



# FREYA FORUM

Freya Lodge #6-062 Newsletter

May 2017

## Ord fra Presidenten



On May 17th Norwegians worldwide will celebrate Norwegian Constitution Day wherever they are. Many Norwegian-American communities celebrate Syttende Mai throughout the United States with parades, dinners and picnics.

As a child growing up in Wisconsin, my parents and I would drive several hours to Stoughton, Wisconsin to attend that small town's Syttende Mai celebrations. Stoughton, a small town outside of the state's capital Madison, would grow to 100,000 people on May 17th. There would be a huge parade marching down the town's main street and many street vendors to buy souvenirs or traditional Norwegian foods such as krumkake or lefse.

This year Freya Lodge will be doing something different for our Syttende Mai celebrations with a trip into San Francisco to attend festivities there on May 13th. I hope many of you will join us on this special trip to celebrate Norway's Constitution Day. More information on the May 13th trip to San Francisco will follow in this month's Freya Forum.

Along with my fellow Freya Board Members, I wish you a very Happy Syttende Mai.

Hippa, hipp, hurra for Syttende Mai!

Marne Olson  
President



### Upcoming Freya Lodge Events:

- Rummage Sale  
May 6  
8am—1pm
- Craft Days  
May 1 & 15  
10am—1pm
- Syttende Mai Celebration  
May 13 in San Francisco
- Vikingfest  
October 14,  
2017

## Karen's Column

April showers bring May flowers. Yes, this is an old saying but we have had our share of April showers this past month and hopefully we are all enjoying the flowers that are blooming everywhere. Hard to believe that May is here. I am so looking forward to warmer weather and a bit more sunshine! If you have been to the lodge lately, you will have noticed our beautiful area beyond the parking lot in the back of the lodge. The field is a bloom with beautiful yellow flowers under the walnut trees. It is so pretty even if they are weeds.



Speaking of our lodge, we had a very nice Scandinavian brunch on April 22nd. Thank you to Kari Tauring who hails from Minneapolis, Minnesota. Kari did a great presentation on Nordic runes and captivated her audience with her knowledge of Nordic folkways through songs and stories.

Along with a terrific speaker, we also had some special treats baked by our own fantastic bakers, Marne Olson and Marit Barca. The kringle was scrumptious and was enjoyed by all. Thank you Marne and Marit! I think you two could open up your own bakery! We are very lucky to have these two fantastic bakers in our lodge.

I would also like to thank the wonderful volunteers that made this event go so smoothly. On Friday, Siri Fenson, Marit Barca, Susan Potter, Marne Olson and Janice Shipley set up tables and readied the lodge. That evening Daryl Laxo and John Hill came in and set up the chairs and got the parking lot ready for Saturday. Susan also pitched in in the kitchen to get things ready for Saturday. Thank you so much to all who made everything go smoothly. On Saturday we had a wonderful crew of helpers. I hope that I remember everyone but if I forgot your name on my list, please know that your help was gratefully appreciated. Thank you to my kitchen helpers, Myrna Bellovich, Marit Barca, Else Bratlien, Susan Potter, Claudia Larson, Laurel Powers, Laurel Proaps, Heather Oehm, and our newcomer to our kitchen help, Ashley Fairchild. Pitching in to help with a two year old at home, wow! We appreciate it so much. Thank you Ashley! Also thank you to Kathryn Norman, Natosi Johanna, Lis Barca and Zoe Barca. Whew, that is a list of very special people and your help made this event a success! Oops, almost forgot our special talented bar tender who made delicious mimosas – a big thanks to Ken Johnson!

Since I am on a roll thanking some of our great members, I would also like to thank Pamela Stutrud Groth for her interesting articles on genealogy. Pamela has been instrumental in helping me research my family roots and I am very thankful for all of her hard work and time to help me in finding out more about my family. If you are interested in learning more about your Scandinavian heritage, Pamela can give you insights on where to look for information. We are very lucky to have this great resource in our lodge. Pamela now lives in Carson City, Nevada but still is with our lodge and is always willing to help in researching your family history. Thanks, Pam!

This year, we are doing something new to celebrate Syttende Mai. On May 13th, we have reserved a 15 passenger van to transport those interested in joining in the Syttende Mai celebration organized by the Seaman's Church in San Francisco. The celebration will be held at Lands End West Fort Miley in San Francisco. Seats in the van will be sold on a first come, first served basis. The cost for the trip is \$20 which covers van rental, gas, parking plus the cost of the lunch donation if you are participating. You can bring your own lunch if desired. Please check the article in this month's Forum for more information.

