



# FREYA FORUM

Freya Lodge #6-062 Newsletter

June 2017

## Ord fra Presidenten



Summer is upon us and this last year at Freya Lodge has been a very busy and eventful one. As we wind down our programming for the season, I want to thank all our volunteers and our loyal members for supporting all our classes, workshops and events. Some of you will go off on summer vacations to distant places and some of us will enjoy the beautiful Northern California surroundings over the next few months. Although Freya Lodge slows down for the summer, we hope to have one or two fun summer events for Freya Lodge members to attend such a group trip into San Francisco for the Edvard Munch Exhibit at SFMOMA. Please check the articles in the Freya Forum for more details on these upcoming events and keep an eye on our events page on the Freya website.

As we look ahead to the start of our programming in the fall, we have some challenges before us which will include fundraising for a new roof. We are in the process of planning our next year's events and fundraisers. I hope many of you will volunteer to help support Freya Lodge by attending a program, donating your time to work at one of our events or donating monetarily to one of our fundraisers. We will still have some of our traditional events and dinners such as Viking Fest and the Lutefisk and Meatball Dinner. But there will be a few new happenings to mark on your calendars such an August event at the Hall which Karen Larson will describe in her column.

Enjoy those lazy, hazy days of summer,

Marne Olson  
President

Please contact Sandi Mc  
Connell at 707-539-1021 or  
[sandrahedvig@aol.com](mailto:sandrahedvig@aol.com)  
with news of any member  
in need of a little sunshine.



## Upcoming Freya Lodge Events:

- Welcome Back Picnic  
August 19,  
2017
- NorCal Kretssteve  
Camp Norge  
Sept 1-3, 2017
- Vikingfest  
October 14,  
2017

## Karen's Column

Can you believe that it is June already! This year is going by so fast and now summer is upon us. Our Syttende Mai trip to San Francisco was canceled as we could not get enough to fill a van and our driver, John Hill, had his cousin coming to visit. So, maybe we can do it again next year. Just too many activities and everyone is busy.



Our carving class had a wonderful “end of class” luncheon at Siri and Max Fenson’s home this past month. All of us had such a good time doing wood carving under the instruction of Bill Splaine, and it was unanimously decided to start the class up again in the fall. Thank you so much to Siri for getting the class organized and off and running. Thank you again to Martha Garbesi for being such a wonderful hostess and opening up her home for the classes and most of all to Bill Splaine, for giving us a wonderful insight into the world of carving. Siri, thank you for the great luncheon at your home. What a great group of friends – anxious to start carving again in the fall!

On May 21<sup>st</sup>, Marne Olson, Marit Barca, Sandi McConnell and I, represented our lodge at the DeTurk Round Barn in Santa Rosa. This was a special event sponsored by the Sonoma County Library and it was called, “Finding History in Sonoma County – A Day of Discovery”. Marne and Marit started out the day show casing some of our events that will be coming up this fall such as the Vikingfest and our Christmas programs. As a special touch, Marne baked delicious krumkake to share with those who stopped by our table to learn a bit about our organization. The krumkake was a hit! Sandi and I finished off the day and we passed out fliers for our Vikingfest and answered many questions about the lodge and the functions that we have. One couple came back towards the end of the event and the husband just raved about the “best cookies that he had ever eaten”, and of course, he got seconds! Thanks Marne for organizing our participation in this fun and informative event in our community. Great way to get the word out about our lodge and the activities that we host to promote our Scandinavian heritage in our city.

Yes, it is June and our lodge is winding down for the “dark” month of July. Many of us have trips planned and it looks like June will be a quite month at the lodge – time to recoup and get ready for many activities to come. In the works right now is a very exciting event which will take place at the lodge on **August 19<sup>th</sup>**. Keep your calendar open on this date because this is going to be a great fun event for the whole family. In the past, we had an annual picnic at Anne Marie and Richard Winterhalder’s home which was so delightful. This year plans are in the works for an exciting “welcome back” party for all members, families and guests **at our lodge!** Come join us and see what your lodge is planning. It will be a great afternoon and evening for all to enjoy! More to come in the next Freya Forum!

