

FREYA FORUM

Sons of Norway, Freya Lodge #6-062 Newsletter

April 2020

Ord fra Presidenten

As April begins, we are experiencing a whole new world. The COVID-19/ Coronavirus shelter-in-place and social distancing orders have us living a very different life than we did a month ago.

Please take care of yourself as we also work on looking out for each other. Reach out as needed - to fellow members, friends and family. We need to isolate ourselves for health reasons, but don't want to become isolated.

Phone calls, Facebook, Facetime and online meetings are some ways we can remain in contact. We have had to cancel and suspend our events until further notice that it is safe to gather. Hopefully we can have our Syttende mai celebration, but that decision will be made later in April. Please watch our website and Facebook page for updates.

Take advantage of your time at home. There are plenty of Cultural Skills projects on the Sons of Norway website sofn.com. I built a Mega Construx Viking Ship (similar to Lego) and am working on my knitting. Our book club is planning a Zoom meeting as we have had to cancel our in person meetings.

Sons of Norway has made the difficult decision to cancel all District Meetings and Conventions and the International Meeting and Convention. All delegates will remain in service until the 2022 District Meetings. Thanks to those who were to represent Freya Lodge at the District 6 Convention: Jon Arild, Michele Edler, Siri Fenson and Sandy Smith as well as Alternates Marlene Arild and Max Fenson.

Please take care of yourselves and stay safely distant when you are out and about.

Be well,
Lis

Lis Barca
President



DO THE FIVE

Help stop coronavirus

- 1 **HANDS** Wash them often
- 2 **ELBOW** Cough into it
- 3 **FACE** Don't touch it
- 4 **SPACE** Keep safe distance
- 5 **HOME** Stay if you can



Upcoming Freya Lodge Events:

In order to keep our members and community safe, we are suspending all events until further notice.

We await further instruction from our local Public Health Officer, the CDC and the WHO.

Welcome New Members!

Athena Hill
Indra Hill
Asher Thompson
Colt Thompson
Tobin Thompson
Violet Thompson

Thanks for Renewing!

Valerie Box
Joshua Cummings
Janet Ekberg
Christina Engelbart
Gail Fairchild
Mike Fairchild
Elisabeth Gallagher
William Gallagher
Brit Grini
Robert Hellevik
Veda Hellevik
Robert Johnson
Lorraine Komor
Peter Meirik
Victoria Paoloni
Randi Reiremo
Dolores Scott

Setesdal Named to UNESCO Intangible Heritage List

After a seven-year campaign, the folk music and dance traditions from Setesdal in Agder County (southern Norway) have been added to the UNESCO list of Intangible Cultural Heritage. UNESCO (the United Nations Educational, Scientific and Cultural Organization) regards intangible cultural heritage as the traditions passed between ancestors and descendants. A few examples are traditional storytelling, performing arts, rituals, festivals and craft skills.

In a practice woven into Setesdal life since the 1700s, the singing of stev (four-line a cappella storytelling songs) is interspersed with tunes played on a Hardingfele (Hardanger fiddle) or munnharpe (mouth harp) to accompany a traditional couple's dance, gangar. Stev are meant to be shared in social settings and are typically learned through family members or local musicians. The gangar fiddle tunes are marked with loud, rhythmic foot paddling. International recognition of these cultural expressions not only promotes preservation, but also increases tourism. The rugged and remote valley of Setesdal may soon receive new visitors, as recordings of this art form can never compare to the transporting experience of live performance.

From Sons of Norway Newsletter Service

Insurance News

You Never Stop Being Their Protector

Whether it's checking for the boogeyman under the bed or making sure they never go hungry, you are always there for them. Be sure you have life insurance in place to ensure their protection is never at risk.

Our Insurance Professionals specialize in mitigating risk, so don't wait — call yours today.

Adrienne Lincoln
E: alincoln2048@comcast.net

License # OF63907

530-263-6565

10771 Pittsburgh Road, Nevada City, Ca 95959

Social Director

Greetings from the kitchen!

The next event I will be needing help with is **Syttende Mai**. Typically this is a BBQ/ Picnic. So details should be announced soon.

