

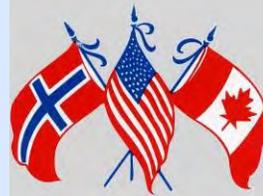
THE NAVIGATOR

A Publication of Roald Amundsen Lodge 6-48
Sons of Norway, Sacramento, California
November / December, 2016

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www.sonsofnorwaysacramento.com.

Intrepid Reporter: Dick Tracysen (currently on leave exploring the
Northwest Passage.)



NOTE: LAST ISSUE OF 2016!



*A picture of the last ever civil discourse between separate political factions
in America during a November time period.*

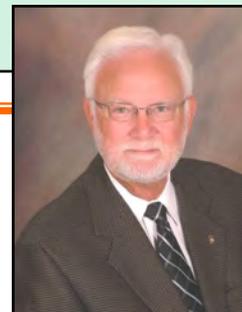
*“It was the first thanksgiving, and after a hard year of failed crops and poor hunting, the pilgrims
and the Indians reluctantly sit together and force down lutefisk.” – From US History, Volume 1, by
Mel Brooks, as taught at UCLA...*

Happy
Thanksgiving

Happy
Holidays!

Happy New Year

A MESSAGE FROM THE LODGE PRESIDENT:



Greetings, fellow lodge members.

May you have a wonderful Thanksgiving celebrated with family and friends. As the probably trite recital goes, we have a lot to be thankful for—including the fact that this national election is OVER!

And I wish you a blessed Christmas Season! Try not to get caught up in all the hustle and bustle that sometimes takes one away from family time. And it's only a few short weeks before my alma mater, the University of Wisconsin, will be playing some Pac-12 team in the Rose Bowl on New Year's Day (Well, at least I would like to think so...).

Please note the flyers included herein about our upcoming events: **the Viking Fest, the Julebord, the Family Christmas Party, and the 2017 Officer Installation afternoon.** We will have some new officers, just elected (on Election Day—how cool is that?), and they will need everyone's support. I appreciate being elected President for another year, but as always I would value your suggestions on how we can do better. With regard to our officer election, I especially want to thank **Donna Gordon** for all the work she did as chairperson of the Nominating Committee.

I think we had about 75 persons at our recent Lutefisk Dinner, which is reviewed elsewhere in this Navigator. I found the "African" Lutefisk story recited below to be interesting and a bit fun, and I hope some of you do, too.

See you at our events! Hilsen, Steve

A LUTEFISK STORY

By Juno-Ann Krohn, B.J. Bjornson Lodge

I was ages 2-5 when I was living in Norway with my grandparents in Feøy, and island of 10 families off the coast of Haugersund. My grandpa Jorgen fished for cod and had dried stock fish stored in the lower level of the house. When we lived later in Detroit, my dad made his own lutefisk from dried cod (stock fish) so I was familiar on how to make it from scratch.

Many years later in the late 60s, I was working for USAID in West Africa doing a school feeding program. The first school showed me a classroom stocked with "dried codfish" donated by Norway for "Food for Peace." They didn't know what to do with it and lutefisk would not work for African tastes and so we improvised – soaked it after the shop teacher cut it up with the band saw, boiled it with African hot pepper and chopped onions, eggplant and collard greens and served with biscuit bread. The kids loved their African lutefisk and we used all the protein from Norway's donation. Nothing went to waste. – *Juno-Ann is a Golden Member of Bjornson Lodge. Reprinted with permission from Juno-Ann and Nancy Eikeberg, Editor of The Saga.*

SIDEBARS FROM THE EDITOR...



RANCHO CORDOVA SCHOOL DISTRICT THANKS ROALD AMUNDSEN LODGE

At the October lodge meeting **Reveca Owens** of the Rancho Cordova School District presented the lodge with a certificate honoring the lodge for helping the district’s homeless student program and contributing funds to support it. Reveca reported that the program currently aids in the support of 192 certifiably homeless students! The lodge contribution included a matching grant from Sons of Norway Foundation.

Lodge member **Ann Sandner** contributes time and educational efforts to the program. She is shown at right receiving the certificate from Reveca.



SIDEBARS (Continued from page 3)**MONTHLY CULTURAL PROGRAMS**

At our October meeting **Bill Teie** presented a very interesting Power Point presentation on a trip that he and his wife took to Norway in 2014. Thank you, Bill.

At our November meeting last night (Tuesday, Nov. 8), Cultural Director **Carol Francis** gave a presentation on the famous Norwegian-American mailman, Snowshoe Thompson. Also, District 6 Zone 1 Director **Carl Ingvaldstad** attended and presented his plans for some member information sessions. He was accompanied by his wife, **Mary Beth Ingvaldstad**, our District 6 President.