Enjoy the May flowers and happy Syttende Mai!

Hilsen,  
Karen Larson



## Syttende Mai Celebration in SF

This year we are inviting members to join the celebration in San Francisco on Saturday May 13th.

To make it easy for you to join in, Freya Lodge has arranged for a 15-passenger bus to take members to the celebration.

The bus will leave from Norway Hall at 11:30am and return around 5pm. John Hill will be your driver. The cost is \$20 per person - assuming we fill the bus.

Here are the details on the celebration sponsored by The Norwegian Seaman's Church in San Francisco:

**Location:** West Fort Miley - Land's End - a beautiful meadow with views of Ocean Beach

**Attire:** Everything from bunads to shorts - remember that Norwegians dress up for their holiday

**Program:** 1pm—A lunch of hotdogs and buns, ice-cream and soda provided by the Seaman's Church. Donations expected.

You are welcome to bring your own food and drink as well as a blanket to sit on.

2-3pm Barnetog - parade down to the parking lot - to put flowers on a memorial to those lost in WWII

Bring flags to wave during the parade - (the Lodge will bring flags if you do not have one).

Depending on weather, after the parade there may be traditional 17.mai games back at the picnic grounds.

4pm Estimated end time for celebration

If you choose to go on your own: Parking is at USS San Francisco Memorial

Please call Marit 707-495-0448 to sign up for the bus. We will keep the reservations open until May 10, or until the bus is full.

Hope you are able to join us!

## Gratulerer med dagen

Lis Barca  
Donald Bent  
Helen Mae Herzberg  
Ruth Holmes  
Karin Hoy  
Lorraine Komor  
Max Reighard  
Carolyn Strange  
Rolf Thorson  
Sue Thue



Congratulations to John Hill and Laurel Powers who will be celebrating their 35th Wedding Anniversary on May 9th.

## Genealogy

If you've been watching Who Do You Think You Are, a show produced by Ancestry.com where celebrities get to have their genealogy done for them, when a clue leads to a new locale, the celebrity client travels to that locale to find records pertaining to their ancestors.

This is actually an excellent strategy because only a fraction of records are available online. Though the show still gives the impression that genealogy research is instantaneous, it is not.

Not all of us have celebrity status or can afford to travel around the country or to another country to find records for our ancestors. But with nearly every genealogical research problem, if you can't find what you are looking for one way, try another way.

A local genealogical society might be able to help. We have covered this before but have another example. Records available this way vary from one society to another.

The Jefferson County Genealogical Society in Fairfield, Iowa is an old school society that indexed newspapers, transcribed grave markers and burial records long before Ancestry.com was an idea. Since then, there are websites such as Genealogybank.com and Newspapers.com that offer access to searchable digitized newspapers. As time goes on, more newspapers will be available online.

~ continued on next page ~



## Genealogy - continued

But for small towns like Fairfield, Iowa their newspapers are not online yet. The local library subscribes to the newspaper and it might be on microform. However, this genealogical society created 3" x 5" index cards of the records listed above.

This record contains headstone transcriptions from Evergreen Cemetery as denoted by Evergreen in the upper right corner, as well as an obituary from the Fairfield Ledger newspaper denoted by \*L in the last paragraph. These index cards are held by the genealogical society and have been digitized but as whole are still not accessible online. The obituary contains information that would not be found easily considering the location where the death took place.

Because we had made contact with this genealogical society, they decided to post the obituary for Levi Fawcett at Findagrave.com. The headstone transcription can be verified with the photo of the marker for Phineas Fawcett.