Have a great summer!

Karen Larson



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## Gratulerer med dagen

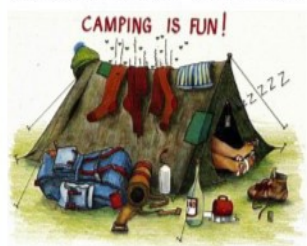
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Amber Rose Bulleri  
William Gallagher  
John Helgeson  
Susan Kuehn  
Max Leone  
Barbara Lund  
Arren Morgan  
Marne Olson  
Lee Rossavick  
Gro Tomasini



## Life Returns to Camp Norge!

The Recreation Center Board is pleased to announce that the road into our District Six "Jewel in the Sierras" will be open by the end of June! The plan is to open Camp Norge on July 1st with our first guests arriving the next day! The Camp is looking beautiful with all of the winter rain. Make plans to come and enjoy!!

If you are interested in booking an event or simply coming for a visit, please call and talk to Susan at —530-389-2508.



And don't forget, it's the annual **Kretsstevne** over Labor Day! Good food, good fun and lots of camaraderie. See the flyer here on the web site and call Carl at 707-987-2404.



## Edvard Munch Exhibit at SFMOMA

June 24 – October 9, 2017



The Sun

Freya Lodge will be organizing a group trip to see the Edvard Munch exhibition at the San Francisco Museum of Modern Art. The exhibit at the museum runs from June 24<sup>th</sup> through October 9<sup>th</sup>. Freya Lodge will arrange for a passenger bus to leave from Norway Hall in Santa Rosa to take members to the museum in downtown San Francisco.

There will be a cost of \$30 that will include the bus ride and museum tickets. Date, day and time of the Munch Exhibit

Trip will be determined if there is enough interest from Freya Lodge members in attending this wonderful exhibition of Edvard Munch's paintings.

If you are interested in participating in this museum trip, please call Marne Olson at 707-528-1876 or email [marne.olson@sonoma.edu](mailto:marne.olson@sonoma.edu). We must have at least 15 members that are interested in the museum trip in order to get group ticket rates from the museum and to be able to rent the bus.



The Scream

The Edvard Munch exhibition features 45 landmark compositions by the artist which includes Munch's last significant self-portrait. The exhibition entitled **Edvard Munch: Between the Clock and the Bed** unveils Munch as a tireless innovator and revolutionary as an artist.

Edvard Munch has been described as one of the fathers of Expressionism. This outstanding gathering of Edvard Munch's paintings has been organized by the Munch Museum, Oslo, SFMOMA and The Metropolitan Museum, New York.

## Library Foundation Fundraiser with Fredrik Backman

Longing for a glimpse of Scandinavia? Here's a don't-miss event for readers, book-lovers, and fans Swedish author Fredrick Backman:

**Sonoma County Public Library Foundation fundraiser event  
With Fredrik Backman**

***Beartown: A Novel***

Sonoma County Central Library, 211 E Street, Santa Rosa  
Saturday, June 10, 8 pm

Help support Sonoma County's public libraries and enjoy this special event with bestselling novelist Fredrik Backman. If you haven't had the pleasure of being introduced to Backman and his cast of quirky but lovable characters, this is your chance. His novels include the New York Times bestselling *A Man Called Ove*, *My Grandmother Asked Me To Tell You She's Sorry* and *Britt-Marie Was Here*. In each, Backman delivers a humor and love of human nature that is specifically his and has won him avid fans. His latest work, *Beartown*, is a poignant, winning novel about a forgotten town on its last legs, a broken community fractured by scandal, and the amateur hockey team that might just change everything.

