

THE NAVIGATOR

A Publication of Roald Amundsen Lodge 6-48

Sons of Norway, Sacramento, California

June/July, 2009

Editor: Stephen Rosenthal

rosen@winfirst.com

www.sonsofnorwaysacramento.com.

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FROM ROALD AMUNDSEN LODGE 6-48 PRESIDENT CAROL FRANCIS:

God sommer! Jeg gleder meg til Norgesturen på mandag!

God sommer! Jeg gleder meg til Norgesturen på mandag! I hope you have a great summer. I am excited to be leaving for Norway on Monday! I have not been there in two years, and am particularly excited to be taking the Hurtigruten coastal steamer from Bergen to Kirkenes, along with **Carol Lee and Oystein Solheim, Sharon Mahnken and her aunt Dorothy Olsen, and Fran Clarke**, my coworker at Action Travel. This is my first time on the Hurtigruten, after booking other members on the trip for years, and very much wishing I could go with them. We are also going into Finland, to visit Sami country and see reindeer.



We initiated two new members at our May meeting, **Andrea Davis and Hazel Lindelof**—velkommen! We will be doing another initiation in November. Thanks to **Jim Smith** for presiding at the June 9th lodge meeting at 7 pm. Also, this is a good time to reserve your camping spaces at the **Sons of Norway Recreation Center, Camp Norge at Alta, phone number 530-389-2508**. Camping spots and rooms are available at a nominal fee, and the swimming pool is wonderful. **The All-Lodge picnic is on Sunday, August 16th**, at 1:00 pm, bring a side dish, details next newsletter. This would be a great day trip!

Thanks to **Ann Sandner and Raye Brown** for chairing our 17th of May picnic and barnetog (Children's Parade) at the Loomis Park. They were deservedly pleased with the event, with six children (double what we had last year), and a happy day. Ann's three year old granddaughter knew that she needed an instrument to march in a parade, but very happily took a Norwegian flag instead and led the procession with large steps worthy of a drum major. We plan to move the event back to Sacramento next year, and would also like your feedback on whether you would prefer 10 or 11 am on Saturday May 15th, or 1 pm on Sunday May

16th, for next year. We need to encourage the children, grandchildren, nieces and nephews of lodge members to participate in the 17th of May barnetog, Language Camp, and the Christmas Party. The kids are our future!

We have eight scholarship winners for Language Camp at Camp Norge in July; they will be reporting back to the lodge on Tuesday, September 8th, at 7 pm. **Carol Lee Solheim** will also be telling us about the map and counties of Norway. Please reserve this date on your calendar! We are expecting our young people to come tell us what they learned at language camp, and it is important that we the members show up to listen to their songs, watch their dances, and give them your attention. Hope you give them your support!

Happy birthday to our two sets of trillinger, which is Norwegian for triplets, definitely fraternal in these cases. On June 11th, **Cindy Hayashi, Karen Nelson, and Julie Ann Droivold (rosemaling)** celebrate their day, often together, and on June 27th **Jerry Karlstad, Gwen Lokke, and Ann Sandner** have their joint birthday. Congrats!

Please bring your family and friends to our **Barbecue Dinner on August 21st!** After nearly burning up **Ray Miller** last year, we have decided to get good old fashioned barbecue, and do a lot less work (details next month). This is a very good event to invite prospective members to attend, as it is a very relaxed evening of great food and visiting, and we are working on some special music. Please save several dates on your calendar: October 3rd for the Scandinavian Festival at Divine Savior Church in Orangevale, and October 10th for our Lutefisk Dinner. Ha det så lenge! See you later, **Carol**

LETTER TO THE EDITOR...

Dear Editor,
I am not going to hold back – you are an idiot! You let that crazy reporter Tracysen, run around the world and file stories that are so fraudulent he could become a political speech writer. You are so gullible to not fact check the writings of that rascal!

Last month he claimed to be in Somalia, foiling the activities of some of the Somali pirates. Here is a photo you published, furnished by him, of the town of Eyl, reputed to be one of the pirates' bases of operation. Look closely at the photograph.



