



FREYA FORUM

Freya Lodge #6-062 Newsletter

April 2017

Ord fra Presidenten



Spring has sprung and Freya Lodge is getting ready for The Scandinavian Brunch on Saturday, April 22 at noon. Kari Tauring, a Minneapolis based Nordic folk musician, dancer and storyteller, will present a program on Nordic Runes and the Historical Völva. In Old Norse a woman who carries the staff for Nordic people is called a völva. This staff represents her knowledge and practice of Nordic folkways, runes, histories, songs, dances and stories. This will be an enjoyable afternoon to learn about the Old Norse tales, runes and music. Along with this wonderful program, the brunch will include a delicious kringle, Scandinavian farmers' omelet and fruit.

It is also the time of year for a little spring cleaning. At the end of the month on Saturday, April 29th, Freya Lodge will be holding a Rummage Sale. Clean out your closets and bring down all your gently used items that you no longer want to Norway Hall to donate to the Rummage Sale. Most of us have something that has been sitting there in the closet and now it is time for someone else to enjoy. For more information please see the article on the Rummage Sale in this issue of the Freya Forum.

Last month's Celts and Viking Corned Beef and Cabbage Dinner on March 18th was another fun-filled evening with the Vikings of Bjørnstad. Jack Garrett and his Viking crew gave a new presentation about Viking archaeology through the years including very recent scientific updates. The most exciting part of the evening was the presentation of Freya Lodge's most prestigious award, "Norwegian of the Year", which went to Freya's outstanding Social Director Karen Larson. Last year's recipient, Lis Barca, presented the award to Karen. Congratulations to Karen for being Freya Lodge's 2016 Norwegian of the Year and mange, tusen takk for all that she does for Freya Lodge. Many thanks also go to Assistant Social Director Myrna Bellovich and all the many volunteers that helped to make the Celts and Vikings Dinner so successful.

The Easter holiday is around the corner. In Norway many Norwegians indulge themselves by reading mystery novels on Easter weekend. This has become so popular that this weekend is called Påskekrim. There are many Norwegian crime novels in English for you to choose from. A new mystery book out now from Norway is The Oslo Conspiracy by Asle Skredderberget. Norwegians also go to their country cabins for the Easter break. Whatever your tradition is for this time of year, have a wonderful holiday.

Happy Easter – god påske,

Marne Olson
President



Upcoming Freya Lodge Events:

- Craft Days
April 3 & 17
10am—1pm
- Scandinavian Brunch
Apr 22 @
12pm
- Rummage Sale
Apr 29
8am—2pm
- Craft Days
May 1 & 15
10am—1pm
- Syttende Mai Celebration
May 13 in San Francisco
- Vikingfest
October 14,
2017

Karen's Column

Happy Spring and that is no fooling! Oh yes, and happy April Fool's Day too! This past month your lodge has been very busy with our Celts and Vikings Corned Beef Dinner. A big thank you to all who again, made this event a success. I would like to thank Susan Potter, Laurel Proaps, Myrna Bellovich, Tanya Barca, Marit Barca, Marne Olson, Else Bratlien, John Hill, Laurel Powers, Janice Shipley, and Siri Fenson who volunteered their help and made this event a success. Also thank you the Vikings of Bjørnstad who put on a very informative program on "Digging the Vikings: An Archaeological Perspective". Thank you so much for presenting such an interesting program! What a great group of volunteers that made this event a success!



Now onto our next activity for the month of April and I am not fooling about this! Mark your calendars now and get your reservations in asap for our Freya Lodge Scandinavian Brunch which will be held on April 22, 2017 at 12:00pm. Tickets are available through Brown Paper Tickets and there is no extra charge to make reservations this way! Please check the flyer in this month's Freya Forum for more information on ticket purchases. If you have any questions regarding this event, please call Anne-Marie at 707-894-1807.

Please join us on April 22nd and welcome our speaker Kari Tauring who is visiting from Minnesota. Kari will discuss Runes, the Volva stave, and sing songs and tell stories. In 2010 Kari was on the Norwegian reality show, "Alt for Norge (everything or all for Norway)". Her fans in Norway call her Kjaerekarie med staven, which means dear Kari with the staff, based on her rendition of the popular old Norwegian song: Kjaerringe med staven." Come and listen to her stories through song about Runes, and the volva stave. Besides, storytelling and singing, Kari is also an author. Her recent book, "the Runes: A Deeper Journey" replaces her book in 2007. Runes stem from the Sanskrit root work Ru – meaning the secret or whispered mystery.