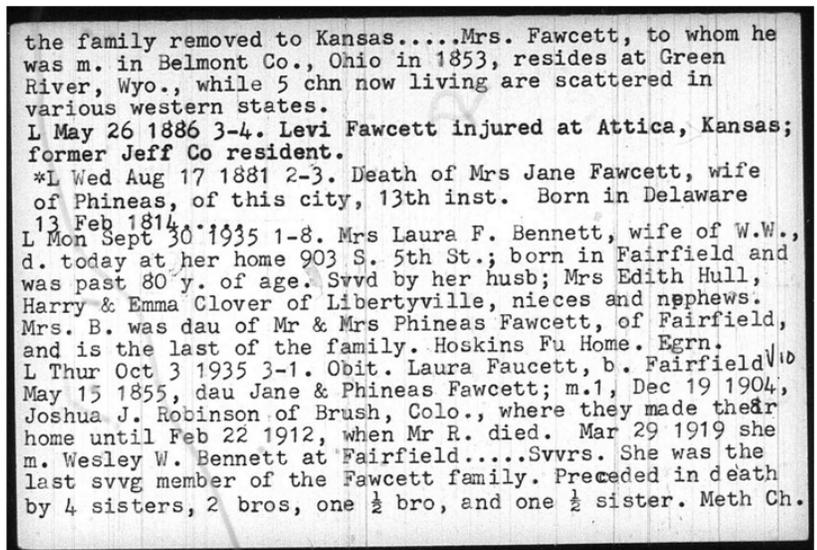
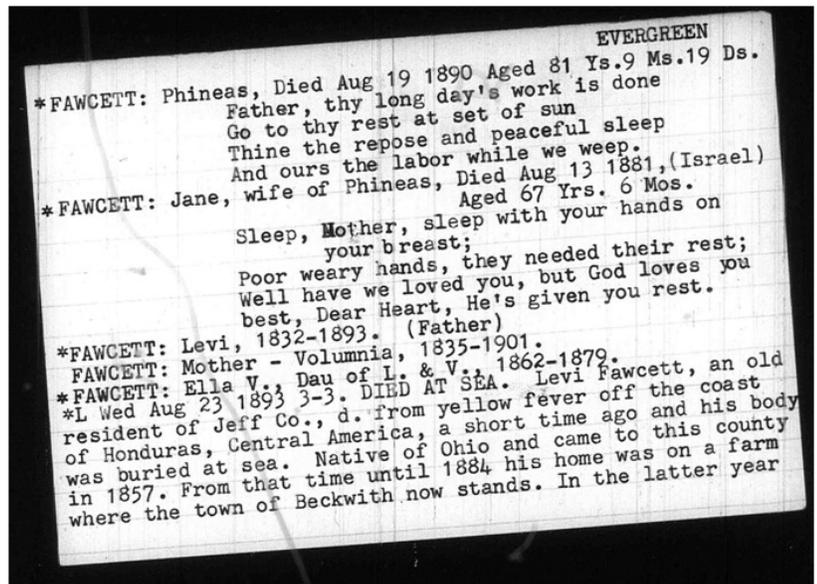
Findagrave.com is a useful tool in finding this kind of information. It was created by Jim Tipton in 1995 as a source for famous headstones but grew over time to include cemeteries and the individuals buried in them around the world. Volunteer photographers created memorials and added photographs. Now many passionate researchers provide detailed information about the decedents, such as obituaries and other records. Findagrave.com is now owned by Ancestry.com but it is still a free site. Billiongraves.com is a similar site but not as detailed.

The Phineas Fawcett memorial can be viewed online. The Jefferson County Genealogical Society is available through the Iowa Gen Web Project.

Karen Larson is working on her second level of genealogy for the Cultural Skills Program.

Levi Fawcett and Phineas Fawcett are Karen's great grandfather and second great grandfather respectively.

*Submitted by Pamela Stutrud Groth*



## Welcome New Members:

William Gallagher

## Thanks for Renewing:

Teri Cooper  
Eunice Everson  
William Jacobson  
Merredith Lintott  
Victoria Paoloni  
Gro Tomasini  
Elizabeth Vandenberg

## Freya Sports Column

The **Sports and Fitness Medal Program** has the greatest number of sports activities (20+) in which you can earn points towards a pin. Participation can be through team sports like Football and Basketball or as individual as solitary walking. In fact, if you don't walk often or far enough to qualify for a separate Walking Program Pin then consider earning a Fitness Pin that includes Walking and some other sports.

The Sports and Fitness Medal Program is my favorite since you can earn points towards a Pin by combining points from many activities in the Sports and Fitness Program which makes it the most accommodating of all the programs and one that everyone should try.

Individual and small group sports are extremely varied and include playing Golf, going Jogging, Kayaking, Rollerblading, Jumping Rope, Rowing (indoor machine or in a boat on the water), and Weightlifting to name a few. If you have a fitness activity not on the list on the SofN website (like Pilates, T'ai Chi, Zumba, that you would like to include in your activity points total, send me an email and we'll figure out a custom plan you can follow - [rolf.thorson@gmail.com](mailto:rolf.thorson@gmail.com)). To keep track of your progress you can print out a Record Card from the website or see me at any Freya Lodge meeting.

The fifth and final Sports Medal Program is **SWIMMING** (SVOMMEMERKE). If you are a lap swimmer at a city or club pool or a member of a Master's Swimming group, this is your sport to earn a Pin. A Bronze Pin can be earned, for example, by a 40-50 year old by swimming only 50 miles (25-yard pool: 66 lengths (33 laps) = 1 mile). Most lap swimmers should be able to do this over the summer.

