



FREYA FORUM

Freya Lodge #6-062 Newsletter

January 2017

Ord fra presidenten



A Happy New Year greeting to everyone. 2016 at Freya Lodge was a busy year and December in particular was very active with Juletefest and the second annual Holiday and Crafts Fair. A special thank you to all the Freya volunteers who made December such a successful month.

2017 promises to be another busy and exciting year at Freya Lodge. Get ready for the first event of the year on January 21st at 4:00 pm at Norway Hall for Freya's annual Lutefisk and Meatball Dinner. Beside the traditional lutefisk and Freya's own delicious meatballs, there will be the crowning of the 2017 Freya Lodge Lutefisk King and Queen, fun door prizes, and a few special raffle prizes. Be sure to get your reservations in soon as seating is limited.

Get ready for another exceptional year at Freya Lodge and I'll see you on January 21st at the Lutefisk and Meatball Dinner.

Fraternally,

Marne Olson
President



Cultural Skills Program: Woodcarving

Woodcarving lessons: Starting in February

Where: Norway Hall, 617 W. 9th Str., Santa Rosa

Frequency: Two times a month

Time and day of the week: To be announced

Instructor: Bill Splaine, Freya Lodge member

Tools needed: Knife, special glove (wait for specifics)

Already signed up: Eight (three ladies, five gentlemen)

Still time to add your name to the list: Yes

Non-lodge members may join: Yes (for a small fee)

Contact for questions: Siri Fenson (303-7860 or sirimax@att.net)

Upcoming Freya Lodge Events:

- Lutefisk & Meatball Dinner
Jan 21 @ 4pm
- Lapskaus & Bingo Night
Feb 17 @ 6pm
- Vikings in Ireland Dinner
Mar 18 @ 5pm

Karen's Column



Happy New Year! My wish for all is for a peaceful new year with time to enjoy family and friends. Now, with that in mind, lets kick off the New Year with our annual Lutefisk and Meatball Dinner which will take place on January 21st at 4 pm at the lodge. Looking to try a traditional Norwegian food, well, this is the dinner you don't want to miss! Get your reservations in early (brown paper tickets), and come and enjoy a traditional Norwegian delicacy, Lutefisk, which is cod that is prepared a special way, as well as delectable meatballs in brown gravy and all the trimmings, lefse, almond cake and coffee. Only 90 tickets will be sold for this dinner and it is a very popular event. Bring your family and friends and toast the New Year in with a shot of aquavit! 'Skol' to a very happy and healthy new year!

The Lutefisk and Meatball dinner is truly a hands on event. I will be looking for willing and enthusiastic helpers to make the dinner go smoothly. Please check the list of volunteers that are needed in this month's Freya Forum and see where you can help out. I will be looking for some energetic men to help set up tables on the Wednesday before the dinner, and volunteers to set tables, and do prep work in the kitchen on Friday to get ready for Saturday's dinner. Any and all help is greatly appreciated. Please contact me at (707) 996-9889, to volunteer. It takes our lodge working together to make this traditional dinner possible. A big thank you in advance to all who can contribute their time and talents to make this event a success.

As 2016 comes to an end, I would like to thank everyone who has graciously volunteered their time to our many and varied events this past year. With your help, we have brought many fun and exciting events to our community. Special brunches with wonderful guest speakers, traditional corned beef and cabbage dinner with a Scandinavian twist, our now very popular Vikingfest, bringing the Viking history to life and sharing our cultural heritage with our community. We ended the year with our Juletrefest. We enjoyed a Christmas atmosphere with dancing around the Christmas tree, crafts for children young and old alike, good food and a special visit from Santa. Thank you all who helped to make this event special. A special thanks to Marit Barca and Zoe for working with the children and doing crafts. Also, thank you to all who helped in the kitchen, creating a special juleboard enjoyed by all. A special thank you to Dorothy Schechter for providing beautiful Christmas music on the piano, and above all, a big thank you to Santa for bringing joy to all of us through the eyes of the young children as they received their special gifts and Santa hugs.