Now, look closely at this photo of Miami Beach. Notice anything strange?



Here is another photo (next column) of Eyl – do you think Mr. Tracysen could easily go unnoticed there?



The "Boomtown" of Eyl.

And he claims to have blown up a land-based pirate magazine, and furnished a photo of the explosion, which follows.

Here is a photo of a hydrogen bomb explosion in the Nevada desert during the 1950s. Do you see any similarities? I rest my case.

Before your publication loses all credibility and becomes ineligible for the Newsletter of the Year Award, please rein in Mr. Tracysen! Believe me, I know what a scoundrel he is!

(Signed) Mrs. Tracysen (his mother)



HOLD THE DATE!
(AUGUST 21, 2007)
This is the date of the lodge's summer catered barbeque dinner. Details will be in the August issue of the Navigator, and possibly sooner on the lodge website.



SIDEBARS FROM THE EDITOR...

Aerospace Museum. May be of interest to military retirees: There is a newly completed U.S. Coast Guard Exhibit at the Aerospace Museum in McClellan Park (the former Air Force base). The exhibit showcases "the history and dedication of the USCG in the air and at sea."

Sigurd and Gudrún by J.R.R. Tolkien (1892-1973)! J.R.R. Tolkien, famous for "Lord of the Rings," was an Oxford philologist whose expertise in Old Germanic languages included Old Norse (the



language spoken by the settlers of Iceland) and Old English (also

(Continued on page 5)



Panorama of the Hanseatic buildings of Bryggen.

A SPECIAL PLACE TO VISIT IN BERGEN...

Most first time visitors to Norway will include Bergen on their itinerary and many will again go there for a second or third time. That hardly needs explanation for Bergen is truly one of the most important sites in Norway's historical and commercial past. It was at one time the country's ancient capital and for two centuries or more it flourished as one of the principal trading centers in Europe. The city is also rich in cultural landmarks, and the homes of Edvard Grieg and Ole Bull, "Trollshaugen" and "Lysoen," respectively, are both nearby.

As a matter of fact, there are so many historic places to visit and so many interesting things to do in Bergen that Norway's second largest city has now passed Oslo as Norway's most popular tourist destination. The center of activity is indisputably the Torget, or fish market, located on the waterfront in the center of the city. Close by are the Hanseatic warehouses along the wharf known as Bryggen. Pictures of these colorful two-story wooden structures are to be seen in every guidebook and publication depicting scenes in this colorful city.

Historic buildings of medieval ori-

gin are also within easy walking distance, including Rosenkrantz Tower, a banquet hall built for King Hakon Hakonsson in the middle of the thirteenth century, and St. Mary's Church, said to be the oldest building in Bergen today. And either before or following a walking tour of these historic sites, a ride on the funicular railroad from the city center to the top of Mount Floyen, approximately 1,000 feet above the waterfront, provides a beautiful view of the harbor and surrounding hills.

All these and other attractions are not to be missed on a visit to Bergen. They are but a few of the many things the city has to offer, as a review of any guidebook will attest. However, there is a special place in Bergen, seldom mentioned in the guidebooks, that offers both insight and information regarding a loathsome disease which once ravaged western Norway and populations in other parts of the world, and whose cause was discovered in a laboratory in Bergen in 1873.

That disease was leprosy.

Although known from Biblical times and rampant in several island groups in the far East, leprosy was also well-known in parts of Norway and among Norwegian-Americans living in the Midwestern United States. A news report widely circu-

lated in July 1883 declared that, "Leprosy prevails to an alarming extent among the Norwegians in the northwestern portions of Wisconsin." Extending to Norwegians living in eastern Minnesota, that general area was said to be one of the four major centers of leprosy in the United States, California was also among the areas hardest hit, but there it was associated almost exclusively with the Chinese immigrant population.

