



FREYA FORUM

Freya Lodge #6-062 Newsletter

March 2018

Ord fra Presidenten

Where did February go? I guess time flies when you are having fun moving! That is what we have been doing and we are now card-carrying citizens of Oakmont. After commuting for 23 years from outside of Cloverdale it is very nice to be a little closer to the Hall and Lodge activities.

A big thank you to our cultural director Marit Barca for putting on Film Night in February, with the wonderful Norwegian film, "The King's Choice". It was enjoyed, along with the popcorn, by a good sized crowd

So far this year we have ten new members, which is amazing. We wish them welcome to Freya Lodge and hope that they will be active members, participating in the monthly events and also getting involved in the Cultural Skills Programs and volunteer on committees. Elsewhere in this issue of the Freya Forum there will be information about a membership survey. Please give us your feedback as to how you feel about Freya Lodge and what types of programs and events you would like to see. We want to be responsive to the wishes of our members and this is a way for you to let us know how you feel.

Our March event is the popular "Vikings in Ireland" Corned Beef and cabbage dinner with the Vikings of Bjørnstad. The food is the best in town and the Vikings have a brand new program to offer: "Swords and Silver, Trading with the Vikings". Go to our website www.freyalodge.org and get your reservations right away, please. We look forward to seeing you there.

As mentioned before we put a new roof on the Hall this summer and there are continuing expenses for upkeep on our hall. It is important that you support our events, as that is how we raise funds to pay for hall expenses. The hall belongs to all the members and in theory, we are all responsible for the expenses. Attending the events is a fun and enjoyable way to do your part! If you want to do more, come to the business meetings and find out how you can contribute. There are fun jobs for everyone!

Wishing everyone a rainy March! We need it.

Anne-Marie Winterhalder
President



Upcoming Freya Lodge Events:

- Freya Book Club
Mar 17, 12:30pm
- Corned Beef Dinner
Mar 17, 5pm
- Work Party at Camp Norge
Mar 23-25
- Business Mtg
Mar 26, 5:30pm
- Deadline for Campership application
Apr 14
- Memorial Day at Camp Norge

Karen's Column



Tis the month for wearing the Viking green as we celebrate with our Irish friends and for anyone else who claims to be a bit o' Irish. On **Saturday, March 17th** Freya Lodge will host our **Celts & Vikings Corned Beef and Cabbage Dinner** with all the trimmings. Make your reservations early with Brown Paper Tickets for this popular Irish dinner with a Nordic touch! Come and enjoy tasty corned beef and cabbage, carrots, potatoes and mashed rutabagas (Scandinavian style!) coffee, juice and a yummy dessert. Beer and wine will be available for purchase. The cost for the dinner is \$20 for members, \$25 for non-members and kids (ages 8-14) are \$8. Come and enjoy an evening of good Irish and Norwegian food and be entertained by the **Vikings of Bjørnstad** as they present the program, **Swords and Silver: Trading with the Vikings**. There will be a limited number of tickets sold so get your tickets early. Come and share a bit "o' Irish cheer" with a toast of Irish beer or whatever your liking be! If you have questions please call 707-579-1080 or RSVP@freyalodge.org.

Again, I am looking for **volunteers** to help out with Corned Beef dinner. I will be looking for kitchen help on Friday, March 16th and on the 17th, I am putting out the call for servers, greeters, and again kitchen help before and after the dinner. **No experience is necessary** – just come and enjoy working with your fellow members and meet new and old friends! Your help is greatly appreciated – come and join the working crew and see what goes on behind the scenes to put on dinners such as this. I guarantee you will have fun as well! If you can volunteer some time and talent, please call me at (707)996-9889 or my cell phone at (707) 486-3188. If you don't call me, I just might be calling you!

In April, we are planning a **Scandinavian Brunch**. This will take place on **April 21st starting at 12pm**. Come and listen to the special program presented by our District President, Mary Beth Ingvaldstad and enjoy a delicious brunch of scrambled eggs with chives, smoked salmon, kringle and fresh fruit. Check the flyer in this month's Freya Forum for more information. It is not too early to think about volunteering to help for this event. We will be looking for help to set up, work in the kitchen, serve, and clean up. Please let me know if you can help.

At the end of April, Pat Hansen, Becky Thompson and I will be attending the Rosemaling seminar held at Camp Norge, Alta, Ca. We will be taking a class taught by Karen Nelson. Our class will be rosemaling a curved lid box in the Os style of rosemaling. These seminars are wonderful to attend and are open to all of our members. The next seminar is usually in September and hopefully Pat and I will be going again. If any of you are interested in going in September, please give me a call and I will share with you the information that I have. If you are taking the class on Rosemaling right now from Pat at our lodge, this is a good addition to your learning experience. I highly recommend it!