Our last event for the year was our 2nd Annual Holiday Arts and Crafts Fair. What a way to wrap up the year with wonderful vendors and good food. Thank you to all who contributed to the baked good sale. I heard that we sold out! With the delicious smells of warm soup and gløgg filling the lodge with a holiday spirit, and happy shoppers enjoying the variety of items for sale, a fun day was had by all. I hope that everyone had a very Merry Christmas and now onto a wonderful new year. I look forward to working with many of you this coming year to bring more and new exciting events that will foster our interests in our cultural heritage.

See you at the Lutefisk and Meatball Dinner on January 21st!

Godt nyttår,
Karen Larson

Tusen Takk

A big thank you to all who helped make our 2nd Annual Holiday Craft Fair a success.
A special thank you to my co- chair Marne Olson.

We are planning another craft fair in December 2017. Come join us for our crafting days to make a variety of items to sell at the next fair. More information on that in February.

- Marit Barca

Where is Ingeborg?

Ingeborg Anderson emigrated from Norway and lived the rest of her life in Los Angeles, CA. She is in U.S. Federal Census records from 1900-1930. She passed away in 1941 so should be in the 1940 census but she is not, so the question becomes; where is Ingeborg?

She was living at the same address from 1910-1930. Her son, Lorraine, and his wife were living with her in 1930 but not in 1940 as they were living in another city. Two other sons were recorded in the 1940 census, but she was not living with them either.

City directories for Los Angeles County corroborate her residence for these decades. The first time a change of address was indicated was in the 1937 city directory. However, even using the specific address provided there, Ingeborg is not listed in the 1940 census for that address.

Ingeborg's death certificate was obtained from the Registrar-Recorder/County Clerk for Los Angeles County, CA. On that record, her last known address (as indicated in the 1937 city directory) was provided. However, the location where she passed away was Galli Rest Home where, the document said, she had been living for the past two and a half years. Apparently the rest home in which she lived was not enumerated on the census.

The first step of the Genealogical Proof Standard is a reasonably exhaustive search - leave no stone unturned. We were able to establish Ingeborg across several decades through easily available research tools but ran into a wall when she could not be found in a census that she should, reasonably, have appeared in. Once we took the next step of requesting her death certificate the wall crumbled and we were able to complete Ingeborg's life story.

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. Ingeborg is John's great grandmother on his maternal side.

Submitted by Pamela Stutrud Groth

Win a Free Trip to Norway!

Each year Sons of Norway headquarters gives away a free ticket (up to \$1000. value) to Norway. All a member needs to do is collect cancelled postage stamps for the Tubfrim project.

You will recall that these cancelled stamps are resold by Tubfrim and the proceeds are used to aid disabled children in Norway. Members will receive a postcard for each pound collected and at the end of the year a card will be drawn to determine the winner.

So start collecting those stamps right away and place labeled one-pound packs in the Tubfrim basket that is available at each Freya Lodge meeting. You may also deposit loose stamps and they will be packaged and sent in by Freya Lodge. Trim the stamps with a half-inch border; machine generated postage does not qualify.

Max Fenson is coordinating the Tubfrim project for Freya Lodge; he may be reached at 707-303-7860. He will issue an endorsed postcard for each one-pound package.

Gratulerer med dagen

Doris Andersen
Lily Andersen
Riana Andersen
Bill Brox
Roger DeBeers
Ruth Ellison
Ginger Schechter Gong
Julian Juutilainen
John Keller
Christian Lund
Molly Lundstrom
Ray Morgan
Clyde Nelson
George Oehm
Madeline Reighard
Felix Rodriguez
Logan Shipley
Hollis Stavn
Gail Taylor
Roy Thuestad
Julian Tilainen
Dorothy Vonderhaar



Sample of trimmed stamps



Welcome New Member:

Barbara Redfield

Thanks for Renewing:

Myrna Bellovich
Leona Biddle
Gladys Boen
Max Fenson
Sid Krogstad
Susan Kuehn
Philip Rhodes
Patricia Simon
Ellen Swenson
Roy Thuestad

Freya Sports Column

It's January, and we are now in Winter time in the California North Bay where it is typically cold and wet and we'd rather spend our time indoors. Last month I talked about a few ways you can exercise indoors to improve and maintain fitness. This month I want to suggest some ways to burn calories outdoors and mention some Winter sports.