Get your tickets now through Brown Paper tickets. Members are \$17 and non-members are \$22. Come and enjoy a delicious Farmers Omelet, Kringle and Fruit and, if you wish, we will have Mimosas available for purchase. Come and enjoy a fun filled afternoon with your lodge members. Invite your friends and be prepared for a delicious brunch and a wonderful program.

Another ongoing activity at your lodge has been a wood carving class led by Bill Splaine, a fantastic wood carver and a member of our lodge. Our wood carvers group meets every first and third Wednesday of the month at Martha Garbesi's home, another loyal lodge member. I just wanted to take the moment and thank Bill Splaine for introducing many of us to the fantastic world of woodcarving and to say thank you so much for sharing your talents with us. I know that this class is coming to an end in May but I wanted to say that Bill has instilled in many of us the joy of woodcarving that will stick with us forever. Thank you Bill and Martha!

Happy Easter on April 16th, and I hope to see you all at the Brunch on April 22nd. Join us for a delicious brunch and give Kari Tauring, our guest speaker from Minnesota, a big Freya Lodge welcome.

Med vennlig hilsen,
Karen Larson

Cultural Skills Program Keeps Going and Going

It's always a pleasure to give out pins/bars to members having completed various skills. This was done during the Corned Beef & Viking event on March 18. Congratulations to all!

The following persons came forward to receive their awards: Karen Larson received a Genealogy I bar and John Hill a Genealogy II one. Both of them were praised by the SoN judges in Minneapolis, for having documented group records and citations very clearly. They were mentored by Pamela Groth. Larry Olsen and myself received the Norwegian Music III pin which required listening to (and writing reports about) 20th century composers and performers like Harald Sæverud, Kirsten Flagstad and Alf Proysen. Martha Garbesi also had earned this pin, but was not present to receive it.

Pamela Groth, now living in Carson City, NV, had earned two bars...one in Figure Carving II (which she earned this winter attending a class at Vesterheim Heritage Center in Decorah, Iowa) and one in Knitting Level III. That requirement called for producing a sweater in two or more colors. Pam received permission to knit one for a friend's dog rather than one for herself. You see the result below; member Susan Hiatt's dog, Sparky, is now very happy to have a warm sweater for cold morning walks.

If you are interested in learning a Norwegian cultural skill, please contact me to find out if a class is being set up. Rosemaling? Norwegian Music? Norwegian Literature? Stamp Collecting? Knitting?

Hilsen,
Siri Fenson (Cultural Skills Program Coordinator)
707-303-7860 or sirimax@att.net



Syttende Mai Celebration

This year we are looking to offer our members a different opportunity to celebrate Syttende mai.

We have reserved a 15-passenger van to transport those interested in joining the celebration organized by the Seaman's Church and held at Lands End West Fort Miley in San Francisco on May 13th.

Hot dogs, ice cream and soda will be available for a donation. You are free to bring your own food and drinks. There will be games with prizes and a parade between 2 & 3pm, with the focus on children. Placing of flowers on a memorial for those lost in World War II, plus songs and speeches for the day. Bring a flag to wave for the parade. A simple church service will be held outside. The event is expected to end at 4pm.

Seats in the van will be first come, first served. Estimated cost for this trip is \$20 per person (for the van rental, gas & parking) plus the cost of the lunch donation if participating.

If interested, please contact Marit Barca no later than May 5th at 707-495-0448 or via email at Marit@thebarcas.net.

Members are also welcome to meet up with the Freya group in San Francisco.

Dear members,

Thank you so much for honoring me again for the 2016 Norwegian of the Year award. I just wanted to say that I did not earn this alone as I owe a great deal of gratitude to all of those who have volunteered their time and talents to make our Sons of Norway lodge shine with pride. Thank you so much for this wonderful award and thank you to all who have supported me and their lodge with willing hearts.

Thank you, Karen



Karen Larson with her Norwegian of the Year Award

Lillestrøm Bicycle Hotel

A new bicycle hotel has opened in Lillestrøm, Norway, as part of a project commissioned by Norwegian National Railways. Finding a natural home in Norway's "best cycling city," the hotel was constructed to further encourage commuting around the city on two wheels.

For a small monthly fee, the Lillestrøm Bicycle Hotel allows cyclists to store bicycles indoors while they're out of town or at work, providing a safe location and convenient storage option. With the hotel's practical location right next to the train station, it also offers commuters an incentive to choose commuting by bicycle and train over driving.

