

# THE NAVIGATOR

A Publication of Roald Amundsen Lodge 6-48  
Sons of Norway, Sacramento, California  
May, 2010

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## FROM ROALD AMUNDSEN LODGE 6-48 PRESIDENT CAROL FRANCIS:

**Gratulerer med 17. mai! Congratulations with the 17th of May!** If you hear this saying in Norway, your response would be “takk, i like måte,” or thanks, the same to you. We are celebrating the Norwegian Constitution Day on **Sunday, May 16th, at the Orangevale Grange**, and have invited Daughters of Norway to join us. Ray and Tove Lise Miller have volunteered to grill hot dogs and hamburgers, so we need an accurate count: please RSVP to Florence Smith at 916-783-8830, or email her at [darian98@surewest.net](mailto:darian98@surewest.net). Do you know any Norwegians you can invite to join us? We plan to eat at 1:30 pm, and have a Children’s Parade at 2:30 pm, so bring your kids, grandkids, nieces and nephews! See flier for more details.



On Saturday, April 10th, Carol Lee and Oystein Solheim, Jim and Florence Smith, and I travelled to Oakland to help Bjørnstjerne Bjørnson Lodge celebrate its 100th anniversary. They sponsored our lodge in 1929, and are a very special bunch of people. It was a fun evening overlooking the San Francisco Bay and dancing to the music of Don Sommerfeld. I even got Oystein out dancing! We immediately heard how good Kristy Updegraff’s cardemon cookies were, as Karl Eikeberg made them for the District Board, to great success! Thanks for Yvette Loberg for adding a recipe section to the newsletter, do you have anything you can send her?

This is the month for our young people to apply for language camp scholarships (see information in Navigator). It is also the month for initiation of new members at our **Lodge meeting on Tuesday, May 11th**. If you have not been initiated, please RSVP to Carol Lee Solheim, 530-677-2006 or [solheim2636@earthlink.net](mailto:solheim2636@earthlink.net). It is a nice ceremony, and we will also have a cultural program on small town 17th of May celebrations in Norway. Hope you can join us!

I wish I had a crystal ball right now. I have a scheduled five day layover in Iceland from May 23rd to May 28th, and am trying to decide whether to keep it or go straight to Norway. However, being the adventurous type, I will probably go exploring around the island, although I plan to be on the northwest side well away from the just exploded volcano. Iceland is a fascinating country geologically, and still forming new land from its volcanic explosions, but hopefully not while I am there!

We take a break in lodge activities in summer months, but have a great **barbeque dinner on Friday, August 13th** at the Orangevale Grange; please save the date and join us! Flier will be in the Navigator next month. Ron Byrd has volunteered to help us with fliers; thanks for Cindy Hayashi for all of her prior help on this one. Nancy Ottum has made us an awesome greeting for the District 6 Convention booklet. If you can even come to Modesto for a day, you are welcome to join us. Convention dates are June 23rd to June 26th; contact Florence Smith if you can make cookies for the coffee breaks. Håper vi sees snart! Hope to see you soon! klem, hugs, Carol Francis

**KALENDAR:**

Tuesday, May 11, 7 pm, Lodge meeting at San Juan Masonic Hall; **Initiation of New Members.** Cultural Program on May 17th in Norwegian mountains by Carol Lee Solheim, and DVD of barnetog in Grimstad in 2005, provided by Bob Dahl. Refreshments, Jessica and Aislinn Brown.

Sunday, May 16, 1:30 pm picnic, 2:30 pm barnetoget (Children's parade for everybody). Celebrate 17th of May at Orangevale Grange, with Daughters of Norway. Kids' games too! Lodge is doing hot dogs and hamburgers, please RSVP to Florence Smith 916-783-8830

Board meeting, Thursday, May 20th, 6 pm, home of Carol Lee and Oystein Solheim in Shingle Springs. 530-677-2006. Dinner at 6 pm, board meeting at 7 pm. Thanks Carol Lee!

Tuesday, June 8, 7 pm, Lodge meeting at San Juan Masonic Hall, Cultural Program on the Viking World by Joe and LaRena Hannon. Refreshments, Ann Sandner, Sharon Brooks, Pat Harriman.