U.S. MAIL OF NEWSLETTERS

We note that in 2017 Gulldalen Lodge is going to charge \$10 per year for postal delivery of their Gulldalen Avis newsletter. Also, Valhall Lodge in San Diego is discontinuing (with a few exceptions) US mail of their newsletter.

We are trying to keep our mailing costs down to one first class stamp for the postal mailings we still have to make. (We have gone to first class in order to, among other reasons, insure timely receipt.) This means that oftentimes those receiving **The Navigator** by mail do not receive all pages of the newsletter. We take care to try and make sure the more important notices, etc., get included in the mailed version. In this issue we have omitted the following pages in the print edition: some photo pages.

PHOTOS FOR VIKING MAGAZINE

If you have any lodge-related photos that you think might be worthy of publication in the **Viking** magazine, please route them through our lodge publicity person, **DeAnn Smeltzer**. There is a submission form that must accompany them in order to get them considered, and DeAnn is up to date on submission requirements. Quality photos from modern smart phones should be ok, but they must be JPEG, and not altered, cropped, or otherwise changed in any way.

(Continued on page 14)

**2017 LODGE OFFICER ELECTION**

Donna Gordon as head of the Nominating Committee has worked very hard to assemble a slate of 2017 officer nominations, and these are shown below. All were elected at the November 8th monthly meeting. As you can see, we have some vacant positions, and Donna and/or President Steve would love to hear from anyone interested in these positions.

Officers Elected

President	Stephen Rosenthal
Vice President	Donna Gordon
Secretary	Tove Lise Miller
Treasurer	David Bailey
Membership Secretary	Florence Smith
Social Director	Larena Hannon
Cultural Director	(No Nominee)

Officers Appointed

Auditor	Susan Lemmon
Assistant Social Directors	Cliff and Dawn Higbe
Counselor	Joe Hannon
Foundation Director	Kristi Mattes
Greeter	Jim Smith
Historian	(No Nominee)
Label Printing	Carol Lee Solheim
Librarian	(No Nominee)
Lodge Membership Directory	Stephen Rosenthal
Musician	Mike Gordon
Assistant Musician	Bob Dahl
Marshals	Ann Sandner
	Pat Harriman
Newsletter Editor	Stephen Rosenthal
Newsletter Publisher	Ray Miller
Publicity Director	DeAnn Smeltzer
Sports Director	(No Nominee)
Trustee	3 years
	2 years
	1 year
Website Manager	Stephen Rosenthal
Youth Director	Terje Miller
	(No Nominee)

SCANDINAVIAN FESTIVAL 2016

Joe Hannon (pictured below with his Sami hat) was our lodge's man of the day for this multi-lodge event that was held this past October 1st. All local Scandinavian lodges participated, and many of our lodge members were involved. Also pictured below is **Wyatt Mattes**, age 8, who admirably served as our lodge's standard bearer in the parade of the colors of the various countries represented. On the next page are the following photos: **Clif and Dawn Higbe**, who handled the drink table; **Mike Gordon**, who skewered Vikings on a Stick; **Lois MacNeil and Ann Sandner** at the lodge information table, and Wyatt again, at the ready for the parade of colors. More than 700 persons attended.





More Scandinavian Festival photos. See previous page for identifications.



MORE SCANDINAVIAN FESTIVAL...

Our lodge Viking Ship on display at the entrance. Wyatt Mattes at "Parade Rest" with the Norwegian colors. Larena Hannon (far right) introducing bunads and native dress wearers.



IN MEMORIAM

Member Helen Evensen succumbs



Lodge member Helen Evensen passed away peacefully at age 94 on September 26, 2016 in Roseville, California. Survived by her husband of 70 years, Norman, and her children, David (Robin) and Lisa (Michael). Helen lived a full life and enjoyed travel, family meals and her friends. The family reports that Helen kept a wonderful home where her family and friends were always welcome. She and Norman were members of Centerpoint Community Church in Roseville as well as the Sons of Norway, Roald Amundsen Lodge, Sacramento.

Christmas always brought a bounty of Norwegian cookies that were her specialty. Interment will be private with a Celebration of her Life to be announced at a later date. Your editor remembers that Helen and Norman, in spite of their advanced ages, attended one or more of the lodge's Syttende Mai picnics, and that they were a delight to visit with.

The lodge sends its condolences to her family and will make a contribution to its Scholarship Fund in her memory.

