



FREYA FORUM

Freya Lodge #6-062 Newsletter

February 2017

Ord fra Presidenten



The annual Freya Lodge Lutefisk and Meatball Dinner on Saturday, January 21st was another successful event despite the rainy weather. Everyone had a wonderful time singing the lefse and lutefisk songs and eating the delicious feast of baked lutefisk and Norwegian meatballs. I wish to acknowledge many of our members who volunteered to make this year's dinner such a success. Thank you to the Freya Lodge Hall Association, Freya Lodge Board and Freya Lodge Members for cleaning and setting up Norway Hall days before the dinner and for helping to cook and serve the food the night of the dinner. Mange, tusen takk to Social Director Karen Larson and Cultural Director Marit Barca for all their work behind the scenes organizing the whole event and all their work the night of the dinner. A "shout-out" to Karen's husband, Terry Larson, for once again taking care of the Skål Bar. Tusen takk to the Barca Family – Lis, Tanya and Zoe – for helping to manage all of the evening festivities and tusen takk to Anne-Marie Winterhalder for once again assisting me as Master of Ceremonies. Mange takk to some of our other outstanding volunteers - Susan Potter, John Hill, Laurel Powers, Janice Shipley and her granddaughter Mia, Sandi McConnell, Ken Johnson, Rolf Thorson, Don Coates, Kathryn Norman, Darryl Laxo and Laurel Proaps. Freya Lodge has many wonderful volunteers and we appreciate all the work that they do for Sons of Norway. Be sure to check out Karen's Column in this issue of the Freya Forum for more details about the Lutefisk Dinner and other events.

On Friday, February 17th, there will be a special fundraiser, **Raise the Roof Bingo**, to help raise funds for a new roof for Norway Hall. A delicious dinner of Lapskaus will be served at 6:00 pm and Bingo will begin at 6:45 pm. There will be a number of Bingo prizes to win such as jewelry, a wine selection, Norwegian sweaters and a special picnic basket full of surprises. Bring your friends for this fun evening of Bingo and *raise the roof!*

February is the month to celebrate our nations' Presidents, a groundhog to appear, a Cupid's arrow, the Super Bowl ---

And see you at Norway Hall on February 17th for Bingo!

Marne Olson
President

National Theatre Live: Hedda Gabler

Tony Award-winning director Ivo van Hove (A View From the Bridge at the Young Vic Theatre) returns to National Theatre Live and makes his National Theatre debut with a modern production of Ibsen's masterpiece.

Ruth Wilson (Luther, The Affair, Jane Eyre) plays the title role in a vital new version by Patrick Marber (Closer, Notes On A Scandal) with Rafe Spall (The Big Short) as Brack.

Captured live from the National Theater, London. Showing at the Rialto, Sebastopol.

March 9, 2017 @ 7pm or March 18, 2017 @ 10am

To Purchase Tickets Click [HERE](#)

Upcoming Freya Lodge Events:

- Lapskaus & Bingo Night
Feb 17 @ 6pm
- Vikings in Ireland Dinner
Mar 18 @ 5pm
- Scandinavian Brunch
Apr 22 @ 12pm

Karen's Column

Happy Valentine's Day to everyone! Tis the month of love and happiness and I just wanted to send a big Thank You, to everyone who made this year's Lutefisk and Meatball dinner go so smoothly. You know who you are and your help and enthusiasm helped so much to make this special event a winner again!!! I would like to send a special Valentine to my very special people who chipped in with willing hands and hearts and made this past event spectacular! I even heard that someone in attendance gave us a five star rating for our Lutefisk and Meatball dinner. Thank you to all who made this event great!!!



Ok, now I am going to try to remember all those who lent a helping hand and send you all a great big Valentine hug. Thank you to my helpers on Friday, Siri Fenson, Sandi McConnell, Janice Shipley, Marne Olsen, Marit Barca, Laurel Powers, Anne Marie Winterhalder and Becky Thompson. Also a big thank you to our outside help, Daryl Laxo, John Hill and Don Coates. They had a big job to undertake as our back field was just too soft and muddy to park cars in. Terry tried it out in the Tesla and thanks to Darryl, we were able to get out of the muck. Had to make sure that the back lot should not be used!

On Saturday, the day of the dinner, I want to extend a very big Valentine thank you to Laurel Proaps, Marit Barca, Sandi McConnell, Susan Potter, Anne Marie Winterhalder, Tanya Barca and Lis Barca. Also a big thank you to my guys in the parking lot in the rain, and to Kathryn Norman and Zoe Barca who welcomed everyone with a warm smile. More thank you's to our muscle man in the kitchen, Eric Oehm, and to my husband Terry, for manning the bar and keeping everyone happy. All in all, it was a very nice event and a great way to share our heritage and culture with the public. Thank you again to everyone and to those that I might have forgotten. I appreciate you all so much!

