



FREYA FORUM

Freya Lodge #6-062 Newsletter

February 2018

Ord fra Presidenten

A huge Thank You goes to Karen Larson and all the members who worked hard to make the Lutefisk and Meatball dinner a great success. It was an evening of laughter and song, good fellowship and wonderful food, what could be better than that! It couldn't happen without all the members who are willing to volunteer their time to make sure things get done. That is part of the fun of membership and we encourage you to say YES the next time the call for help goes out.



This year offers special opportunities for participation, since our District 6 will have its Convention at Graton Casino in Rohnert Park June 10-14. Volunteers are needed at the convention and, maybe even more importantly, Norwegian cookies! Hundreds of dozens of them! They are served at all the coffee breaks, and you wouldn't believe how many cookies these Norwegians put away! We will schedule cookie baking workshops in May and early June, so plan to pitch in! To get on the Helping Hands volunteer list, please call Karen at 996-9889.

Sunday, June 10th is Culture Day at Convention, with many workshops and exhibits, free and open to all. Please read the various articles in this issue of Freya Forum about the Convention.

At the request of members we have added a Movie Night to the February calendar. "The King's Choice" is about Norway's Kong Håkon's journey during the Second World War and it got excellent reviews. It is in Norwegian with English subtitles.

Because of the holiday weekends in February, the business meeting was postponed until February 26th at 5:30 PM. Freya Lodge's five delegates for the June Convention will be elected at this meeting, so if you are interested, please come or let an officer know prior to the meeting. We hope to see you there or at the Lapskaus (Norwegian stew) and Bingo Night February 17th or at Movie night February 23rd. Or at all of them!

Happy Valentine's Day! Beste hilsner fra Anne-Marie

Anne-Marie Winterhalder
President



Upcoming Freya Lodge Events:

- Lapskaus & Bingo
Feb 17, 6pm
- Movie Night
"The King's Choice"
Feb 23, 7pm
- Freya Book Club
Feb 24, 10:30am
- Business Mtg
Feb 26, 5:30pm
- Corned Beef Dinner
Mar 17, 5pm
- Business Mtg
Mar 19, 5:30pm

Karen's Column



I would like to give a heartfelt thank you to all my wonderful helpers who made this year's Lutfisk and Meatball dinner a huge success! Without your help, this event would not have been possible. To the wonderful servers, Siri Fenson, Sandi McConnell, Susan Potter, Laurel Powers and Shirley Stevenson, thank you for serving with big smiles and making everyone feel welcome. To our help in the kitchen, Michele Edler, Victoria Paoloni, Laurel Proaps (also bartender!), Marit Barca, a big thank you. Also, thanks to our guys who made sure the tables were up and the electrical connections were all working and did our heavy lifting, thank you to John Hill, Darryl Laxo, and Ken Johnson. Thanks, also our greeter, Natosi Johanna who welcomed in our members and new friends. Thanks to the many helpers who came on Friday to help set up and do kitchen prep. Many of those mentioned above did double duty including Janice Shipley, Anne-Marie Winterhalder and Else Marie Bratlien. A grand thanks to our lodge baker, Tanya Barca for her famous almond cakes that were served for dessert, and finally, to Zöe Barca our new lefse maker, thank you! I hope I did not forget anyone who helped to make this dinner go so well, but if I did, thank you to all. It takes a whole lodge to have successful dinners like this! Great job!

Congratulations to Gail and Mike Fairchild who were our reigning Queen and King of Lutfisk! They were the first to make reservations for the dinner along with many members of their family. They had their whole court with them!

Now onto February and our next event. This will be our Lapskaus and Bingo Night, Saturday the 17th of February. Dinner will be at 6pm followed with Bingo. Come and enjoy a bowl of Lapskaus (Norwegian beef stew), salad, coffee and dessert. Try your luck at bingo – you get two cards along with your dinner for just \$20.00. Tickets are available via Brown Paper tickets. Please check the flyer in the forum for more information. If you have any questions about this event, please call (707) 579-1080 or RSVP@FreyaLodge.org.