IN MEMORIAM

Member Hazel Lindelof passes

My mother, Hazel Lindelof was born Hazel Thomson in El Dorado County on July 18, 1922. She grew up in the country at the family home where her grandmother and grandfather, natives of Norway, settled when they came to America in the 1800s.

She later moved with her father, mother and brothers to Folsom where she graduated from high school. She was eventually to marry Stanley Lindelof, a Norwegian-American from Wisconsin, after she met the young Mather Air Force Base airman in Sacramento.

The couple had 8 children. The family was stationed at various bases around the country until Stanley left the service after 20 years.

The family moved to Folsom where he worked as a supervisor cook at Folsom Prison. Hazel worked for 10 years for the state Franchise Tax Board.

She died on June 22, 2016 from complications of old age at 93. She always loved attending Sons of Norway gatherings and reading the Viking publication from cover to cover.—*bill lindelof*

The lodge wishes to express condolences to her survivors, and will make a donation to the lodge Scholarship Fund in her memory.

HANS ENGH



Hans Engh, a former member of the lodge, was born in 1927 in Oslo Norway and died this past October 20th, 2016 in Fair Oaks at age 89. He grew up in Oslo, was a teenager during the German occupation of Norway and a few years later, in 1947, served in the Norwegian Army, participating in the occupation of Germany.

He later attended the University of Oslo and began his career as a journalist, covering sports for Oslo newspapers. He immigrated to the U.S. in 1949, and later joined the U.S. Army, did basic training at Fort Ord, and then taught Norwegian at the Army Language

School in Monterey. His last army posting was in Germany as a reporter for the 2nd Army's Division's newspaper "Hell on Wheels."

He later became a civilian journalist, including reporting for 11 years for the Santa Barbara News Press, and also as Information Officer at the California State Office of Tourism and Visitor Services.

Hans leaves his wife, Ellie, of 63 years, and also their son, Christopher Engh, an attorney in Stockton. There will be no service. Our lodge offers its condolences to the surviving family members. A more complete obituary notice can be found in the Sacramento Bee, November 3rd, 2016.

LODGE LUTEFISK DINNER FEEDS ABOUT 75 “TRUE” NORWEGIANS!

To eat lutefisk is almost a rite, given its unusual gelatinous qualities. Sort of like going through the God of Sea ceremony when crossing the Arctic Circle. Well, about 75 persons succeeded in choking some down this past October 29th at the Masonic Hall, and very few actually required alcoholic encouragement to do so. So, the stuff was once again proven to be consumable, and presumably digestible.

Our always active Social Director **Larena Hannon** chaired the event. **Kirsten Wyatt** and her crew did the cooking—both boiled and baked lutefisk. **Joe Hannon** did everything that Larena told him to do. **Carol Lee Solheim** controlled the reservations. **Carol Francis** checked everyone's ID to make sure they were qualified to eat this fish, and also that they had paid for their place at the table. She also ordered the lutefisk from Minneapolis. **Dawn and Clif Higbe** hosted a meatball “ball” in their kitchen prior to the event. **David Bailey** made sure the larder was fully stocked with the needed foodstuffs. Several ladies in the lodge contributed Norwegian desserts. Many others, including **David Bailey, Eric Malme, the Higbes, and the Hannon**s contributed to cleanup and other necessary tasks. Your editor does not have a complete list of persons who helped, but certainly there were others.

The meal was great—thank you, Kirsten. Fish-lovers, don't miss it next year!

2. ↓



1. ↑



3. ↓



4. ↑

MORE LUTEFISK DINNER INFORMATION

Photo captions for previous page : 1. Kirsten Wyatt preparing the fish. 2. Jim and Kristy Updegraff visiting at table. 3. One of the tables of guests waiting for their table to be called for food. 4. Fight breaks out with persons throwing chairs and tables after someone hogged all the dessert cookies. Ok, I guess it is guests helping to put away the tables and chairs after dinner.

Additional helpers included Carol Lee Solheim with reservations, Kirsten's daughter Katrina and son Jack and Erin Bradley and Matthew Bradley with cooking and serving and setup. Lyla Hanson, Ann Sandner and Carol Francis with meatball construction, and also Pat Harriman, Carlton and Carol Peterson, and Steve Rosenthal who secured and showed the short film.

Jacl Wyatt and Matthew Bradley helping to setup for the event.



ROALD AMUNDSEN LODGE, SONS OF NORWAY

Invites you to attend its annual

VIKING FESTIVAL

Saturday, November 19th, 10:00 am to 2:30 pm

Admission is Free!