Our next special event is on **February 17th** and it will be a very fun night for all. Besides a delicious **Lapskaus Dinner**, we will enjoy an evening of Bingo. Long ago, our lodge played many a bingo night and we thought that it was high time that we brought it back. So, come and enjoy an evening of good food and fun times and hopefully win a game or two! The evening starts at **6 pm** and the cost for **dinner and bingo is \$20**. This is a very special fundraiser as our lodge is in need of a new roof. So, join us for dinner and **"Raise the Roof Bingo."** Bingo and raffle proceeds go toward replacing the roof on Norway Hall. Tickets are available on our website: www.freyalodge.org or <http://www.brownpapertickets.com/event/2789692> or by calling 1-800-838-3006. Please join us and help your lodge raise the roof!

In **March**, we will again be hosting our very popular **"Celts and Vikings" Corned Beef and Cabbage Dinner**. The date is **March 18th at 5 pm**. The program for the evening will be, **"Digging the Vikings: An Archaeological Perspective."** This program will focus on what we have learned about Vikings over the last twelve centuries from the archaeological record. The program will be presented by the **Vikings of Bjornstad**. This event is always a sell out so get your reservations in early. The **cost for this dinner is \$20 for adult members, \$25 for adult non-members and children age 6-14 are \$8**. Please check the flyer in the Freya Forum for ticket information. **Also, I will be looking for volunteers as it takes many helping hands to make these events happen. If you can volunteer some time, please contact me, Karen at (707) 996-9889 or email me at tandkrlarson@sbcglobal.net.** Your help is greatly appreciated and with your support, we are able to make dinners like this happen. Looking forward to hearing from you!

Happy Valentine's Day and will see you on the 17th for dinner and a great game of bingo to "Raise the Roof."

Hilsen,
Karen Larson

Crafter's Day at Norway Hall

When: 3rd Monday of the month starting in February

Time: 10am - 1pm

We are getting together to create together. This is not a class, but a social event. Some of us will be making things to donate to our craft fair in December. There will be lots of books available with ideas for things to make and I am sure you can find something to inspire you.

You can also come and bring your current crafting project. This is a social and idea sharing event - lots of fun. We will have coffee and maybe a sweet treat. Bring a brown bag lunch.

Hope to see you there.

Marit



Where Did Johan & Ingeborg Anderson Emigrate From?

A beginning step for starting to research your family's genealogy is to learn about the history of where they lived. In the early 1900's local histories were often created and prominent citizens were portrayed in them. The importance of that will be demonstrated here.

The methodology for tracing an immigrant ancestor from their country of origin typically relies on a certain group of records: U.S. Census, death certificates, obituaries, immigration and naturalization. Depending on the time period, these records range from vague to specific.

- Census records will usually name a country of origin but not a specific locale, which is what we are after.
- Death certificates may include the country or specific locale and the name of the decedent's parents, which is needed to confirm a birth/baptism record in the country of origin.
- Obituaries may include the place of origin as well as family members.
- Emigration records may include the port one's ancestors left from and may also give the location of birth.
- Naturalization records may also provide the ancestor's place of birth.
- Draft registration cards for WWI and WWII provide an exact date of birth and possibly an exact location of birth (but our Johan passed away in 1917).

Essentially, we should use every available resource that indicates where your ancestor was born.

In the case of Johan and Ingeborg Anderson, none of the records obtained provided the specific details needed to know where they came from. Johan's death certificate was not located in the county where he died and his naturalization record has not yet been received. Ingeborg's death certificate was obtained but only states "Norway" as her place of birth. Her parents names were not given. Obituaries for neither of them were located.

This is where a local history proved to be the most significant resource for this family¹. With this book, we found Johan's date and place of birth, the year he emigrated, the names of his parents (that they also emigrated), the date and place where Johan and Ingeborg married, where Ingeborg was from, as well as the names of their children.

This book provided all the information we needed from other the records and did not get. It made it possible to later locate the marriage record for Johan and Ingeborg in the U.S., their baptism and confirmation records in Norway, Johan's emigration record and census records for the family in Norway. With his parents names provided, it also adds another generation to this pedigree.