Wednesday night, June 23rd, to Saturday night, June 26th, District 6 Convention, Double Tree Hotel, 1150 Ninth Street, Modesto, California, USA, 95354, 1-209-526-6000. Visitors welcome, come down for a day!

Board meeting, Monday, July 12th, 6 pm, home of Carol Francis in Applegate. 916-390-0953. Potluck supper at 6 pm, Carol doing salmon and chicken, board meeting at 7 pm. Planning for next year.

Friday, August 13, 6:30 pm. Barbeque dinner at Orangevale Grange. Flier in next Navigator. Advanced reservations needed. Save the date!

Sunday, August 15, 1 pm. Northern California All-Lodge picnic at Camp Norge, hosted by Roald Amundsen. Date tentative, more in next Navigator. This is a great day trip!

**Camp Norge Scholarships for Language Camp 2010**

**From Roald Amundsen Lodge**

July 11-24

Ages 8-13

Camp Norge Recreation Center

Alta, CA

**Camp Applications are due no later than May 1, 2010**

Applications available at

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

Limited Number of Scholarships available

Scholarships pay half of camp cost

Camp costs \$750 per child

In order to receive the scholarship, each applicant needs to give a report, after camp, to the lodge.

Reports may be in the form of a report mailed to the lodge if an applicant is unable to attend the **September 14th** lodge meeting.

Reports can be pictorial, video, or written.

Scholarship requests need to be in a letter or email.

Emails are to be sent to [joeandheidigreen@gmail.com](mailto:joeandheidigreen@gmail.com)

Scholarship letters can be mailed to:

Joe Green

3313 Brookwood Rd.

Sacramento, CA 95821

**Scholarship application letters must be received by the May 11th Lodge Meeting**



Don't forget to wave your Norwegian Flag on May 17th in celebration of Norwegian Constitution Day (Syttende Mai)

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# Norwegian Constitution Day

From Wikipedia, the free encyclopedia

The **Norwegian Constitution Day** is the [National Day](#) of [Norway](#) and is an official [national holiday](#) each year. Among Norwegians, the day is referred to simply as *syttende/syttende mai* (meaning May Seventeenth), Nasjonaldagen (The National Day) or *Grunnlovsdagen* (The Constitution Day), although the latter is less frequent.

## Historical background

The [Constitution of Norway](#) was [signed](#) at [Eidsvoll](#) on May 17 in the year 1814. The constitution declared Norway to be an independent nation.

The celebration of this day began spontaneously among students and others from early on. However, Norway was at that time under Swedish rule (following the [Convention of Moss](#) in August 1814) and for some years the King of Sweden was reluctant to allow the celebrations. For a couple of years in the 1820s, king [Carl Johan](#) actually forbade it, as he thought the celebrations a kind of protest and disregard—even revolt—against Swedish sovereignty. The king's attitude changed slightly after the [Battle of the Square](#) in 1829, an incident which resulted in such a commotion that the King had to allow it. It was, however, not until 1833, that anyone ventured to hold a public address on behalf of the day. That year, official celebration was initiated by the monument of the late politician [Christian Krogh](#), known to have stopped the King from gaining too much personal power. The address was held by [Henrik Wergeland](#), thoroughly witnessed and accounted for by a [Swedish spy](#), sent by the King himself.

After 1864, the day became more established, and the first children's promenade was launched in [Christiania](#), in a parade consisting only of boys. This initiative was taken by [Bjørnstjerne Bjørnson](#), although Wergeland made the first known children's promenade at [Eidsvoll](#) around 1820. It was only in 1899 that girls were allowed to join in the parade for the first time.

By historical coincidence, the [Second World War](#) ended in Norway just nine days before that year's Constitution Day, on May 8, 1945, when the occupying German forces surrendered. Even if The Liberation Day is an official flag day in Norway, the day is not an official holiday and is not broadly celebrated. Instead a new and broader meaning has been added to the celebration of Norwegian Constitution Day on May 17.

The day focused originally on the Norwegian constitution, but after [1905](#), the focus has been directed also towards the royal family.