It is not too early to start making your plans for St. Patty's day on March 17, 2018. Freya Lodge will again present our Celts & Vikings Corned Beef and Cabbage Dinner with all the trimmings! Only at your lodge will you find this delectable menu that includes corned beef and cabbage, potatoes, mashed rutabaga, coffee, juice and dessert! Beer (Irish too), and wine will be available for purchase. This is the best, by far, Corned Beef and Cabbage dinner in Santa Rosa. Come and find out for yourself! Along with dinner, you will be entertained by the Vikings of Bjornstad. They will be presenting a program called, "Swords and Silver: Trading with the Vikings". Get your tickets now while they are available at Brown Paper tickets. The price for this dinner is \$20.00 for members, non-members \$25 and kids (ages 8 – 14) are \$8.00. Please see the flyer for more information.

Happy Valentine's Day!

Karen Larson



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Donald Moe
Trekker Norman
Heather Oehm
Philip Rhodes
Lars Richardson
Melissa Schneider
Edward Tollefson
Valerie Wolfe

Membership Update

Welcome to the five persons having joined Freya Lodge in January! We look forward to getting to know you as you attend events. If so inclined, there are opportunities to volunteer for various things. I have found that by taking part of, being involved in - assisting in making our organization work - I have gotten more out of my membership. You will, in the monthly Freya Forum newsletter, find out where help might be needed.

For our newest members (see elsewhere in this newsletter) especially, I'd like to familiarize you with the Sons of Norway website. By searching www.sofn.com you will find a myriad of information when it comes to travel benefits, culture, language and, of course, recipes for Norwegian foods. There is news about the Cultural Skills Program, Genealogy, SoN VISA card, scholarships and insurance. And don't forget to also visit our own website, www.freyalodge.org where you can find out about local events and workshops as well as current and back issues of our newsletter.

We are proud to be part of the largest Norwegian organization outside Norway. Did you know that Sons of Norway was formed by eighteen Norwegian emigrants on January 16, 1895, as a "fraternal society to protect members and their families from financial hardships during time of sickness or death?" Over time, the mission of Sons of Norway has expanded to include preservation of Norwegian heritage and culture.

Siri Fenson, Membership Secretary



Eliff Konrad

We are sad to report the passing of a former, long time member of Freya Lodge, Eliff Konrad.

Eliff became a member of Freya Lodge in 1972 and for many years he was in charge of cooking the lutefisk for the Lutefisk and Meatball dinners. He was 90 years old. Our sincere condolences go to his wife, Marjorie, and their family.

Sons of Norway Academic Scholarships

District 6 Sons of Norway has three \$1,000 scholarships for students enrolled in any accredited post secondary schooling or training institution.

For information and application forms go to www.sofn6.org/scholarship

The Sons of Norway Foundation in Minneapolis also have several scholarships with application deadlines coming up. For information, go to www.sofn.com/foundation/scholarships/

We encourage our Unge Venner members of Freya Lodge to apply. Last year one of our members, Jannike Allen, was the recipient of one of these scholarships. Let's make it two for two!

Camp Trollfjell 2018

Registration is now open for Camp Trollfjell 2018. The dates for camp are July 8 to 21 and the cost is \$875 if you sign up before March 31st and \$975 after that.

Camp Trollfjell is normally for kids 8 through 13, but because camp had to be cancelled last year, 14 year olds will be accepted this year only. This is so they will have the opportunity to graduate.

14 year olds can also attend the Trollfjell Folkehøgskole, which is for teens from 14 to 17. The dates for the Folkehøgskole are June 24 to July 7, and the cost is the same as for Camp Trollfjell.

Sign up before March 31st saves you \$100, so do it now!!

Here is the website for all the information and application forms: www.sofn6.org/arv/camp-trollfjell/

Freya lodge camperships

Once you are signed up for camp, Freya Lodge Heritage or Unge Venner members who are going to camp can apply for a campership from Freya Lodge. Their letter of application should include information on:

Why they want to go to Camp

How they have participated in Freya Lodge activities

How they and/or their families have supported Freya Lodge by serving on committees, as officers or helping put on events

The amount of the camperships depend on the number of applicants. The letter of application for Freya Lodge Campership should be mailed to Sandra McConnell, 6 Autumn Leaf Drive, Santa Rosa, CA 95409. Deadline for application: April 14, 2018.