In this instance we exhausted all of our public record resources but did not find all the information we needed. In this case, it was the use of a local history that paid off as we found all of the critical details needed to determine the origins of Johan and Ingeborg. That provided the foundation to verify all the records located in Norway with certainty.

John Hill is working on his second level of the Genealogy Cultural Skills Pin. This requires providing documentation for the lives of one set of grandparents and one set of great grandparents. Johan and Ingeborg are John's great grandparents on his maternal side.

Submitted by Pamela Stutrud Groth

¹ J. M. Guinn, A. M., *A History of California and Extended History of Its Southern Coastal Counties Also Containing Biographies of Well-Known Citizens of the Past and Present*, 2 volumes (Los Angeles, CA: Historic Record Company, 1907), 1: 995-996.

Gratulerer med dagen

Tor Grøtting
Olive Hatlen
David Herzberg
Lester Hoel
Unni Hoel
Loren Hovland
Seth Krogstad
Marion Larsen
Donald Moe
Heather Oehm
Philip Rhodes
Melissa Schneider
William Splaine
Ed Tollefson
Valerie Wolfe

Tubfrim

We are starting to get Tubfrim cancelled stamps contributions in the basket provided at Freya Lodge events.

Each one-pound pack of cancelled stamps **must** be labelled with the donor's name, address and phone number. A postcard will be entered and made part of the annual drawing of a free ticket to Norway. Smaller donations are also welcomed, of course. They will be combined and sent in as Lodge contributions.

Recently I received an unlabeled one-pound pack of stamps that was found in the Freya Lodge building pantry. If the donor wants a postcard to be entered on their behalf, please contact Max @ 707-303-7860.

Max Fenson,
Tubfrim Coordinator.



Welcome New Members:

Valerie Box
Gail Taylor

Thanks for Renewing:

Lillian Anderson
Anne Bandy
Deborah Cherkas
Cindy D'Angelo
Elisabeth Gallagher
Stanley Halverson
Karin Hoy
John Keller
Margret Kram
Laurel Laingen
Guy Markell
Donald Moe
Beverly Mooney
Shawn Mooney
Susan Potter
Lee Rossavick
Janice Shipley
Shirley Stevenson

Freya Sports Column

When you explore the Sons of Norway website (www.sofn.com), you will find a wealth of activities you can engage in that are fun and rewarding. Freya Lodge encourages and enables participation in many Norwegian focused cultural skills and activities including: Traditional Norwegian cooking; reading Norwegian literature; collecting Norwegian stamps; Rosemaling; tracking family history (Genealogy); knitting, weaving, and Handanger embroidery; wood carving; folk dancing; and studying music and musicians of Norway.

Plus, one more activity...SPORTS!

And, to help you get started in these activities, the Sons of Norway has programs to reward you for your efforts and aid you in tracking your progress in learning your new skill or new healthy habit. Cultural skills participants are awarded Pins and level bars for completion of each part of a skill unit. Sports activity participants are awarded MEDALS! Just like the Olympics, the sports medals start with Bronze, then Silver, then Gold, but go on to the top level which is an Enamel pin (all are perfect for wearing to Freya Lodge meetings and events).

The Sports Medal Program has five distinct pins you can earn:

Idrettsmerke – General Fitness
Skimerke – Skiing
Svømmemerke – Swimming
Sykkemerke – Bicycling
Gangmerke – Walking

Now...get on your computer and click on https://www.sofn.com/member_resources/cultural_programming/sports_medal_program to review the program then download the tracking cards, learn about each level of the program and the requirements needed to fulfill each of them.

Next month: More on the Sports Medal Program

Rolf Erik Thorson, Sports Director Freya Lodge

Cultural Skills Program: New Classes Starting

ROSEMALING. Want to learn basic brush control and technique of this traditional Norwegian way of painting? The class is free, as are all Cultural Skills classes. Non-lodge members are also welcome to sign up although a small fee will be charged.

KNITTING. Master knitter Else Bratlien welcomes beginner and more advanced knitters to informally get together and learn ...and socialize. Call her at 528-7162.

NORWEGIAN LITERATURE. Book Club to start up soon. Come and read with Marne Olson. Let her know you are interested by calling 528-1876.

Last, but not least, a **FIGURE WOOD CARVING** class is about to start. It is filled but you may have your name put on a wait list.

Call Siri Fenson (Freya Lodge's Cultural Skills Co-coordinator) regarding taking Rosemaling class and/or wishing to be put on Wood Carving wait list. 303-7860 or sirimax@att.net

Upcoming Events

Wanderlust: Viking Raiders, Traders, Neighbors – cultural performances will be presented on February 24 and 25 at Marines Memorial Theatre in San Francisco. Information and tickets are available at www.humanitieswest.org or call 415-392-4400.