The greatest difficulty in earning Sports Medal Program Pins you will face is failing to begin. So, start today. The second greatest difficulty will be diligently recording your daily/weekly results. So, use a Record Card to make it easier. Doing the actual fitness activity will be a "piece of cake" (which you will have earned when you are done with your work out!)

Next month: Sons of Norway's Virtual Pilgrimage

Rolf Erik Thorson, Sports Director Freya Lodge

## Rummage Sale *redeaux*

A fundraiser for the Freya roof.

Saturday, May 6th from 8am to 1pm at Norway Hall

New or gently used items may be dropped off at Norway Hall:

Thursday May 4 from 12noon - 3pm and

Friday May 5 from 9am - 12 noon

Do you want to help out? We had fun this last Saturday. Consider joining us. We need checkers and shopper assistants and kitchen crew for coffee and doughnuts.

At 1pm we will need a clean up crew to gather unsold items.

Call Marit 707-495-0448 to volunteer for an hour or more on Saturday. .

## Veiled Peasant Girls (Tilslørte bondepiker)

Authentic Norwegian Cooking, Astrid Karlsen Scott

- ½ lb. apples
- ½ cup water
- ¾ cup approx. sugar
- 2½ tbsp. butter
- 2 cups white bread, dried and ground
- ¾ cup sugar
- 1½-2 cups heavy cream
- ½ tsp. pure vanilla extract



Peel and core apples, and cut in wedges. Cook in the water until tender. Be careful not to scorch. Add sugar to taste. Stir to the consistency of applesauce, but leave a few whole bits of apple. Cool.

Melt the butter or margarine in a frying pan. Add the bread crumbs and sugar. Mix and brown over medium heat. Turn constantly with a spatula as they brown. The bread can easily be burnt if it is not stirred all the time. The crumbs should be a light caramel color. When done spread on platter to cool.

Whip cream until firm and glossy, adding a little vanilla if desired. Layer bread crumbs, applesauce and whipped cream in a glass bowl. Place a layer of cream on top. Sprinkle a few crumbs on top for garnish.

Serves 4.

## Norway Tops the Global Happiness Rankings for 2017

According to this year's World Happiness Report, Norway has jumped from 4th place in 2016 to 1st place this year, followed by Denmark, Iceland and Switzerland in a tightly packed bunch.

All of the top four countries rank highly on all the main factors found to support happiness: caring, freedom, generosity, honesty, health, income and good governance. Their averages are so close that small changes can re-order the rankings from year to year. Norway moves to the top of the ranking despite weaker oil prices. It is sometimes said that Norway achieves and maintains its high happiness not because of its oil wealth, but in spite of it. By choosing to produce its oil slowly, and investing the proceeds for the future rather than spending them in the present, Norway has insulated itself from the boom and bust cycle of many other resource-rich economies. To do this successfully requires high levels of mutual trust, shared purpose, generosity and good governance, all factors that help to keep Norway and other top countries where they are in the happiness rankings.

All of the other countries in the top 10 also have high values in all six of the key variables used to explain happiness differences among countries and through time – income, healthy life expectancy, having someone to count on in times of trouble, generosity, freedom and trust, with the latter measured by the absence of corruption in business and government. Here too there has been some shuffling of ranks among closely grouped countries, with this year's rankings placing Finland in 5th place, followed by the Netherlands, Canada and New Zealand; and Australia and Sweden tied for the 9th position, having the same 2014-2016 score to three decimals.

The USA is a story of reduced happiness, according to the report. In 2007 the USA ranked 3rd; in 2016 it came in 19th.

*From Sons of Norway Newsletter Service*

## Bill Splaine and Martha Garbesi to be honored

The wood carvers are close to ending their class with instructor Bill Splaine. The ten students have each mastered carving two or three items and some are now putting together the application to receive a Cultural Skills bronze pin. A potluck luncheon is planned for mid-May to thank Bill for his valuable time given. Also to be honored is Martha Garbesi who has welcomed the carvers into her home since February.

Fr.left, clockwise, are John Hill, Larry Olsen, Deborah Cherkas, Laurel Powers, Max Fenson, Martha Garbesi, Don Johnson, Marne Olson and Karen Larson. Not pictured: Rolf Thorson and Bill Splaine.



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

## Kari Tauring at the Scandinavian Brunch 4-22-17



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