Masonic Center

*5944 San Juan Avenue, Citrus Heights
(Between Madison and Greenback)*



*Craft items, demonstrations, clothing, bakery goods,
Scandinavian merchandise, Norwegian calendars, gift items...*

Just in time for holiday shopping!

Lunch will be available:

*Open-face sandwiches, Fish soup, Waffles,
Viking-on-a-Stick, Bakery goods... and more.*

*Additional information: Call **916-451-3853** or **916-972-7337***

And also the lodge website: sonsofnorwaysacramento.com.

All are welcome—you will have a good time!





**Roald Amundsen Lodge
Sons of Norway**

Julebord

Sunday December 11th, 5:00 PM

Masonic Center, 5944 San Juan Avenue, Citrus Heights
(Between Madison and Greenback)

Norwegian Delicacies:

Roast Pork, Medisterkaker, Surkål, Fish Aspic, Herring,
Smoked Salmon, and more.
Traditional Norwegian Desserts.

Prepaid reservations only.

Reservations are limited to the first 80 people and must be
received by December 10th.

Adult S/N members \$20.00. Non-members \$25.00

Children 11 and under \$8.00

Children 5 and under, no charge

Make checks payable to "Sons of Norway"

Mail to: Carol Lee Solheim, 3570 Vista Grande, Shingle Springs, CA 95682

Questions: 530-677-2006, Solheim2636@att.net or ToveLise@aol.com

Please reserve the following tickets, which will be held at the door:

Member's name(s) _____

Non-member's name(s) _____

Contact number & e-mail _____

of members ____ @ \$20.00 each Total \$ _____

of non-members ____ @ \$25.00 each Total \$ _____

of children ____ @ \$8.00 each Total \$ _____

of children 5 and under _____ Total \$ (No charge)

Grand Total \$ _____

Please detach and mail to above address, with check, to arrive by December 10th.



ANNUAL FAMILY CHRISTMAS PARTY!

Sunday December 18th, 2016

2:00 PM—4:00 PM

at

THE MASONIC LODGE

**5944 San Juan Avenue, Citrus Heights
(Between Madison and Greenback)**

This year's program will feature a Norwegian Christmas story, Christmas singing, and a variety of fun Christmas games. Our past and present campers at Camp Trollfjell, the Language and Heritage Camp, will demonstrate their leadership skills by leading games for the other children. Please come support our young people, and bring your children, grandchildren, nieces, nephews and any other children you want to treat.

Please let us know how many children you are bringing so that we have enough gifts from the North Pole and prizes for the games. Contact Carol Lee Solheim at (530) 677-2006 or solheim2636@att.net to reserve places at the party.

Families might bring a plate of Christmas goodies (cookies or similar) to share. The lodge will provide punch, coffee, and additional cookies. Santa or one of his elves or elves will appear! Good fun for all!





Please join us for the Lodge's first event of 2017

**Roald Amundsen Lodge 6-48
Sons of Norway
Installation of 2017 Officers
and Complimentary Dessert
Sunday, January 8th, 2017, 2:00 PM
Masonic Center, 5944 San Juan Avenue, Citrus Heights**



Dessert and Coffee Served after the Installation.

Installing Officer Joe Hannon, past Lodge President, presiding.

**Please come and thank outgoing officers for all their hard work in the past year,
and to welcome the new and returning officers for 2017.**

SIDEBARS, (Continued from page 4)

**NEW GOLDEN MEMBER,
OMER A. FICKLE**

Omer has been awarded his Golden Membership pin and certificate, which we are having to mail to him, as he no longer lives in the area. Congratulations, Omer!

**CAMP NORGE WORK PARTY
THIS WEEKEND**

A weekend work party event will be occurring at Camp Norge this weekend (November 12-13). For more information see the flyer contained in last month's **Navigator**, available on line.

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

RETURN SERVICE REQUESTED

Roald Amundsen Lodge Website: <http://www.sonsofnorwaysacramento.com>.

LODGE SCHEDULE, REMAINDER 2016, EARLY 2017

(All events at the Masonic Center, 5944 San Juan Avenue, Citrus Heights 95610, unless shown otherwise)

Nov. 19, Saturday, 10 am – 2:30 pm	Vikingfest
Dec. 11, Sunday, 5 pm	Julebord Dinner
Dec. 18, Sunday, 2 pm	Family Christmas Party
Jan. 8, Sunday, 2 pm	Officer Installation Afternoon Gathering

No Tuesday meeting in December or January. Next Board meeting is December 6th at 6:30 pm in the Masonic Center Conference Room.