Annual Pancake Breakfast - March 5, 2017 9am—12pm. Bjornson Lodge 2258 MacArthur Blvd, Oakland. \$10 adults, \$5 kids 12 and under.

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

Vesterheim Museum Tour – District 6 is sponsoring a tour to this renowned museum located in Decorah, Iowa from September 20—24, 2017. Details are available in the current District 6 newsletter at <http://sofn6.org/newsletters/>.

Member Seminar 2017

GETTING TO KNOW YOUR SONS OF NORWAY

District Six, Zone 2

February 18, 2017

9:30 coffee and fellowship

Workshop 10:00 to 3:00

Lutheran Church of the Holy Trinity

201 Doyle Drive, Vallejo, CA 94591

Lunch will be served by Victory Lodge #43

All lodge members are invited to this workshop. We will cover Sons of Norway structure and resources, team building and tools to help us become successful members and lodges. We will have time to share our strengths and weaknesses.

Please RSVP to Lotte Sather, District Six, Zone 2 Director
rgransather@aol.com or 707 374-1384
no later than February 13th

DRIVING INSTRUCTIONS:

From Interstate 80 take the Georgia Street Exit and head East on Georgia past Hogan School and turn right on Fernwood Drive. Go two blocks and turn left then an immediate right into the church parking lot.

If you come on Highway 680, follow the signs and merge onto Highway 780 toward Benicia, exit at Glen Cove and turn right continue as it becomes Rollingwood Drive, turn left on Haggerty Drive go one block then left into the church parking lot.

URGENT MESSAGE TO OUR DISTRICT SIX MEMBERS

As many of you are aware, the road leading to Camp Norge has been washed out and public access is completely cut off. The only access, through back roads, is restricted to residents of the area, including our Caretaker. The Camp is therefore closed until further notice. The Recreation Center Board is monitoring the situation with the authorities, including Placer Co. who will be fixing the problem when the rains stop and everything dries up. The board hopes to open the camp in 2017, but for the time being, they are utilizing a 30-day window to confirm cancellations. The board will provide updates as they are received.

Thank you for your prayers and concern! Contact Fred Hymans (fred.hymans@campnorge.com) or any board member if you have questions.



Warm Up Your February with Norwegian Baked Goods

You may not have realized it, but February marks “National Bake for Family Fun Month,” a perfect opportunity to try great recipes with your loved ones. Of course, Norway has a strong tradition of baking, giving you more than enough recipes to fill the month. From sweet to savory, Sons of Norway’s Recipe Box is a great resource to help you plan your month of baking.

Located in the members section of the Sons of Norway website, the Recipe Box offers many of the Norwegian classics; recipes for Fyrstekake, Berlinerkranser and Bløtkake are all at your fingertips. Don’t forget: baking isn’t reserved for desserts, either. You’ll also find recipes for meals like Nøkkelost Quiche or Pumpkin Waffles with Lingonberry sauce.

Keep in mind that many of the recipes found in the members section also qualify for the Sons of Norway Cultural Skills cooking unit. That means while you’re exploring traditional Norwegian baked goods you could be earning your way to a medal!

February also happens to be National Heart Month, making it an opportune time to kickstart a heart healthy diet. Norwegian baked goods tend to be a bit more focused on flavor than health, but you can still find a few that are heart friendly. Opt for healthier options like the traditional lefse (go easy on the butter!) or Almond Start. A good rule of thumb, though, is to remember enjoying these dishes in moderation will go a long way to keeping your heart healthy.

To access the members section you’ll need an account with a username and password. If you need an account, be sure to have your username and an email address handy. If you have questions about creating an account, contact Sherry at fraternal@sofn.com.

From Sons of Norway Newsletter Service

Norwegian Fjellbrød

Makes 1 loaf. Adapted from <https://mydearkitcheninhelsinki.com/2014/11/21/fjellbrod-a-nutritious-norwegian-bread/>

- 1 cup plus 2 tbsp (2.7 dl) whole milk
- 2 plus ¼ tsp (11 ml) dry yeast
- 1 cup (2.4 dl) rye flour
- 1 tbsp (15 ml) light brown sugar
- 3 tbsp pumpkin seeds
- 3 tbsp flaxseeds
- 1 cup plus 2 tbsp (2.7 dl) lukewarm water
- 3 cups (7.2 dl) whole-wheat flour
- ¼ cup (0.6 dl) rolled oats
- 1 plus ½ tsp (7.5 ml) salt
- 3 tbsp sunflower seeds

Heat milk in a pan until lukewarm. Add warmed milk, lukewarm water and yeast to a mixing bowl. Leave for 10 minutes.