Leprosy in Norway -- described by one writer as the country's "most terrible curse" -- was largely restricted to the West coast, from Bergen to Trondheim, where thousands were said to be afflicted. There were at least five hospitals in the region devoted exclusively to the isolation and care of patients with leprosy. In addition to hospitals in Trondheim and Molde, there were at least three in Bergen, with some 3,000 patients receiving treatment there during the 1870s and 1880s.

However, this ancient and historic city is to be known not only for the treatment of leprosy. Bergen was also the place where, as a result of painstaking laboratory research extending over more than a decade, the cause of that disease was finally confirmed. Thus, among the many

(Continued on page 4)

(Continued from page 3) **LEPROSY**

attractions this city offers, a visit to the Leprosy Museum can prove to be especially interesting. And like the others, it is located within easy walking distance of



The museum.

the city center and the market on the harbor. The museum is modest in size and scope. Located on the site of what was, in medieval times, a hospital known as St. George's (or St. Jorgen's), it is comprised of two wooden buildings, a church and a hospital, erected in the early 1700's following a great fire which engulfed the city. It had served previously as a hospital for lepers, and continued to do so until 1946 when the last of the patients died. It was then that it became a museum and reminder of great scientific achievement in the understanding of a dreadful disease.

Medical research into the cause of leprosy began with the arrival of a young physician, Daniel Cornelius Danielsson, at St. George's Hospital in 1839. Just over ten years later he published his major work simply entitled, "On Leprosy," in which he and a co-author maintained that leprosy was an inherited disease and neither infectious nor contagious. Danielsson was later joined at St. George's by Armauer Hansen, a native of Bergen and an honors graduate in medicine at the University of Oslo. Hansen, who had practiced medicine for a few years

in Lofoten, had shown early signs of skills in research, and returned to his native Bergen to work under Danielsson's supervision.

In 1873, at the age of 32, Hansen isolated the bacterium which he declared, to considerable derision at the time, to be the cause of leprosy. Not only did his conclusion contradict the theories of his mentor, but it also drew challenges from others. However, Hansen's theory prevailed and he was widely acclaimed as the discoverer of the cause of leprosy, so that as an infectious disease it came to be known as Hansen's disease.

St. George's Hospital, or the Leprosy Museum, enables the visitor to view the patients' rooms and common areas, and through photographs and exhibits to understand the disease and the research which over time brought it under control. For those interested in pursuing matters further, the University of Bergen maintains a research facility dedicated to Hansen, and the Leprosy Archives, honored by UNESCO, are also located there.



Dr Gerhard Henrik Armauer Hansen. Illustration by Venita Jay, MD, FRCPC.

As for Hansen, despite the contradictions and controversies in his personal and professional life, he was the recipient of numerous honors and awards, both in Norway and abroad, culminating in his election in 1909 as President of the International Conference on Leprosy. Hansen died in 1912, at the age of seventy years.

(Editor's note: Article by Dr. Richard C. Gilman, Pasadena, California. Previously printed in another Sons of Norway newsletter, and reprinted here with Dr. Gilman's permission.)

(Continued from page 2) **SIDEBARS...**

called Anglo-Saxon). A newly available book, "The Legend of Sigurd and Gudrún," is Tolkien's attempt to translate the Sigurd tale into English verse. It is, according to the Wall Street Journal, "a fascinating exercise, one that succeeds in presenting an ancient and engaging story to a contemporary audience."

This is a new book, published by Houghton Mifflin Harcourt, 377 pages, \$26. The complete WSJ review, by Marjorie Burns, is available by email from the Navigator editor (rosen@winfirst.com).



The August 16 **Multi-Lodge Picnic** is being hosted by Gull-dalen 6-128. They are hoping for a good turnout from all applicable lodges, including ours....

Similarly, the **July 4th weekend at Camp Norge** should be seriously considered by all...

Garrison Keillor of Lake Wobegone fame is coming to the Memorial Auditorium on Tuesday, September 22. Tickets cost from \$35 to \$70 – Google Ticketsnow.com.