See you at the Corned Beef and Cabbage Dinner and don't forget to wear some Viking green!

Cheers,

Karen Larson

Page 2

www.freyalodge.org

Freya Forum

Freya Board Contact Info

President: Anne-Marie Winterhalder
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secretary@freyalodge.org

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707-303-7860 sirimax@att.net

Sunshine: Sandi Mc Connell
707-539-1021 sandrahedvig@aol.com

Norway Hall Association President: Darryl Laxo
707-838-2857 dlaxo@comcast.net

Gratulerer med dagen

Marit Barca
Tanya Barca
Deborah Cherkas
Max Fenson
Curtis Fjelstul
Margret Kram
Laurel Laingen
Theresa Mavrakis
Thomas Mavrakis
Beverly Mooney
Jack Potter
Michele Silver
Ashlynd Tapparo
LaNora VanCleve

\$10 for Your Name Badge with Magnet Backing

If you would like to order a name badge, please send a check, issued to Freya Lodge, to Membership Secretary, Siri Fenson (6487 Stone Bridge Rd., Santa Rosa, CA 95409)



Member Discounts

Are you aware that being a Sons of Norway member entitles you to several discounts?

You will find special deals at several hotels, car rental companies, Iceland Air, Borton Overseas Tours, SoN Visa Signature card, "Films of Norway" streaming and Road Maps of Norway.

Details are found as you go into the SoN website, sofn.com, and click on 'Member Discounts'.



Condolences

Our condolences go to the family of James Coconas, a Freya Lodge member since 2016, who passed away on August 15, 2017.

He is survived by his wife, Jolene, children and grandchildren.

District 6 Convention

The following have been elected to represent Freya Lodge at the District 6 convention in June:

Delegates:

Lis Barca
Siri Fenson
Gary Indrebo
Karen Larson
Anne-Marie Winterhalder

Alternates:

Zoe Barca
Max Fenson
Darryl Laxo
Susan Potter
Becky Thompson

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 Folkehøgskule, which is for teens from 14 to 17. The dates for the Folkehøgskule 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 Folkehøgskule. 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!

**Come join us...
The Freya Lodge Book Club
... is meeting monthly**

Our next meeting is on
March 17, 2018 (Saturday) at
12:30 - 2:00p.m.

Norway Hall
617 W. Ninth Street, Santa Rosa CA

We'll be reading Scandinavian
folk / fairy tales...

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 include it on our list of
readings.

Open to members and non-members.

(After the meeting, stay for the "Celts &
Vikings" event later in the day...
help, hang out, and simply talk all things
Scandinavian.)

SoN Fee Structure

The new fee structure for membership of Freya Lodge, Sons of Norway.

The yearly fee for a primary member is \$60.00. \$32.00 of that amount goes to SoN International, \$14.00 to the District (in our case District 6) and another \$14.00 comes back to our lodge.

For a family (husband and wife and even other adults living in the same household), the new fee is \$95.00. Of that amount, \$42 goes to International, \$25 to the district and \$28 is returned to our lodge.

If Primary and spouse members have different billing dates, they will be assigned a billing date as a family, using the "paid to date" of the member that is the latest in the year.

The fee for a Golden Member (someone having belonged to SoN for at least 30 years and is 65+ of age), is \$42.00.

Talking about memberships, Freya Lodge currently has 152 adult members and 29 Heritage (ages 0 – 15) members.

Camp Norge—a Bit of Norway

Located on Rte. I-80 in Alta, CA, Camp Norge is a year-round recreation center, owned and operated by Sons of Norway's District 6. It's a great family vacation spot with nearby attractions that include golf, fishing, skiing, visit to historical towns and gold mining camps.

There are several SoN-sponsored events during the year: Memorial Day and Labor Day weekends, Rose-maling and Folk Dancing weekend and two youth camps (Camp Trollfjell) during the summer.

The facilities include RV and tent camping sites and accommodations in the "Main House", in dorms and in small cabins. There are kitchens available for preparing food, a Social Hall that seats up to 60 persons, bath facilities, swimming pool and more.

If interested, go to www.campnorge.org for rates and additional information.



Best Summer Vacation....Ever!!!

Pass on to the our youth the gift of Norwegian culture and heritage. Do you enjoy talking about your Norwegian heritage? Do you do rosemaling? Do you like Norwegian folk dancing? Do you enjoy Norwegian music? If you have answered yes to any of the the previous questions you have an opportunity to fulfill your best summer vacation yet. We need you share your knowledge to a new generation.