Bicycle hotels are not a new concept in Norway – there are several across the country – but this hotel is the nation's largest yet, with nearly 5,000 square feet (465 square meters) of storage. The Lillestrøm Bicycle Hotel can house 400 bikes at a time, a feat that took some inventive engineering to accomplish. The architects looked for interesting ways to maximize the space in the compact urban location by constructing multi-level storage racks to accommodate as many bicycles as possible.

In an effort to maximize the functionality of the building in a way that would also benefit those living in the area, the roof of the hotel offers a publicly-accessible green space with benches that provide visitors stunning views of Lillestrøm.

Currently there are also bicycle hotels in Norway's cities of Drammen, Gulslogen, Sandefjord, Moss and Asker – more will surely appear across the country as the popularity of the concept rises.

Start riding! Cycling can be a positive step toward a healthy lifestyle – a step that should be rewarded. Through the Sons of Norway Sports Medal program, you and your fellow lodge members can earn pins for the mileage you bike. Reach out to your lodge sports director or Sons of Norway Headquarters at sportsmedals@sofn.com for more information.

From Sons of Norway Newsletter Service

Welcome New Members:

No new members this month

Thanks for Renewing:

Karen Armstrong
Donald Coates
James Coconas
Ashley Fairchild
Brian Garlick
John Hill
Claudia Larson
Kathryn Norman
Erik Oehm
Laurel Powers
Michele Silver
Carolyn Strange
Rolf Thorson

Freya Sports Column

This month we continue with the Sports Medal Program focusing on the Sports and Fitness Achievement Medal.

The Sports and Fitness Medal Program encompasses over 20 different sports and fitness activities. These include a wide variety of individual sports as well as team sports that you may already be doing or have thought about starting. For each activity, you earn points for each 10 minutes you engage in the activity which add up according to your age group as the requirements for a Bronze, Silver, Gold, or Enamel Sports Program Pin.

Are you on a TEAM or a member of a LEAGUE? City Recreation Departments have regular weekly adult classes and organized leagues in a long list of sports such as: Bowling, Tennis, Pickleball, Badminton, Soccer, Volleyball, Handball, Basketball, and many more.

Do you take regular CLASSES in fitness activities such as: Pilates, Yoga, T'ai Chi, Zumba, Martial Arts, or Water Aerobics? Do you enjoy going to the many DANCE halls in Sonoma County to participate in Line dancing, Tango, Ballroom, Swing, Salsa, or Square dancing? These are all sports and fitness activities that can earn you points. Maybe you did Tap dancing when you were young, or Irish Step (Riverdance), and now meet up with a group to continue to enjoy dancing.

Not all of us like to keep fit by participating on Teams, Leagues, or other group sports activities. In May, the focus here will be on the Sport and Fitness activities we can do as individuals. Until then, check out the list of all the fun athletic activities on the Sons of Norway website that earn points for the IDRETTSMERKE Sports and Fitness Medal Program Pin. Log in to your member account then https://www.sofn.com/member_resources/cultural_programming/sports_medal_program/levels_requirements

Remember, the most important reason for participation in the Sports Medal Program is for all of us to live a physically active lifestyle and thus have balance in our lives.

Rolf Erik Thorson, Sports Director Freya Lodge



Rummage Sale

A fundraiser for the Freya roof.

Saturday, April 29th from 8am to 2pm at Norway Hall

Please drop off donations during craft days or contact Marit at 707-495-0448 or via email at Marit@thebarcas.net to arrange drop off time.

Volunteers needed for set up, sorting, organizing and pricing on Friday, April 28.

Volunteers also needed on Saturday to assist with parking, sales and clean-up.

Upcoming Events

Linnea Lodge

April 22 1:00 pm Spring Scandinavian Potluck Luncheon, at Veterans Mem. Bldg., Petaluma

Bjornson Lodge 107th Anniversary

April 23, 2017 at 5pm. Zio Fraedo's
Contact Nancy Eikeberg
nceikeberg@comcast.net for information.

Multi-Lodge Picnic - August 12 or 26, 2017.
Ibsen Park, Woodside, CA.

Vesterheim Museum Tour – District 6 is sponsoring a tour from September 20—24, 2017.
Details available <http://sofn6.org/newsletters/>.

Congratulations Jannike Allen!

President Marne Olson was contacted by David Champion, the Youth Director for Grieg Lodge #2-15 in Portland, Oregon.