If you are receiving email notification that the current issue of **The Navigator** is available on the website, then we obviously have your email address. If not, we either have a bad email address for you, or none at all. If you submit your correct address to us (rosen@winfirst.com), then you will receive such notification in the future. For those of you that receive the printed version, if you have occasional access to the internet, you can go to the website and see the color version of the newsletter. By the way, your editor has no control of the distribution of the printed **Navigator**; contact **Carol Lee Solheim** if you want mailed distribution discontinued.

There is no monthly meeting, or any other lodge activity in July. We do not publish **The Navigator** in July. The next issue should be available in early August and will contain the **details on the BBQ dinner**. In the meantime, mark your calendars for it – August 21st.

Two new members joined the lodge at the last meeting. They are: **Andrea Davis and Hazel Lindelof** (see photos to the right).

REFRESHMENTS AT LODGE MEETINGS

June 9	Need volunteer
August 11	Steve and Yvette Loberg
September 8	Carol Francis and Gwen Lokke
October 13	LaRena and Joe Hannon
November 10	Cecelia Byrd
December 8	Florence Smith and Ingrid Sceals



New member Andrea Davis with Blossom Baker.



New member Hazel Lindelhof with Ann Sander.

*To The Northern California Lodges...
HJERTLIG VELKOMMEN!*

*The members of Gulldalen Lodge 128
look forward to hosting the 2009*

MULTI-LODGE PICNIC

at

CAMP NORGE

Sunday, August 16 at 1PM

**Please bring your own beverage,
meat/fish/sausage to grill,
a salad or dessert to share
...and your place setting
(Condiments will be provided)**

We ask for an RSVP by August 8 from each lodge,
indicating the total number attending.

Contact Irene Lucas at 530-272-2937

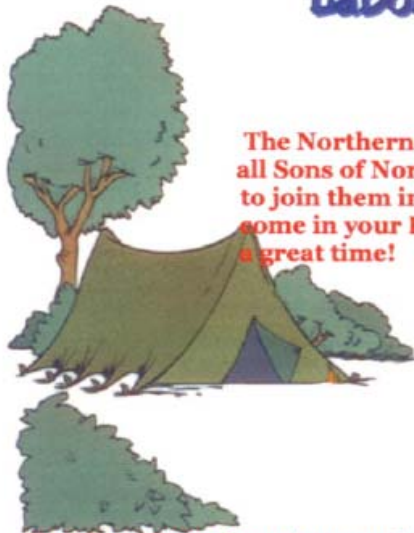
(e-mail colandhislady@infostations.com)

or Betty Williamson at 530-273-6118

(e-mail bettboop@jps.net)

\$3 Camp Norge day use fee applies

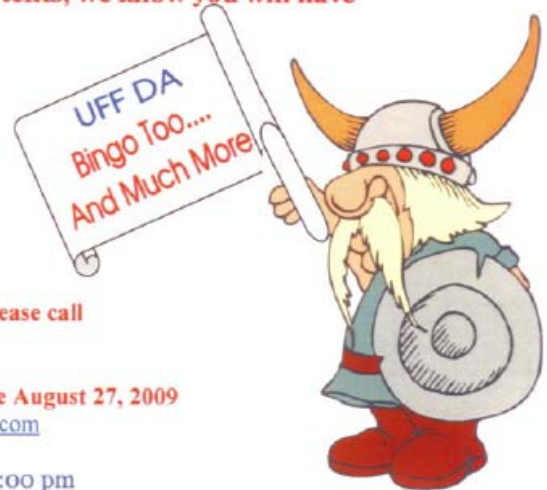
Northern California Kretsstevne Labor Day Weekend at Camp Norge September 5, 6, 7, 2009



The Northern California Kretsstevne Committee invites the members of all Sons of Norway Lodges in Northern California and, surrounding areas to join them in a weekend of fellowship, friendship and fun. Whether you come in your RV, stay in the dorm's, or bring tents, we know you will have a great time!



- Planned Activities...**
 Horseshoe Tournament
 Meadow Faire
 Games for all ages
 Dancing
 Raffle
 Barbecue



Need Camp Norge Room Accommodations? The rooms fill up quickly so please call ASAP...530.389.2508. (No reservations required for RV's and Tents).