Spend part of your summer vacation in the beautiful Sierras at Camp Norge with the youth of our lodges. Share, teach, and laugh at the Trollfjell Heritage Camp, July 8-21 ages 8-13 and Trofjell Folkehøgskule, June 24 – July 7, ages 14-17.

Needed: Instructors for Rosemaling, Dance, Language, Music, Heritage and Culture Instructor. The commitment isn't for the whole 4 weeks. It could be a week or a couple of days, schedules are flexible.

Also needed: Certified life guard, counselors and cook.

Please contact Camp Director, Rebekah Strand 970-541-0375 or email restrand15@gmail.com. On-line applications are at <https://tinyurl.com/ybccnvr3>.

Advertising Opportunity

District 6 is offering Sons of Norway members the opportunity to place a business card sized ad in the Delegate Handbook for this years convention.

If interested, please send your ad in .jpg format to zone3@sofn6.org

Send your \$25 check, payable to D-6 Convention to:

Karen Aaker
District Six Convention 2018 Committee
2435 Felt Street #57
Santa Cruz, CA 95062

Cucumber Salad (Agurksalat)

From Sons of Norway Newsletter Service

1 Cucumber
2/3 Cup vinegar, white
2/3 Cup water
3½ Tbsp sugar
1/4 Tsp salt
Dash of white pepper
Fresh parsley

This sweet and sour cucumber salad is a classic side dish that is light, refreshing and easy to make.

Slice the cucumbers thin and place in a bowl. Mix vinegar, water, sugar, salt and white pepper in a small bowl. Pour the dressing over the cucumbers and mix well. Refrigerate for at least 30 minutes, then sprinkle with finely chopped parsley and serve.



Welcome New Members:

Barbara Ginsky
Theresa & Thomas Mavrakis
Nancy Pieraccini
Jack Potter

Thanks for Renewing:

Barbara Abrahamson
Anne Bandy
Don Coates
Anne Marie Eskilsson
Mark Fahey
Gail & Mike Fairchild
Ginger Schechter Gong
Lester & Unni Hoel
Loren Hovland
Karin Hoy
Gloria Keller
Barbara Lund
Kathryn Norman
Susan Potter
Pamela Ragnes
Lee Rossavick
Janice Shipley

Folkedans Stevne at Camp Norge April 20 - 22, 2018

Come to beautiful Camp Norge for a weekend of learning Norwegian folk dance, emphasizing the dances from the Sons of Norway Cultural Skills program. The weekend will include dances from all three levels of the Folk Dance unit. You will learn song dances, figure dances, and old-time couple dances, as well as basic dance skills and a bit of dance history. The instructors are Tom Sears (Vigeland Lodge) and Meg Laycock (Nordahl Grieg Lodge), co-artistic directors of the Nordahl Grieg Leikarring og Spelemannslag.

The weekend starts on Friday night with a potluck meal and a welcome party as folks arrive and settle in. On Saturday there will be morning and afternoon classes (plus meals and snack breaks). After a social hour in the early evening, a delicious dinner will be followed by a dance party that includes dances learned during the day. Sunday morning will be spent reviewing the dances and discussing related Cultural Skills activities. More review can happen after lunch, if people want to stay a bit longer.

The fee for the weekend is \$130.00 per adult dancer or musician if paid before April 6, 2018. After April 6, the fee is \$175.00 per adult. The complete flyer is available from the District 6 website at <http://sofn6.org/>. Click Events/News and select Folkedans Stevne 2018. For more information, contact Zena Corcoran (email ZMCorcoran@aol.com, phone 650-355-3752) or Meg Laycock (email meg@jstrib.com, phone 408-255-2111).

Even if you aren't certain you want to work toward a Cultural Skills pin, this is a great chance to try out Norwegian Folk Dance and spend a weekend with friendly people in a beautiful setting. We'd love to see you there!

Cultural Skills—Rosemaling

A group of six ladies are meeting to learn the basics in the art of Rosemaling –“rose painting”. Lodge member, Pat Hansen, the instructor, has secured the Spring Lake Village art room to be used for another five sessions.

The upcoming dates are March 9 and 23, April 13, May 5 and 25.

Please, if interested in coming to paint, or just observe, call Pat at 579-6910 or Siri Fenson at 303-7860.

Please fill out and mail to our PO Box or drop off at any lodge event. You can also complete the survey online at our website www.freyalodge.org. Thank you for any feedback—we will use it to plan future events.

A survey. Your feedback will help us strengthen our Lodge.