Sons of Norway District 6 also has two 50% of tuition camperships for both Camp Trollfjell and Trollfjell Folkehøgskole. Information and application forms for those can be found at www.sofn6.org/scholarships/ Winners of the District 6 camperships are not eligible to receive the Freya Lodge campership also, but by all means apply for both.

We hope to have a great group of kids going to camp again this summer!

Announcing... The Freya Lodge Book Club

Introductory Meeting:
February 24, 2018 (Saturday)
at 10:30 a.m.

Norway Hall
617 W. Ninth Street, Santa Rosa CA

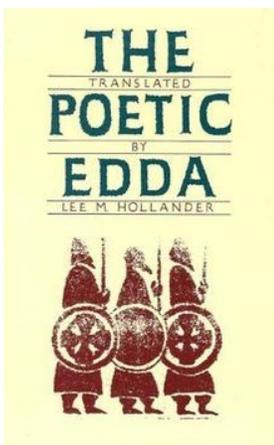
Come and share your love of
Scandinavian--especially Norse--literature
with other enthusiasts.

We can read from the ancient Eddas to
literature of the modern world.

Please call (707.634.6126) or email
natosij@sonic.net to let
us know you are coming. My name is Natosi
Johanna (Natosi is first
name).

Bring your literary choices to the meeting so we
can decide on the first
text.

Open to members and
non-members.



THE NEW FAMILY MEMBERSHIPS

Here is a clarification to the new
family memberships:

It can cover a husband and wife, or a
family living at the same address.

If husband and wife are currently both
members, you don't need to do any-
thing. The membership office in Min-
neapolis will combine your two mem-
berships and bill you the family mem-
bership fee of \$95 at the due date that
is latest in the year.

If you are a member and you would
like to add your spouse, the additional
fee is \$45.50. Then next year it will be
\$95 for the two of you. To add your
spouse, please contact our Vice Presi-
dent and Membership Chair Siri Fen-
son at sirimax@att.net or 707 303-
7860

Would You Like to be a Delegate to Convention?

For the first time in many years the Sons of Norway District 6 Convention is being held in Sonoma County, more specifically at the Graton Casino in Rohnert Park.

This gives us a wonderful opportunity to find out what Sons of Norway and District 6 is all about, whether we chose to volunteer, enjoy the Cultural classes on Sunday afternoon, drop in on the work sessions or go as a delegate for Freya Lodge.

Based on our size, Freya Lodge is allowed five voting delegates. If you are interested in learning about leadership and the workings of Sons of Norway, please consider running for delegate to Convention. We have to vote on the delegates at the business meeting at the Hall, Monday February 26th at 5:30 PM. If you are interested or have questions, please contact Anne-Marie at annemarie@thegrid.net before that date.

Attending a District Convention is fun and educational: you learn more about Sons of Norway; you are updated and informed about the state of District Six; you meet folks from other lodges; you gain insight from cultural sessions and a speaker session; you help chart the course of our organization; and of course, you enjoy seeing wonderful entries in the Folk Art Exhibition and Competition. Sons of Norway conventions are including more heritage and culture, but be assured, there's business to attend to as well. This year's Convention will be full of fun, heritage and culture as well as the business of our future. We hope to see you there.



Movie Night

Finally available: "The King's Choice"

A top rated Norwegian movie about King Håkon VII and the invasion of Norway by Hitler's army in 1940. We are excited to share this movie about Norwegian history and a much loved king. You don't want to miss it.

Date: Friday February 23, 2018
Time: 7pm

Suggested donation \$5 per person toward our roof fund

Popcorn, snacks, and beverages available for purchase. See you there!

Check the Upcoming Events link on our website.