## Children's parades

A noteworthy aspect of the Norwegian Constitution Day is its very non-military nature. All over Norway, children's parades with an abundance of [flags](#) form the central elements of the celebration. Each elementary school district arranges its own parade<sup>[1]</sup> with marching bands between schools. The parade takes the children through the community, often making stops at homes of senior citizens, war memorials, etc. The longest parade is in [Oslo](#), where some 100,000 people travel to the city centre to participate in the main festivities. This is broadcast on TV every year, with comments on costumes, banners etc, together with local reports from celebrations around the country. The massive Oslo parade includes some 100 schools, marching bands, and passes the royal palace where the royal family greet the people from the main balcony.

Typically a school's children parade will consist of some senior school children carrying the school's official banner, followed by a handful of other older children carrying full size Norwegian flags, and the school's marching band. After the band the rest of the school children follow with hand sized flags, often with the junior forms first, and often behind self made banners for each form or even individual class. Nearby kindergartens may also have been invited to join in. As the parade passes, bystanders often join in behind the official parade, and follow the parade back to the school. Depending on the community, the parade may make stops at particular sites along the route, such as a nursing home or war memorial. In Oslo the parade stops at the [Royal Palace](#) while [Skaugum](#), the home of the crown prince, has been a traditional waypoint for parades in [Asker](#).

During the parade a marching band will play and the children will sing lyrics about the celebration of the National Day. The parade concludes with the stationary singing of the national anthem "[Ja, vi elsker dette landet](#)" (typically verses 1, 7 and 8), and the royal anthem "[Kongesangen](#)".

In addition to flags, people typically wear red, white and blue ribbons. Although a long-standing tradition, it has lately become more popular for men, women, and children to wear traditional outfits, called [bunad](#). The children also make a lot of noise shouting "Hurra!", singing, blowing whistles and shaking rattles.

In addition to children's parades, there are parades for the public, where every citizen is welcome to join in. These are led by marching bands and often local boy scouts and girl guides, local choirs, etc. This takes place in the early morning or in the afternoon, before or after the school's parade.

All parades begin or end with speeches. Both grown-ups and older children are invited to speak. After the parades, there are games for the children, and often a lot of icecream, pop, sweets and pølse (hotdogs) are consumed.

Please join Sons of Norway  
for a special celebration to be held on



Sunday, May 16<sup>th</sup> at 1:30 p.m.  
at the

Orangevale Grange Hall

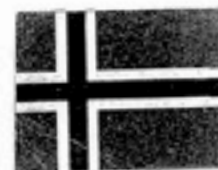
5807 Walnut Avenue in Orangevale

(Go to Madison Avenue; turn on Walnut and go one block north.  
Walnut is one block east of Pershing Avenue)

as we celebrate

Norwegian National Day

held on May 17<sup>th</sup> in Norway



This will be an old-fashioned outdoor picnic potluck barbecue for family, friends and children. A Barnetoget (Children's Parade) will be held at 2:30 p.m. after lunch. Games for children will also be provided.

Wear Red, White and Blue (Norway's national colors).  
Bring any Norwegian flags that you have.

Bring a salad or potluck dish to share, along with serving utensils. Lodge will provide plates, napkins, cups, flatware, barbecue grill. Lodge will provide hamburgers and hotdogs to grill. Bring what you want to drink (sodas, water, tea, etc.) The Lodge will provide a Norway Day Cake for dessert.

Special guests will be families and friends of the  
Daughters of Norway, Roseville Chapter.



To plan the barbecuing, we need a count, so please RSVP to Florence Smith  
at (916) 783-8830 or email her at [darian98@surewest.net](mailto:darian98@surewest.net)

*You may want to bring your own lawn chairs to sit in.*



We look forward to seeing you there.  
*Let's celebrate our Norwegian culture and heritage!*

In addition to my duties as your Editor of the Navigator Newsletter, I'm also employed full time with Apple, Inc. - nearly eleven years now - and couldn't resist including this news item in this month's issue.

As you probably know, there was a recent volcanic eruption in Iceland, and the resulting ash cloud meant that air travel throughout most of Northern Europe was temporarily cancelled until the airborne volcanic dust had cleared enough to be deemed safe to resume scheduled flights again. The many thousands of stranded passengers had to make do in the meantime.