How likely is it that you would recommend membership in Freya Lodge? (10 is extremely likely)

0 1 2 3 4 5 6 7 8 9 10

Why did you pick this number?

Which of the following member benefits have you used or plan to use?

- | | |
|---|--|
| <input type="checkbox"/> Viking magazine print edition | <input type="checkbox"/> Travel discounts |
| <input type="checkbox"/> Viking magazine online archive | <input type="checkbox"/> Map service |
| <input type="checkbox"/> Volunteer opportunities | <input type="checkbox"/> Culture and language camps |
| <input type="checkbox"/> Recipes (in Viking magazine or lodge newsletter) | <input type="checkbox"/> Insurance/annuity products |
| <input type="checkbox"/> Norwegian language classes (web page) | <input type="checkbox"/> Free financial checkup |
| <input type="checkbox"/> Genealogical research (web page) | <input type="checkbox"/> Youth cultural skills |
| <input type="checkbox"/> Lodge meetings | <input type="checkbox"/> Other lodge activities for children |
| <input type="checkbox"/> Leadership skills through lodge participation | <input type="checkbox"/> Cultural Skills programs |

Freya Lodge has a printed or e-mailed newsletter (Freya Forum)

Do you read it each month it is delivered? YES/NO

What additions/changes would improve the newsletter?

How often do you visit our lodge's Facebook page (freyalodge6062) or web site (www.freyalodge.org)?

Daily Weekly Monthly Less than once a month

Why do you visit the lodge's Facebook page or website?

- | | |
|--|--|
| <input type="checkbox"/> Check the dates/times of meetings | <input type="checkbox"/> Register for events |
| <input type="checkbox"/> See what's new | <input type="checkbox"/> Access the lodge e-newsletter |
| <input type="checkbox"/> Use resources | <input type="checkbox"/> Find other Norwegian links |
| <input type="checkbox"/> Purchase items | <input type="checkbox"/> To get contact information |
| <input type="checkbox"/> Other: _____ | |

Do you feel that gatherings have a friendly and welcoming atmosphere? YES/NO

Why did you choose this answer?

Do you want more Norwegian culture and heritage to be incorporated into our meetings? YES/NO

Which of the following would you like to see more of at our meetings?

- | | | |
|---|---|--|
| <input type="checkbox"/> Language classes | <input type="checkbox"/> Guest talks | <input type="checkbox"/> More general |
| <input type="checkbox"/> Dance instructions | <input type="checkbox"/> Dance/parties | <input type="checkbox"/> Cooking classes |
| <input type="checkbox"/> Norwegian guests | <input type="checkbox"/> Potlucks | <input type="checkbox"/> Folk art instructions |
| <input type="checkbox"/> Videos/Films | <input type="checkbox"/> Youth activities | <input type="checkbox"/> Game nights |
| <input type="checkbox"/> Genealogy | <input type="checkbox"/> Member-led discussions | |

What is your favorite thing about our lodge?

What would you change about our lodge?

Do you have any suggestions or comments to improve our lodge?

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
617 West Ninth Street Santa Rosa, CA 95401 707.579.1080
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

617 West Ninth Street Santa Rosa, CA 95401 707.579.1080
Mail: PO Box 6558 Santa Rosa, CA 95406
www.freyalodge.org



Celebrate Memorial Day at Camp Norge

May 26, 27 and 28th, 2018

The Camp Norge Board invites you to **Camp Norge** for a fun and relaxing three-day camping experience at your own recreation center, our “*Jewel in the Sierras.*” Come celebrate this true American Holiday with us. There are a variety of fun activities for everyone to enjoy!!

- ♥ Our annual **Field Trip** on Saturday is the perfect way to begin the weekend!
- ♥ Brand new **Disc Golf** course
- ♥ **Cocktail Party and Wine Tasting** Saturday
- ♥ Family **Movie Night** Saturday night
- ♥ Scenic and energizing **Hike** on Sunday
- ♥ Annual **Meatball Cook-off** and **Aquavit Tasting**
- ♥ Plus craft workshops and more!



Bring your tent or RV or **call Camp to reserve a room at (530)389-2508**. Not familiar with the rooms or want to learn more? Click on ⇒ www.campnorge.org

Delicious meals will be provided for the weekend and served in the **Heritage Hall**. The usual amenities will be available: swimming pool, horseshoe pit, games, the hiking trails and more!

We expect a big crowd this year so call and reserve early!



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Culture, Community, Camaraderie

Freya Lodge, Sons of Norway

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Save stamps for
 TUBFRIM cut
 1/2 inch around
 the stamp