David shared, “A member of your lodge, Jannike Allen, has become a very active and very welcome participant in our Unge Venner activities while attending Portland State University---we consider ourselves very lucky to have her in our midst.”

“It gives me great pleasure to inform you that she just won the Grieg Lodge Scholarship! Her application was very impressive and we really enjoy her participation! Since Jannike has become involved in our lodge activities, I've had the privilege of meeting her family. Your lodge is very fortunate to have them in its membership!”

Congratulations to Jannike and the Allen family from all of us at Freya Lodge.

“Norwegian Consul in Fistic Encounter”

Los Angeles Herald, Vol. 37, Number 115, 24Jan1910

George H. Peck and John Anderson Clash

Affair Result of Attempt to Have Official Removed as Norway's Representative at San Pedro

San Pedro, Jan. 23.—Efforts of prominent Norwegians to have George H. Peck removed as Norwegian consul at San Pedro resulted in a fight encounter last night in front of a local theater between Peck and John A. Anderson.

Peck was coming out of the theater and accosted Anderson. Soon the two were struggling to get at each other, with Officer Sparks, the huskiest man on the force, bumping their heads against the wall of the theater lobby. The men were taken to the station, each with a bloody face, but no charges were preferred.

Peck, who is not a Norwegian, has been consul of Norway for several years. For the past year Anderson and some of the other Norwegians here have been endeavoring to have him removed. Recently charges have been preferred against Peck, supported by affidavits and court documents, to show that property which he owns had been rented for immoral purposes.

Norwegian societies in Los Angeles and elsewhere have taken up the fight and there has been considerable agitation over the matter in several of the Norwegian papers.

This article from the 1910 Los Angeles Herald was submitted by John Hill. John Anderson was his great grandfather and the discovery of this article is the first John heard of this incident.

Piano Recital

Leif Ove Andsnes and Marc-André Hamelin, pianos

Tuesday, April 25, 2017 @ 7:30pm

Herbst Theatre San Francisco, CA

PROGRAM:

MOZART: *Larghetto and Allegro in E-flat Major*

STRAVINSKY: *Concerto for Two Pianos; The Rite of Spring*

DEBUSSY: *En Blanc et Noir*

ABOUT THIS PERFORMANCE:

This two-pianos/four-hands recital is the unmissable event of the season. Separately, these two giants of the keyboard are formidable and beloved artists. Together—in what has been called a “music world bromance”—the combined talents of these frequent collaborators and friends create an exhilarating experience.

Tickets available through City Box Office at
<https://www.cityboxoffice.com/>

Kvikk Lunsj with Apples and Mascarpone Cream

Adapted from newscancook.com

Kvikk Lunsj is the Norwegian equivalent of the wafer and chocolate Kit Kat™ bar. Introduced by Freia founder and hiking enthusiast Johan Throne Holst in 1937 as the perfect portable snack to enjoy while hiking or skiing, Kvikk Lunsj has become a favorite of Norwegians during Eastertime family hikes and cross-country ski trips to the mountains.

- 3 apples, peeled and coarsely chopped
- 2 lemons
- 2 tbs. icing sugar (powdered sugar)
- 1 tsp. cardamom
- ¾ cup mascarpone
- 2 tbs. icing sugar (powdered sugar)
- 4 Kit Kat™ bars (Kvikk Lunsj), coarsely chopped



Add chopped apples, sugar, cardamom and juice from two lemons to a pan. Cover with lid and simmer for 2-3 minutes. Mash apple compote with a whisk and cool. Add remaining sugar to mascarpone and whisk together. Serve apple compote topped with mascarpone cream and coarsely chopped chocolate bars in a glass or a bowl and enjoy.

Norway's Easter Thrillers

Easter celebrations in Norway bring to mind visions of springtime ski excursions to mountain cabins, colorful decorations and time spent with friends and family. However, none of these Norwegian traditions are as unfamiliar and unusual to North Americans as the Norwegian Easter tradition of Påskekrim. Literally translated as “Easter crime,” this phenomenon grips Norway each spring and fills bookstores with dark tales of murder and kidnapping and Norwegian TV and radio programming with popular crime series.