Cherry Cream Cake (Kirsebærkremkake)

From Sons of Norway Newsletter Service

Recipe for the Cake:

2 Cups almonds or other nuts
2 Cups confectioners' sugar
8 Egg whites

Grind almonds twice, the second time with the confectioners' sugar. The almonds should have the consistency of flour.

Whip the egg whites until stiff but not dry, and blend with the nuts.

Divide and spread batter in two greased 9-inch (23 cm) springform pans, and bake at 320 degrees F 25 to 30 minutes.

Cool slightly in pan before removing to rack to cool completely. Makes two 9-inch layers.

Recipe for the Cherry Cream:

1/3 Cup whipping cream
2 Egg yolks
2 Tbsp confectioners' sugar
3 ½ Tbsp chocolate sauce or syrup

3 ½ Tbsp cherry juice

Beat the cream until firm and glossy. Add eggs and confectioners' sugar which have been whipped together until light and fluffy.

Stir in the chocolate sauce or syrup, and add cherry juice to taste.

Place one cake layer on platter, baked side down, and cover with half of the cream mixture.

Add second layer, baked side up, and top with remaining cream. Keep refrigerated until serving time.



Welcome New Mem- bers:

No new members

Thanks for Renewing:

Max Fenson
Siri Fenson
Pamela Johnson
John Keller
Merredith Lintott
Christian Lund
Donald Moe
Shirley Stevenson
Roy Thuestad

Sports Director

Hi(Hei) Freya Members,

I have taken over the duties of SofN sports medal program for Freya Lodge. I would like to encourage you to think seriously about your over all health. The BIG 3 areas in accomplishing over all good health are: 1) exercise, 2) nutrition, and 3) rest.

Sons of Norway has a very good program to help everyone achieve good health through exercise. There are several different categories (ways) of exercising: Skimmerke (skiing), Svømmerke (swimming), Sykkelmerke (biking), Gangmerke (walking) and Idrettsmerke (general Fitness). In the general fitness category any activity may count towards an Idrettsmerke medal.

I will be ordering Sports Medal record cards from Sons of Norway so that you may get started on your journey to Good Health.

If you would like more information about the Sons of Norway Sports Medal Program, you can reach me at: jrhiljr1@comcast.net or 707-795-5278

Yours for a Happy and Healthy New Year,

John Hill Jr
Sports Director

Rosemaling 101

If you are interested in learning the basic techniques of Rosemaling (Norwegian folk painting), a class is starting on Monday, February 5, 10:30 – 12:30, in Norway Hall.

The group will meet twice a month (every other Monday) for up to three months. You are welcome to come and see if this is something for you.

Pat Hansen and Karen Larson are the instructors.

For details and a list of material needed, please contact Siri Fenson at sirimax@att.net



WORK PARTY AT CAMP NORGE

March 23-25, 2018

**It's time to get Camp ready for the
new summer season!**

**This weekend party includes: free lodging, lunch and dinner on Saturday
and breakfast on Sunday in return for 5 hours of work per day!**

There are many needs to prepare for summer and our Vice President, Kirby Aasen, has a list with work to fit everyone's level of expertise! Come on up/over and lend a helping hand to this hardworking Recreation Center Board of Directors.

Please RSVP to Kirby Aasen, Vice President, at Kirby.aasen@campnorge.org, 707-349-8792 or
President Fred Hymans at fred.hymans@campnorge.org, 916-412-3797.

Contact Susan Winje, Treasurer, at susan.winje@campnorge.org or 530-389-8000
for room accommodations at Camp.

Tusen Takk for hjelpen!!!

Welcoming Five New Members to Freya Lodge

Lutefisk is one thing that brings in new members. So does Rosemaling. The following persons joined our lodge in January, four of them after exposure to both:

Barbara Abrahamson was born in Ft. Lewis, WA. Through her Norwegian ex-husband, she became interested in our traditions and culture. She has three sons. Barbara's occupation, before retiring, was in the clerical field with the State of California; she has also done work as a processor of loans. The Rosemaling class is happy to welcome Barbara as a student. Going to yard sales, she has found several pieces that she now plans to 'rosmale'.