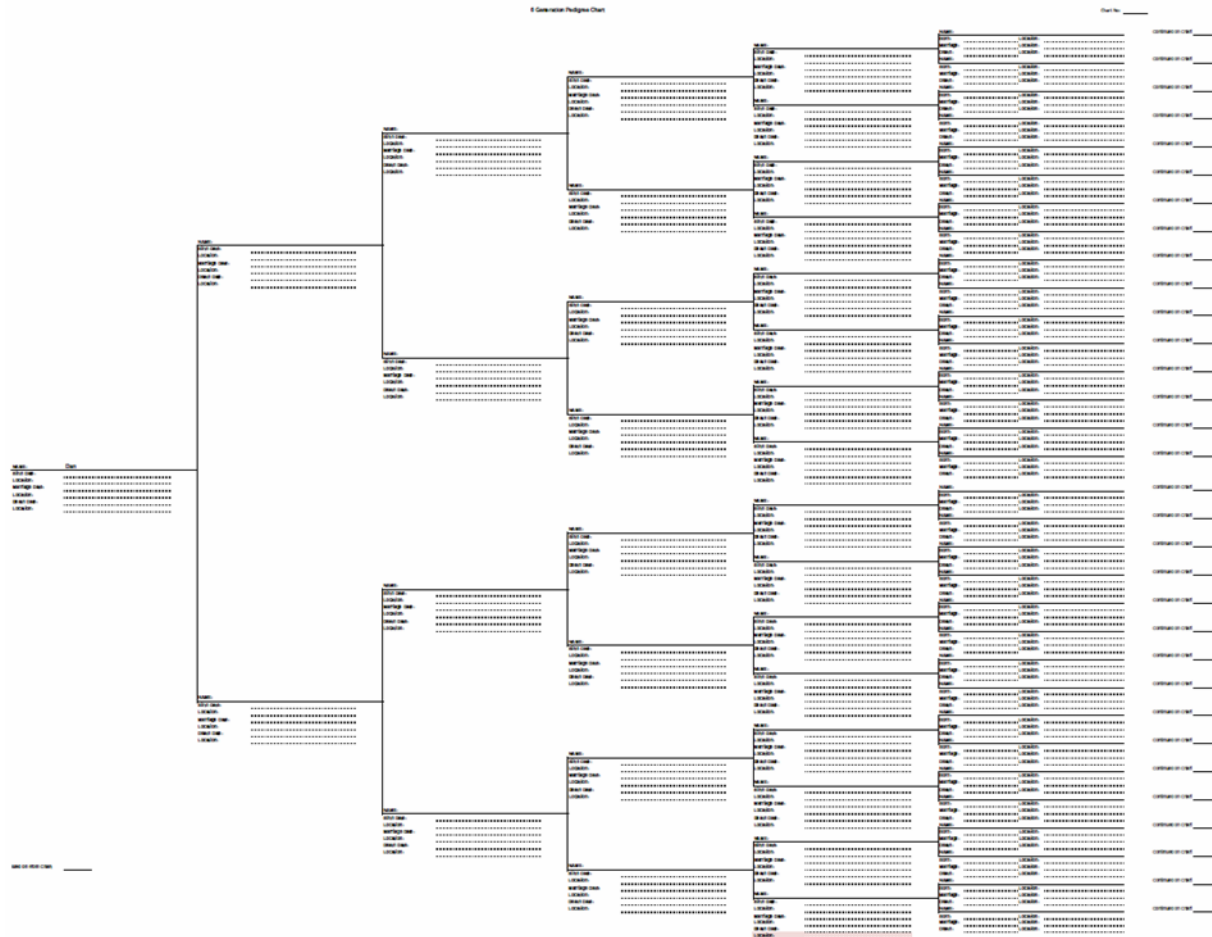


**TICKETS:** This Foundation fundraiser event is ticketed with proceeds benefiting Sonoma County public libraries. Tickets are \$50 for one person (includes one copy of the book) and \$70 for two people (includes one copy of the book). Tickets available at the link: <https://www.eventbrite.com/e/sonoma-county-public-library-fundraiser-with-author-fredrik-backman-tickets-33706704661>. Limited number of free tickets available for library patrons who otherwise would not be able to attend (please contact [Vicki@allthingsbook.agency](mailto:Vicki@allthingsbook.agency) via email with name and phone number).