Meal Packages will not be available at the event. Meal Registration Deadline August 27, 2009
 Questions? Call Eileen Conlan @ 415.595.4812 or E-mail: Leen1027@gmail.com

Calls will be returned after 7:00 pm

cut here and return

Northern California Kretsstevne 2009 Meal Pre-Registration

Make checks payable to: NCK (Northern California Kretsstevne)
Send to: Eileen Conlan, 487 Manor Drive, Pacifica, CA 94044
Questions? Call Eileen Conlan @ 415.595.4812
Calls will be returned after 7:00 pm or E-mail: Leen1027@gmail.com

Lodge: _____
 Name: _____
 Address: _____ City: _____ Zip: _____
 Telephone: _____ E-mail: _____



Meals:	
Saturday Breakfast	No. of Adults _____ x \$ 6.00 = _____
Saturday Lunch	No. of Adults _____ x \$ 6.00 = _____
Saturday Dinner (BBQ)	No. of Adults _____ x \$11.00 = _____
Sunday Breakfast	No. of Adults _____ x \$ 6.00 = _____
Sunday Lunch	No. of Adults _____ x \$ 6.00 = _____
Sunday Potluck	No. of Adults _____ x \$ 6.00 = _____
Saturday Breakfast	No. of Children _____ x \$ 4.00 = _____
Saturday Lunch	No. of Children _____ x \$ 4.00 = _____
Saturday Dinner (BBQ)	No. of Children _____ x \$ 7.00 = _____
Sunday Breakfast	No. of Children _____ x \$ 4.00 = _____
Sunday Lunch	No. of Children _____ x \$ 4.00 = _____
Sunday Potluck	No. of Children _____ x \$ 4.00 = _____
Meal Package	No. of Adults _____ x \$33.00 = _____
" "	No. of Children _____ x \$21.00 = _____

Total \$ _____
 Meal package includes Kretsstevne Pin

CELEBRATE JULY 4TH AT



CAMP NORGE

The Recreation Center Board welcomes you to Camp Norge for a three-day camping experience at your own recreation center on July 4th Weekend. If you do not have a tent or RV, call the Manager (530) 389-2508 for a room.

Our neighboring village, Dutch Flat is having an old fashioned July 4th parade and celebration on the 4th. They have a wonderful lunch in the community center, and games and booths on the street. It is a wonderful way to spend the day. If you and/or your lodge wishes to be in the parade, let us know as soon as possible so our coordinator can register you.

We will have limited food service for you. No lunch on Saturday as you will be in Dutch Flat. We will be serving on the back patio from the main house kitchen as the social hall has been rented to a group who reserves this weekend yearly.

The swimming pool will be open. The horseshoe pit is available. Explore the area on your own or just relax and enjoy the beauty of nature. This is a great opportunity to really get to know your fellow lodge members.

PRE-REGISTRATION OF YOUR MEALS IS NECESSARY TO ALLOW US TO PURCHASE THE CORRECT AMOUNT OF FOOD.

Registration Deadline: June 24, 2009. (Make check payable to Camp Norge)

Mail this form & check to Penny Joseph Knudsen, 3774 Park Drive, El Dorado Hills, CA 95762.

JULY 4TH WEEKEND 2009

Name: _____ Lodge _____

Address _____ City _____ State _____ Zip _____
Telephone _____

Meals you wish to purchase:

Saturday Breakfast – Adults _____ x \$4.00 = \$ _____ Children _____ x \$2.00 = \$ _____

Saturday Dinner Adults _____ x \$8.00 = \$ _____ Children _____ x \$4.00 = \$ _____

Sunday Breakfast Adults _____ x \$4.00 = \$ _____ Children _____ x \$2.00 = \$ _____

Sunday Lunch Adults _____ x \$5.00 = \$ _____ Children _____ x \$2.50 = \$ _____

Sunday dinner is potluck. Please bring a dish to share.

