Norway and to Roald Amundsen Lodge:  
\_\_\_\_\_

**Requirements:**

1. You must write a letter as to why you want to attend. You may do so on the back of this form. Minimum two paragraphs, please.
2. You will also be required to attend the September 10th monthly meeting of the lodge to tell about your camp experience and perhaps show your crafts.

Please submit your application to **Jim Smith, Foundation Director, Roald Amundsen Lodge, Sons of Norway, 606 JoAnne Lane, Roseville, CA 95678-4321.**

**darian98@surewest.net** (You may submit this an e-mail attachment, if you like. Don't forget the back page! Otherwise, please mail.)

**Note: Your application to the Language/Heritage Camp must be submitted and accepted before the scholarship money will be sent to the Camp Treasurer.**

**APPLICATION DEADLINE FOR THIS SCHOLARSHIP: APRIL 8TH, 2013!**



*Beautiful cake from the Installation brunch.*



**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](http://www.sonsofnorwaysacramento.com). Check it out!**

**OFFICERS—PARTIAL LIST**

**President**

**Stephen Rosenthal**  
**[rosen@winfirst.com](mailto:rosen@winfirst.com)**

**Treasurer**

**David Bailey**  
**[davidsbailey@yahoo.com](mailto:davidsbailey@yahoo.com)**

**Secretary**

**Carol Lee Solheim**  
**[solheim2636@earthlink.net](mailto:solheim2636@earthlink.net)**

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**Viking Sisters**

**President**  
**Ann Sandner**  
**[asandner@aol.com](mailto:asandner@aol.com)**

**SIGN-UP LIST FOR REFRESHMENTS  
AT 2013 MONTHLY LODGE MEETINGS**

January -	No meeting
February -	Norman Hales
March -	Janet Moe
April -	Ron and Cecelia Byrd
May -	Tove-Lise Miller, Donna Gordon
June --	Florence Smith, Ingrid Seals
July -	No meeting
August -	Steve Rosenthal
September -	Joe and LaRena Hannon
October -	Sharon Brooks, Ann Sandner, Pat Harris
November -	Gordon and Lyla Hanson, Carleton and Richard Petersen
December -	Need someone to sign up

We need a few more volunteers to sign-up and help bring refreshments for the social time at the Tuesday night monthly meetings. It is a little hard for one person to bring everything. Please help out. Call or notify Ron Byrd at 916-293-8142 if you can bring something one month.