In another bowl combine remaining dry ingredients and seeds and lightly mix. Add liquid yeast mixture to bowl of dry ingredients and mix. Dough will be very sticky. Scrape mixed dough onto well-floured counter and form into a rough loaf shape. Add loaf to buttered loaf pan. Top with extra seeds as desired.

Place on middle rack of oven and heat to 100C (212F). After 30 minutes, add oven proof pan of boiling water to the bottom rack of oven. Raise temperature to 175C (347F) and bake for 1 additional hour. Test center of bread with a toothpick and pull from oven when baked. Wait 5 minutes and remove bread from mold and allow to cool on a wire rack.





Join us
for Lapskaus and

BINGO!

Raise the Roof

B I N G O

Friday, February 17, 2017 @ 6pm - \$20

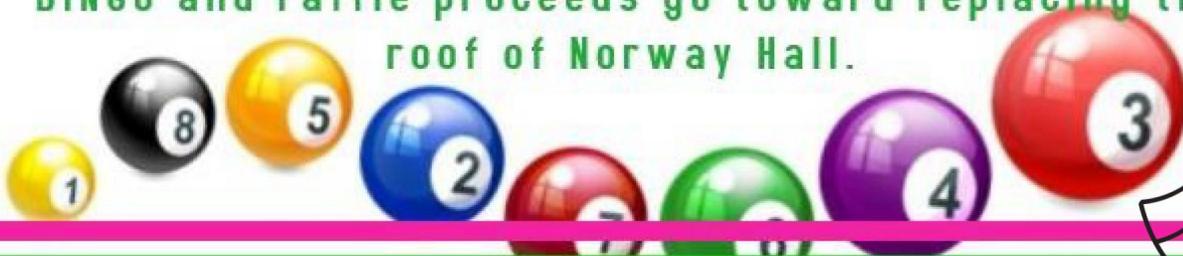
NORWAY HALL, 617 W 9TH ST, SANTA ROSA

Tickets available on our website: www.freyalodge.org or
<http://www.brownpapertickets.com/event/2789692>
or by calling 1-800-838-3006

Don't miss out on this FUNdraiser!

Dinner is served at 6:00 and bingo will begin by 6:45.

BINGO and raffle proceeds go toward replacing the
roof of Norway Hall.



FREYA

Celts and Vikings

Corned Beef and Cabbage Dinner

March 18, 2017 @ 5:00 pm



“Digging the Vikings: An Archaeological Perspective”

The program will focus on what we have learned about Vikings over the last twelve centuries from the archaeological record.

By Vikings of Bjørnstad

www.vikingsofbjornstad.com

**Norway Hall
617 West 9th St, Santa Rosa**

**For more information contact
Karen: 707-996-9889**

**Or email to
tandkrlarson@sbcglobal.net**

Cost:

- Adult member \$20
- Adult non-member \$25
- Children age 6-14 \$8.



Tickets available through Brown Paper Tickets

www.freyalodge.org

<http://www.brownpapertickets.com/event/2787360>

Or call 1-800-838-3006



**SONS OF
NORWAY**

Freya Lodge Scandinavian Brunch

April 22, 2017 - 12:00pm

Please join us at Norway Hall for speaker Kari Tauring who will discuss Runes, the völva stav, sing songs and tell stories.

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>

Questions? Contact Anne-Marie @ 707-894-1807

Kari Tauring connects the ancient, the immigrant, and the modern in Nordic culture with her stories, songs and dances that span the ages. She is a modern day völva (Old Norse for staff carrying woman), a traveling culture bearer and wise woman bringing her deep knowledge to the community through story, song, and dance. She is a runes scholar and author who creates rhythm for rune song and loKkr (luring calls) with the stav and tein (staff and wand).

Kari ties these ancient traditions to her family's Lutheran immigrant experience with the humor of one whose people helped shape the face of the Norwegian-lands in Minnesota and Wisconsin. Kari is a living time-line, teaching connections between the ancient and modern in Nordic culture.



Her book, *The Runes: A Deeper Journey* (2016) and musical recordings "Ljos and Svart: Double Album" (2016) and "Nykken and Bear" (2013) are available on her website www.KariTauring.com

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BRADLEY
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Culture, Community, Camaraderie

Freya Lodge, Sons of Norway

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Save stamps for
 TUBFRIM cut
 ½ inch around
 the stamp