Monday Breakfast Adults _____ x \$4.00 = \$ _____ Children _____ x \$2.00 = \$ _____



← From this,
To this! →



Pickled Herring (Sursild)

*From Authentic Norwegian Cooking
by Astrid Kalsen Scott*

Ingredients:

- Firm dark rye bread
- Bibb lettuce
- Fickled herring
- Apple slice
- Dab of sour cream
- Fresh dill or parsley

Butter coarse, dark rye or pumpemickel bread lightly. Top with Bibb lettuce leaf. Cover generously with herring and onion slices from the pickled herring. Add a dab of sour cream, an apple slice (sprinkled with lemon juice) and a sprig of dill or parsley.

As a tasty alternative, try this combination!

- Bibb lettuce
- 4 slices of boiled potato
- Fickled herring
- Red onion slices
- Fresh dill



CALENDAR OF EVENTS – 2009

(Current as of 6/1/09 but always subject to change) Roald Amundsen Lodge 6-48, San Juan Masonic Center, 5944 San Juan Ave., Citrus Heights, CA
If you are aware of errors in this calendar, please call them to the editor's attention. Thank you.

JANUARY	FEBRUARY	MARCH
13th – Lodge Meeting, Initiation of New Members 7:00 p.m. 18th – Installation of Officers – Mills Station – 1:30 p.m., Sunday	10th – Lodge Meeting, 7:00 p.m. 21st – Torsk Dinner (Saturday) 28th – Member Challenge Workshop, Mills Station-10 am – 3 pm (Saturday)	10th – Lodge Meeting 7:00 p.m. 29th - 80th Anniversary Luncheon Banquet – Sunday – Carmichael Elks Lodge
APRIL	MAY	JUNE
14th – Lodge Meeting, 7:00 p.m. 24th - Lodge Social Friday	2nd - Norway Day bus trip 12th – Lodge Meeting, 7:00 p.m. 17th – 17th of May Social, 1:00pm – Park in Loomis (Sunday) 23rd - Memorial Day Weekend, Camp Norge	9th – Lodge Meeting, 7:00 p.m.
JULY	AUGUST	SEPTEMBER
NO LODGE MEETING. NAVIGATOR NOT PUBLISHED. 13th – Lodge Board Meeting – Carols Francis' house	11th – Lodge Meeting, 7:00 p.m. 16th - Multi Lodge Picnic, Sunday Camp Norge 21st – BBQ Dinner, Friday -6:30 p.m.	8th – Lodge Meeting, 7:00 p.m.
OCTOBER	NOVEMBER	DECEMBER
3rd – Scandi Festival, Saturday 10th – Lutefisk Dinner, 5:00 p.m. Saturday 13th – Lodge Meeting, 7:00 p.m.	10th – Lodge Meeting, 7:00 p.m. 21st – Vikingfest, 10:00 a.m. – 3:00 p.m., Saturday	8th – Lodge Meeting, 7:00 p.m. 12th – Lodge Social, 5:30 p.m. Saturday 27th – Children's Party – Mills Station, Sunday

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Roald Amundsen Lodge Website: www.sonsofnorwaysacramento.com. Check it out!

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Monthly lodge meetings are usually held 2nd Tuesday at the Masonic Center, 5944 San Juan Avenue, Citrus Heights (just south of Greenback Lane). Start time is 7:00 pm. A cultural program is usually presented.

KALENDEREN

Viking Sisters
President
Ann Sandner
asandner@aol.com

June 9	Lodge meeting
June 14	Flag Day
June 21	Fathers' Day
July 4	July 4th Weekend at Camp Norge
July 4	Independence Day
Aug 16	Multi-Lodge Picnic
Aug 21	Catered BBQ dinner

Viking Sisters:

Call Viking Sisters President for Viking Sisters meeting information. Meetings now held at Denny's, at the southeast corner of Watt Avenue and Auburn Boulevard, just south of Business Route 80 freeway. Generally, they meet the second Saturday of every month at 9:00am.