# Genealogy

Many genealogists think they will publish their work once they have finally finished all their research. However, even novice researchers soon realize that for every problem solved two more surface. The number of ancestors we have doubles with every generation, so it makes it easy to understand that it is quite likely, our work will never be finished in our lifetime, no matter how dedicated we are. As the image demonstrates, by the time you reach your tenth great grandparents, there are well over 4,000 people in your pedigree and it keeps growing.



The point is, don't wait to publish! You don't have to write the end all be all book on your family's history but short articles or a blog will suffice for the time being. This concept was made clear to me quite recently when I was contacted by someone whose family I had previously written about and published in the Freya Forum.

By going a "Google search" the descendent of my focus person was able to break through her brick wall. I had already collected vital records, obituaries and Norwegian parish records that she was having trouble finding. I can attest that if you go ahead and let it be known what you are working on, others will find your work and that can lead to collaboration. In my case, I was able to find a happy home for all the records I'd collected and no longer needed.

You might have the missing piece of information that someone in your extended family is looking for.

*Submitted by Pamela Stutrud Groth*

## Welcome New Members:

No new members this month

## Thanks for Renewing:

Gail Fairchild  
Mike Fairchild  
Curtis Fjelstul  
Pat Hansen  
John Helgeson  
Mette Hellested  
Donald Johnson  
Bjorn Karlsen  
Larry Olsen  
Cathan Potter  
Lars Richardson  
Anne-Marie Winterhalder  
Richard Winterhalder

## Freya Sports Column

Now that we are into our fitness programs discussed in this column over the past months, we can consider doing the **Sons of Norway Virtual Pilgrimage**. The first step is to log in to the sof.n.com website, click on member resources, and go to Cultural Programming/Sports Medal Program. There you will find a massive wealth of materials that take you on a nine leg 387-mile journey followed by pilgrims in Norway from Oslo to Trondheim, Norway's 3rd largest city and first capital during the Viking Age between 1030 and 1217.

*"The Sons of Norway Virtual Pilgrimage is a window into the experience of the pilgrims in Norway, who walk a network of routes called St. Olav's Ways. On these pages members will learn about historic landmarks and tourist destinations along the route in Norway. Simply by getting out to walk at home and following the journey online, members have a chance to transform into a pilgrim on a virtual journey in Norway. After 387 miles of walking, the journey finishes at Nidaros Cathedral in Trondheim, Norway."*

Although Pilgrimages are little known here in the USA, they are very popular throughout Europe and have been for over a thousand years when pilgrims journeyed by foot to the Holy Land (think of The Crusades during the Middle ages), to the city of Rome, and to other mostly religious or historical locations throughout Europe. Chaucer's Canterbury Tales tells the story of pilgrims making such a journey.

Today's pilgrims make their journeys for many reasons, including to physically challenge themselves. In 2013, Sons of Norway created the Virtual Pilgrimage to celebrate the 200th anniversary of the Norwegian constitution and provide all of us a way to follow Norway's Pilgrimage path called "St. Olav's Ways" by walking and tracking the distance from our homes in Northern California while we read about the tourist destinations and historical landmarks of each leg of the journey described on the Sons of Norway website.

Are you interested in a fascinating new fitness challenge? Check out these YouTube videos on the Pilgrimage route in Norway then START WALKING TODAY!

<https://www.youtube.com/watch?v=KBdm96Rsnw&feature=youtu.be>

<https://www.youtube.com/watch?v=wp9FeMBi-Dk>

Rolf Erik Thorson, Sports Director Freya Lodge



## Happy 50th Anniversary to Karen and Terry Larson!

## Midsummer Campfire Bread and Hot Dogs

Adapted from [www.thefamilydinnerbook.com](http://www.thefamilydinnerbook.com)

- *½ cup warm water*
- *1 tsp sugar*
- *2 tsp salt*
- *12 Hot dogs*
- *Ketchup and mustard*
- *3 tsp active dry yeast*
- *4 cups (or more) all purpose flour*
- *2 tbsp olive oil + a little extra*
- *Long sticks, bamboo poles or metal skewers*

Mix warm water and yeast in a bowl or standing mixer. Let stand for 5 minutes or until yeast dissolves.