While it is uncertain exactly how Påskekrim has evolved and grown to become the Norwegian phenomenon it is today, it is believed to have started with a pair of students from Bergen who in the spring of 1923 published a crime novel titled, *Bergenstoget plyndret i natt* (“Bergen Train Robbed Tonight”). The students, Nordahl Grieg and Nils Lie wrote the novel under the pseudonym “Jonathan Jerv” and purchased advertisements in *Aftenposten* and other Oslo newspapers to promote their book. The advertisement, cleverly masquerading as an article headline in big, bold letters just beneath the paper’s masthead, featured the novel’s title “BERGEN TRAIN ROBBED TONIGHT” and caused a sensation among readers who believed it to be a real headline. Readers—concerned for the welfare of passengers on the train—had missed the tiny text nearby (Pris 2 kroner, Gyldendal) denoting the price and publisher of the novel. The ingenious marketing stunt created such a buzz in Norway that the novel became a huge success and later was turned into a film in 1928. Publishers soon caught on to the novel’s Eastertime sales success and Påskekrim became an annual tradition.

While Scandinavian crime writers are enjoying tremendous popularity worldwide as of late, efforts by publishers to replicate Påskekrim in Sweden have been unsuccessful and Easter crime remains an unparalleled Norwegian phenomenon.

To learn more about Norway’s popular crime writers or to find titles, log in to the digital edition of *Viking* magazine and check out these issues:

Nordic Noir - <http://msp.imirus.com/Mpowered/book/vvk14/i4/p38>

Murder She Wrote - <http://msp.imirus.com/Mpowered/book/vvk15/i7/p38>

Read On - <http://msp.imirus.com/Mpowered/book/vvk16/i7/p24>

Summer Reading Guide - <http://msp.imirus.com/Mpowered/book/vvk15/i7/p18>

The Golden Touch - <http://msp.imirus.com/Mpowered/book/vvk13/i3/p16>

From Sons of Norway Newsletter Service



HANS SKALAGARD

It is with a heavy heart I must tell you that we have lost one of our charter members of Aasgaarden Lodge. Hans Skalagard passed away peacefully in his home on March 3, 2017, he was 93. His granddaughter said he was proud to be a part of Sons of Norway.

Hans Skalagard is a world renowned marine painter. He has been described as a "living legend" by art critics. This man is a descendant of Vikings and was born in the Faeroe Islands of Denmark in 1924.

He began painting at the age of 8, and at the age of 14 began to carry on the family's seafaring tradition, becoming an apprentice seaman on a square rigged ship. Thus, he began his experiences that allowed him to create accurate paintings of such ships.

Hans grew in experience and served on merchant ships during World War II convoys. He survived the sinking of four (4) ships in

six (6) years of this war, enabling him to draw on these experiences and paint a series of ten "North Atlantic Convoy Scenes".

Hans had initially moved to the United States in 1943 but returned to Denmark after the war to study at the Royal Academy in Copenhagen. In New York, he had a one man show in 1954, where he had studied with the marine painter, Anton Otto Fisher.

In 1955, he became an American citizen and soon after married Mignon, who became his business manager.

In 1961, his works were exhibited at the Legion of Honor in San Francisco, California. He remained in California, becoming a fixture in his Carmel, California gallery, "Skalagard's Square-Rigger".

He has had numerous one man shows both in the United States and in Europe. His paintings are hung in many public buildings. Examples of such locations include the Naval Post Graduate School in Monterey, California, the Los Angeles County Maritime Museum, the Allen Knight Maritime Museum and galleries in Norway, Denmark and his native Faeroe Islands. His paintings are owned by admirals and collectors world over. He is the holder of six gold medals for his work. In 2013, he was honored by the Scandinavian American Hall of Fame in California, Hans Skalagard, "Man of the Sea".

Hans spent over thirty years at sea and his paintings accurately reflect this knowledge of sailing ships and the weather at sea.



From the March, 2017 Aasgaarden Lodge #6-112 Newsletter where Hans was a charter member.



Freya Lodge Scandinavian Brunch

April 22, 2017 - 12:00pm



Please join us at Norway Hall to welcome singer and story-teller Kari Tauring from Minneapolis, who will do a presentation on Nordic runes and the völva stav.

"Tauring's hypnotic storytelling and singing make for a charming and instructive trip to the northlands" - Huffington Post



Farmers Omelet, Kringle and Fruit
Mimosas available for purchase



Members - \$17
Non-Members - \$22



Tickets available through Brown Paper Tickets
<http://www.brownpapertickets.com/event/2871044>
or on the www.freyalodge.org home page.
Questions? Contact Anne-Marie @ 707-894-1807

Kari Tauring is an American folk musician, author and teacher. She sings and writes Nordic folk music of her familial Norwegian heritage.

Her website is www.KariTauring.com



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