Certainly on cold, clear days we can all just bundle up a bit and continue to go for a walk. Or go for a bike ride. But how about adding some winter sports to our activities?

In Norway, thousands of years ago, people developed a way to travel cross-country over the snowy landscape on skis. The word "ski" comes from the Old Norse word "skith" which means stick of wood. In Norway, back then, cross-country skiing enabled people to hunt, gather wood, and travel to other communities to socialize. If you can walk, you can ski cross country (or learn to).

Here in the North Bay, the ground is not covered in snow so we need to drive to the Sierras in order to ski. There are many ski trails and ski resorts around Lake Tahoe (Royal Gorge at Sugar Bowl, Kirkwood, Bear Valley, Tahoe Donner, etc), and up in the Mt. Shasta and Lassen area, or down around Yosemite, that offer Nordic Cross-Country Skiing, Alpine Skiing, Snow Shoeing, and Snow Boarding.

In Santa Rosa, we are fortunate to have a wonderful center for two other Winter Sports... ice skating and ice hockey! The Redwood Empire Ice Arena, also known as "Snoopy's Home Ice" was designed and built by Charles Schulz and is open daily for ice skating for all ages and offers lessons in ice skating and hockey. There are ice hockey leagues for kids and adults.

Remember, whether you are getting your exercise indoors or out, just try and be consistent and do a little throughout the week and not just on week-ends.

Next month: Sons of Norway Sports Program

Rolf Erik Thorson, Sports Director Freya Lodge



Celebrate Founders' Day

January 16 marks Founders' Day – the day in 1895 when 18 Norwegian immigrants came together to establish a mutual assistance organization that has grown into the largest Norwegian cultural organization in the world.

Driven to find a solution to financial hardships that many Norwegian-American families faced due to the onset of the economic depression, the founders naturally looked to Norway for ideas. Borrowing from an assistance plan in Trondheim, where for a weekly fee families could receive "free" medical care, the founders cultivated an organization that would provide assistance in times of financial crisis as well as celebrate the customs and traditions of Norway.

Eleven of the original 18 members were elected to serve as officers and Sons of Norway grew rapidly, incorporating in 1898. By the end of 1900 there were 12 lodges in Minnesota, and the Sons of Norway concept traveled with Norwegian immigrants across the Upper Midwest. Today, there are nearly 380 lodges with 53,000 members across the U.S., Canada and Norway.

Founders' Day is an opportunity to celebrate your membership and recognize the contributions and foresight of the 18 founders. Take this day to share with friends, family members and other acquaintances all of the great things that Sons of Norway and your local lodge do for you and your community. Get people motivated to learn more about Sons of Norway this Founders' Day by inviting prospective members to a lodge event or your next lodge meeting.

On January 16 – Founders' Day – be sure to wear your pins, vests or other Sons of Norway regalia with pride.

Volunteers Needed for Lutefisk Dinner

January 18th, Wednesday @ 10am:
Table set up (2-3 people)

January 20th, Friday @ 9am:
Set tables and serving tables (2 persons)
Kitchen prep: washing potatoes, thawing meatballs & fish, making gravy and white sauce and setting up the serving area (3-4 people)

January 21st, Saturday
2pm: cooking help (2-3 people)
Cooking potatoes & veggies, heating meatballs and red cabbage
Set up food area, beverage area and melted butter & sauce area
Cut up almond cakes and ready them for serving

During dinner:
5 volunteers to serve
2-3 volunteers to work in the kitchen
1 volunteer to monitor beverage station

After dinner:
Clean up – washing cooking dishes and rinsing plates & silverware.
Need as many volunteers to help clean up as we can get.

Please call Karen at (707) 996-9889 or e mail tandkrlarson@sbcglobal.net to volunteer.