Add remaining ingredients, stirring until well combined. If using a standing mixer, mix with dough hook for 5 minutes, otherwise transfer dough mixture to lightly floured surface. Knead until smooth, add flour in increments if dough is sticky. Continue kneading for at least 5 minutes. Cover with plastic wrap and let dough rise in a warm area until the dough doubles in size, roughly 1 hour.

Punch dough down and drizzle with olive oil. Transfer to a portable bowl with a lid. Prepare a fire and let it burn down to red coals.

Thread a hot dog onto a skewer or stick. Take a small plum sized portion of dough and roll between hands until you have a rope. Twist dough around hot dog and hold over coals, rotating until bread is golden and cooked and hot dog is warmed.

## Celebrating Edvard Grieg

June is the month to pay homage to Norway's most revered composer, Edvard Grieg, who was born in Bergen on June 15, 1843, in the Grieg's family home.

Here are a few notable facts about the composer culled from The Grieg Museum's website.\*

- Grieg's most famous compositions include Piano Concerto in a minor, incidental music for Ibsen's drama "Peer Gynt" (Morning Mood, In the Hall of the Mountain King, Solveig's Song a.o.), Lyric Pieces for piano, Holberg Suite, Last Spring
- He grew up in a successful merchant family, together with his brother John (born 1840) and his sisters Maren (born 1837), Ingeborg Benedicte (born 1838) and Elisabeth (born 1845). Very early he showed a strong interest in music and for the piano as instrument. He could sit at the piano for hours, exploring all kinds of tunes on his own.
- During his early school years in Bergen, Edvard wasn't the most disciplined pupil. He preferred to discover the music himself. Instead of the compulsory etudes, he preferred to improvise and play new tunes and melodies. However, despite the certain amount of reluctance, his love for music grew into what was to become, in his innermost spirit, the right thing to do in life – to be an artist.
- Edvard Grieg studied at the music conservatory in Leipzig, Germany. This conservatory was founded in 1843 by Felix Mendelsohn, and was reckoned to be the best and most modern conservatory in Europe. His teachers in Leipzig were some of the best pedagogues in Europe: Ignaz Moscheles in piano, Carl Reinecke in composition and Moritz Hauptmann, for whom Edvard Grieg had the greatest respect. He graduated from the conservatory with excellent marks in 1862.
- An extensive touring schedule with innumerable concerts, combined with a weak health condition, was to put an end to Grieg's life. In September 1907 Grieg became seriously ill and was hospitalized in Bergen, where he died on Sept. 4, 1907, of chronic exhaustion.

Learn more about the Norway's rich musical heritage by participating in Music and Musicians of Norway, a cultural skills program available to Sons of Norway members at [www.sonsofnorway.com](http://www.sonsofnorway.com).

\* <http://griegmuseum.no/en/about-grieg>

From Sons of Norway Newsletter Service

## Cultural Skills—Wood Carving

The Cultural Skills Wood Carving class ended its first session by gathering in the home of Max and Siri Fenson on May 17<sup>th</sup> for a potluck luncheon. (Yes, we sang “Ja, vi elsker” and gave a 3x3 Hurra for Norway). Bill Splaine, the volunteer instructor, and Martha Garbesi, in whose home the lessons were being held, were thanked with poems and gifts. Not only have those in the class learnt the basics of wood carving, but have enjoyed getting to know each other.

In the photo you see the participants holding their first (and second) carving projects – which are to be photographed and included with the applications for a Cultural Skills bronze medal. So far Martha and Max have submitted their applications which are now on their way to Minneapolis to be judged.

Standing, fr. left – Max Fenson, Laurel Powers, Karen Larson, Bill Splaine, Larry Olsen, Don Johnson and Martha Garbesi

Seated fr. left are Marne Olson, John Hill and Desiree Kavanaugh.

Not shown are Deborah Cherkas and Rolf Thorsen.