Barbara Ginsky was born in Fargo, ND, but grew up in Minneapolis. In 1952, as a teenager, she and her family moved to Los Angeles. Barbara has worked as an accountant and a travel agent – for twenty years at Paramount Studios, making the travel arrangements mainly for studio executives. In 1982, she moved to Marin County, continuing being a travel agent. She has visited Norway twice connecting with her mother's Norwegian relatives, located in the Romsdalen area. Hobbies include computers, reading and languages. She is fond of watching Scandinavian and British movies.

Teresa and Thomas Mavrakis. Teresa, born in So. California, and Thomas (bringing three children from a former marriage) were married nine years ago. Both Teresa and Thomas are involved in the mortgage business. Together they enjoy spending time with their two little puppies, going to Lake Tahoe (preferring the summer time) and reading. Thomas' mother is of Norwegian ancestry; Teresa's grandmother came from Norway to Minnesota.

Robert Johnson. Bob, born and raised in Maddock, ND, found out from Ancestry.com that he is 96% Norwegian (both his grandparents immigrated). After a stint in the US Navy (1952-1955), Bob married Jean from Bismarck, ND and they moved to Sacramento where Bob, then an accountant, worked for Aerojet Co. The Johnsons had two boys, one of which now runs the tax preparing company in Folsom that Bob founded in 1960. Bob and his wife, Jean (who passed away in 2009) had many times ventured out to the California coast and fell in love with, especially, Bodega Bay. Bob still lives there in the house he built. Hobbies include wood working and Word Search puzzles, but during busy tax times, Bob helps his son in Folsom.

Submitted by Siri Fenson, Membership



Lapskaus & BINGO



Date: Saturday, 2/17/18

Time: 6:00pm

Questions?: 707-579-1080 or
RSVP@FreyaLodge.org

Enjoy a bowl of Lapskaus (Norwegian Beef Stew), salad,
coffee and dessert.

\$20 for dinner and 2 bingo cards!

Tickets available via Brown Paper Tickets:

<http://www.brownpapertickets.com/event/3230164>

Or call 1-800-838-3006

Freya Lodge, Sons of Norway
617 West 9th Street, Santa Rosa

Freya Lodge Presents

CELTs & VIKINGS

Corned Beef and Cabbage Dinner

March 17, 2018 - 5:00pm - Norway Hall



**Swords and Silver:
Trading with the Vikings
By The Vikings of Bjørnstad**

Dinner includes Corned Beef & Cabbage,
potatoes, mashed rutabaga, coffee, juice and dessert.

Beer and wine available for purchase.

Tickets available through Brown Paper Tickets -
<https://www.brownpapertickets.com/event/3230381>

Or call 1-800-838-3006

Members - \$20

Non-Members - \$25

Kids (Ages 8 - 14) - \$8

Questions? Contact 707-579-1080 or RSVP@freyalodge.org



www.vikingsofbjornstad.com

Freya Lodge
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Mail: PO Box 6558 Santa Rosa, CA 95406
www.freyalodge.org

Scandinavian Brunch

April 21, 2018 - 12:00pm



The Emigrant Trunk:

A Norwegian Emigration Story

Mary Beth Ingvoldstad, our District President, will present a special program. We will first view the DVD, "America Fever", about a young woman leaving her family in Norway forever, to settle in America. Mary Beth will then open her family trunk filled with memorabilia chronicling the journey they made from Norway to Minnesota and then on into North Dakota.

Learn more about the preparations, the long journeys and the hardships of our forefathers. Please feel free to share the stories of your families.

Brunch will be Scrambled Eggs with Chives,
Smoked Salmon, Kringle & Fresh Fruit

Members - \$17

Non-Members - \$22

Tickets available through Brown Paper Tickets
<https://www.brownpapertickets.com/event/3236231>
or 1-800-838-3006

Questions? Call 707-579-1080 or RSVP@FreyaLodge.org

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Culture, Community, Camaraderie

Freya Lodge, Sons of Norway

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