One of the stranded passengers at the Newark airport in New York was none other than the Norwegian Prime Minister Jens Stoltenberg, who had been in New York for President Obama's nuclear summit. The job of running the government of Norway doesn't wait for a delayed head of state, and so, the Prime Minister, using his recently purchased Apple iPad, was able to stay connected with his office in Norway - effectively "running the country" from his iPad - while waiting for scheduled flights to resume. *The Editor*

## Statsministeren jobber på flyplassen



Statsminister Jens Stoltenberg på flyplassen i New York. Foto: Statsministerens kontor.

Prime Minister Jens Stoltenberg at Newark airport in New York. Photo: Office of the Prime Minister.

Official web site of the Prime Minister's office: [www.regjeringen.no/en/dep/smk.html?id=875](http://www.regjeringen.no/en/dep/smk.html?id=875)

Office of the Prime Minister on Twitter: [twitter.com/Statsmin\\_kontor](https://twitter.com/Statsmin_kontor)

Photos from Norway Day May 1-2, 2010  
Fort Mason, San Francisco, California  
(Photos taken by the editor on May 1st, 2010)



Yvette Loberg learning the finer points of making lefse firsthand.



More photos from Norway Day May 1-2, 2010  
Fort Mason, San Francisco, California  
(Photos taken by the editor on May 1st, 2010)



LaRena Hannon modeling her Norwegian outfit.



## Calling all Bakers

Homemade Norwegian Cookies are needed for the regional conference June 21st. in Modesto Ca.

This month's cookie recipe is for "Sandbakkels" Cookies

Please let us know if you will be making cookies for the Conference.

### SANDBAKKELS

Small sandbakkell molds are used to make these delicate Scandinavian cookie tarts.

Preparation time: **30 min** Baking time: **8 min**

Yield: **3 dozen cookies**

- 1 cup butter, softened
- 1/2 cup sugar
- 1/2 cup firmly packed brown sugar
- 1 egg
- 1 teaspoon almond **or** brandy extract
- 2 1/2 cups all-purpose flour



Heat oven to 350°F. Combine all ingredients **except** flour in large bowl. Beat at medium speed, scraping bowl often, until well mixed. Reduce speed to low; add flour. Beat until well mixed. (If dough is too soft, cover; refrigerate at least 2 hours until firm.)

Press 2 to 3 teaspoonfuls dough evenly into each 3-inch sandbakkell mold. Place molds onto cookie sheets. Bake for 8 to 11 minutes or until lightly browned. Cool 3 minutes.

Remove cookies from molds by tapping on table or loosening with knife. Cookies can be served plain or filled with fresh fruit, fruit filling, pudding or whipped cream..

**TIP:** If using 2 1/2-inch sandbakkell molds, press 1 1/2 to 2 teaspoonfuls dough evenly into each mold. Bake for 7 to 10 minutes. 5 dozen cookies

## Lodge Members' Travels

This month's featured travel destination is Milford Sound, in Fjordland National Park, New Zealand, which, like Norway, is also known for its fjords.

To see your travel destination featured here, please submit one or two photos with captions to [steve.loberg@mac.com](mailto:steve.loberg@mac.com) for consideration.



Right: Yvette & Steve on a boat tour in Milford Sound, March 6th, 2009

Tidbits:

*History, Culture, Trivia, Humor, etc..*

**Suggested Reading:**



**A Syttende Mai Son**

By George Nilsen

**17th of May parade**

**Every year for the 17th of May parade the Swedes line up on one side of the road for the parade, the Norwegians on the other. Then, the Swedes throw firecrackers at the Norwegians. Then, the Norwegians light the firecrackers and throw them back**



On May 17th, if you're Norwegian, be independent!

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## Rosette Making Class

Learn to make rosettes:

This will be a hands-on class for anyone who is seriously interested in learning the techniques of rosette-making; and they must commit to making rosettes for the Scandinavian and Viking Festivals next fall.

Students are asked to bring a \$10 supplies fee to class to cover costs and will be taking cookies home; the balance will be donated to Youth Programs. **Contact Cindy Hayashi at 488-9901** to coordinate class date.



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