Look for details in a future Freya Forum newsletter about a new class (hopefully) starting in early fall.



Siri Fenson  
(Cultural Skills Program Coordinator)  
707-303-7860 or [sirimax@att.net](mailto:sirimax@att.net)



### District Six Nominating Committee for 2018 *To present qualified nominees for Office.*



Anyone interested in becoming a part of the District Six Board of Directors has a Nominating Committee member in their Zone. Each one of them is knowledgeable and ready to answer your questions. Contact them for an application or check out [www.sofn6.org](http://www.sofn6.org)!!

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Zone 8—Dan Schauer [bablan1@q.com](mailto:bablan1@q.com) 303-795-2255  
Fjelldalen Lodge #6-162 in Highlands Ranch, CO





**Happy Days are here again,  
The Camp is back in gear again,  
So let's sing a Camper's cheer again,  
NoCal Krets is here again!!**



## Labor Day Weekend -September 1,2 and 3, 2017

The District Six Board of Directors invites YOU  
to our "Jewel in the Sierras" for the "Gathering of the Clan"!!  
Come for the entire weekend or play with us just part of the weekend!



**Delicious Meals** provided by our lodges will be served in the **Heritage Hall**.



**Activities:** Horseshoe Tournament, Bingo, Kids' games, Swimming pool fun, hiking and singing



**Craft Faire:** Join in this event with a **Cocktail Party** and appetizers!

**Camp Norge Needs Our Support This Year—Please Come!!**

**Mail this form and a check for the meals, made out to NCK to: Carl Ingvaldstad,  
Kretssteve Treasurer, 17207 Squirrelhill Road, Hidden Valley Lake, CA 95467**

Name \_\_\_\_\_ Lodge Name & # \_\_\_\_\_

Address \_\_\_\_\_ City/State/Zip \_\_\_\_\_

Contact # (\_\_\_\_) \_\_\_\_\_ Email \_\_\_\_\_

Saturday Breakfast.....Adult(s) \_\_\_\_\_ x \$5.00 = \$ \_\_\_\_\_ Children (under 12) \_\_\_\_\_ x \$2.50 = \$ \_\_\_\_\_

Saturday Lunch.....Adult(s) \_\_\_\_\_ x \$7.00 = \$ \_\_\_\_\_ Children (under 12) \_\_\_\_\_ x \$3.50 = \$ \_\_\_\_\_

Saturday Dinner.....Adult(s) \_\_\_\_\_ x \$12.00 = \$ \_\_\_\_\_ Children (under 12) \_\_\_\_\_ x \$5.00 = \$ \_\_\_\_\_

Sunday Frokost..... Adult(s) \_\_\_\_\_ x \$8.00 = \$ \_\_\_\_\_ Children (under 12) \_\_\_\_\_ x \$3.50 = \$ \_\_\_\_\_

Sunday Dinner..... Adult(s) \_\_\_\_\_ x \$12.00 = \$ \_\_\_\_\_ Children (under 12) \_\_\_\_\_ x \$5.00 = \$ \_\_\_\_\_

Monday Breakfast..... Adult(s) \_\_\_\_\_ x \$6.00 = \$ \_\_\_\_\_ Children (under 12) \_\_\_\_\_ x \$3.00 = \$ \_\_\_\_\_

Kretssteve Pin ..... # of pins X \$2.00 \_\_\_\_\_

**Or purchase the weekend package and save (includes the pin)**

Weekend Package....Adult(s) \_\_\_\_\_ x \$45.00 \_\_\_\_\_ Children (under 12) \_\_\_\_\_ x \$22.50 = \$ \_\_\_\_\_

PRE-REGISTRATION of meals is imperative in order to purchase the correct amount of food.



**The Meal Registration Deadline is August 25, 2017.**

**Make checks payable to NCK and mail to Carl Ingvaldstad.**

Bring your tent or RV or call Susan to reserve a room (530) 389-2508.

Check out the accommodations:

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



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Culture, Community, Camaraderie

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Save stamps for  
TUBFRIM cut  
½ inch around  
the stamp