Officers for 2017

Congratulations to the following who were elected on November 12, 2016:

President – Marne Olson

Vice-President – Claudia Larson

Secretary – Susan Potter

Treasurer – Lis Barca

Social Director – Karen Larson

Asst Social Directors – Barbara Abramson, Myrna Bellovich, & Janice Shipley

Cultural Director – Marit Barca

Asst Cultural Director - Else Bratlien

Cultural Skills Director – Siri Fenson

Sports Director – Rolf Thorson

Publicity Director/Vikingfest Co-Chair - Anne-Marie Winterhalder

Editor – Lis Barca

Sunshine – Sandra McConnell

Greeters – Kathryn Norman, Zoe Barca, Mia Shipley-Sanchez, & Natosi Johanna

Hall Association (3 year term) – Don Coates & Cathan Potter

Krumkaker with Espresso Cream and Juniper Berry Cream

Makes 40 krumkaker. Adapted from <http://www.northwildkitchen.com/krumkaker-espresso-juniperberrycream/>

For best results, egg, flour, sugar and butter will all weigh equal amounts.

- 3-4 eggs (weighed on a scale)
- flour (equal weight to eggs)
- sugar (equal weight to eggs)
- butter (equal weight to eggs)
- lukewarm water (half the weight of other ingredients)
- traditional Norwegian iron and cone-shaped mold

Add butter to a small pan and melt over low heat. Let cool. Mix eggs, flour, sugar and melted butter in food processor or blender. Add water and mix again. Allow batter to rest for a minimum of 15 minutes.

Heat iron on stove over medium heat. Alternatively, if you are using an electric iron, follow the manufacturer's directions for use. Grease warm iron with butter to prevent sticking. Add 1 Tbsp of batter to iron and close. Cook for roughly 30 seconds on each side until light gold. Remove from iron and wrap around cone-shaped mold. Once set, remove and set aside. Repeat until all batter is used.

Espresso Infused Whipped Cream and Juniper Berry Whipped Cream

- 2 cups (500 g) heavy cream
- ½ cup espresso beans
- 1 tsp sugar
- ¼ cup dried juniper berries, crushed gently

Add espresso beans and half the cream to a jar and cover with a lid. In a second jar, place juniper berries and remaining cream, and cover. Place both in refrigerator overnight.

Strain both mixtures and discard beans and berries. Add 1 tsp sugar to espresso cream and whisk until stiff peaks form. Repeat with juniper berry cream but reduce the amount of sugar by half. Serve with krumkaker.

Norway Hall
617 West Ninth Street
Santa Rosa, CA 95401

For questions, contact
Karen Larson: 707-996-9889

Freya Lodge, Sons of Norway

Lutefisk and Meatball Dinner

January 21, 2017 @ 4 pm.



The traditional Norwegian menu will include the very famous Lutefisk (cod), as well as delectable meatballs in brown gravy and all the trimmings, lefse (potato flatbread), almond cake and coffee.

Cost

- Adult member \$26
- Adult non-member \$32
- Children age 6-14 \$10.
- **ONLY 90 TICKETS TO BE SOLD**

Tickets available through Brown Paper Tickets

<http://www.brownpapertickets.com/event/2656997>

Or call 1-800-838-3006



SONS OF
NORWAY

Freya Lodge 6-062



Join us
for Lapskaus and

BINGO!

Raise the Roof

B I N G O

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

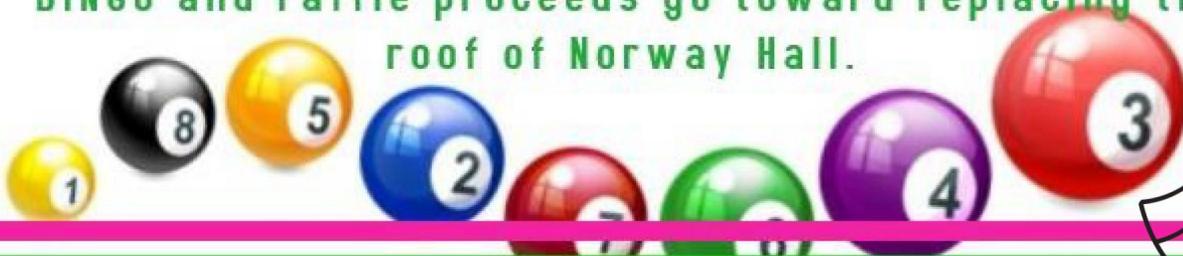
NORWAY HALL, 617 W 9TH ST, SANTA ROSA

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**



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Freya Lodge, Sons of Norway

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Save stamps for
 TUBFRIM cut
 ½ inch around
 the stamp