Gløgg

Ingredients

To serve 20-25

2 quarts dry red wine (about 2 standard 750 mL bottles)
2 quarts muscatel (or muscato)
1 pint sweet vermouth
2 tablespoons Angostura bitters
2 cups raisins
Peelings of 1 orange
12 whole cardamoms, bruised in a mortar with a pestle or by covering with a towel and crushing with a rolling pin
10 whole cloves
1 piece (about 2 inches) of fresh ginger
1 stick cinnamon
1 ½ cups aquavit (preferably Linie)
1 ½ cups sugar
2 cups whole almonds, blanched and peeled

Recipe

Step 1: In a 6- to 8-quart enameled or stainless steel pot, mix together the dry red wine, muscatel, sweet vermouth, bitters, raisins, orange peel and the slightly crushed cardamoms, whole cloves, ginger and cinnamon. Cover and let the mixture stand at least 12 hours so that the flavors will develop and mingle.

Step 2: Shortly before serving, add the aquavit and the sugar. Stir well and bring it to a full boil over high heat.

Step 3: Remove at once from the heat, stir in the almonds and serve the hot gløgg in mugs. In Sweden, a small spoon is placed in each mug to scoop up the almonds and raisins.

See you in the kitchen!

Michele Edler
Social Director



Friluftsliv: Outdoor Life and Recreation

If you have received your April *Viking Magazine*, you will see that Friluftsliv is the main feature. “Life in the open air” is part of Norway’s cultural identity and was put into law in 1957. The law says friluftsliv is “a health promoting source of well-being and environmentally friendly free time activity. The correlation between time in nature and better health has been widely observed for decades. Unfortunately, with a virus spreading, orders to shelter-in-place and the closing of all parks, beaches, boat launches, ski resorts, and pools, we are challenged to find ways to spend time in nature. So here are some tips to help us through this period but remember to **keep at least a 6 foot distance when you encounter others**.

- Take regular walks in your neighborhood, noting or even drawing the flowers and birds that you see.
- Think of a friend who lives on a ranch in the country. Call him/her and see if you can walk the land there. I have called four friends with ranches, and they are delighted to let my husband and me come walk – with CDC restrictions, of course.
- Plot a route on a remote country road that you can get to and park a car, if necessary, and that has little traffic. Jump out of the car and take a walk, enjoying the scenery.
- Both cities and counties have paved bike/pedestrian trails that are still open. Look for ones near you. In the county the trails that I know are still open are...
 - ◇ **West County** - mostly paved, 5.5-mile trail linking Sebastopol, Graton and Forestville. Parking is available on Ross Station Road, Graton Road, and five parking stalls at Sebastopol Charter School (1111 Gravenstein Highway North).
 - ◇ **Joe Rodota** - 3-mile section of trail between Roberts Avenue and South Wright Road
 - ◇ **Colgan Creek** - 1.2-mile paved trail running along a portion of the creek between Bellevue Avenue and Todd Road in southwest Santa Rosa
 - ◇ **Hunter Creek** - 1.5-mile paved, trail along Hunter Creek between Santa Rosa Avenue (across the street from Friedman’s Home Improvement) and Hunter Lane, which connects to Petaluma Hill Road.
 - ◇ **Santa Rosa Creek** - 782 Willowside Road, Santa Rosa. runs along the creek for 2.14 miles between Willowside Road and downtown Santa Rosa
 - ◇ **Laguna de Santa Rosa** - 1.8-mile multi-use trail between Highway 12 and Occidental Road, with parking areas and trail heads along both roads. 6303 Highway 12 or 5420 Occidental Road
 - ◇ **Coastal Prairie** - A 1.1-mile bike and pedestrian trail between the Bodega Bay Community Center and Keefe Avenue

You can find maps to these county trails at <http://parks.sonomacounty.ca.gov/Visit/Find-a-Park/>

Be healthy. Vær sunn. Find time to be outdoors to support your wellness.

Carol Eber, Sports Director
ceber@att.net 707-364-1564

Greetings from Travis Air Force Base!

By now many of you know that Richard and I were on the ill-fated Grand Princess Cruise to Hawaii.

We had a perfectly wonderful time until we were notified on the way home that the last stop, in Ensenada, Mexico had been cancelled and we were instead heading back to San Francisco. The worrisome reason was that a passenger from the previous Mexico cruise had died from the Corona virus, as it was referred to then. Now we know the correct term is Covid-19 virus.

I think most of you know from the news that we were circling outside of the San Francisco Bay for days while the powers that be were trying to decide what to do with us. The last three days we were confined to our cabins, with meals brought to our doors. As luck would have it, we had a balcony cabin, so we could get fresh air and have a cup of coffee out there, when weather allowed. Not only that, when we finally sailed under the Golden Gate on our way to Oakland, we were on the San Francisco side and could view that beautiful city in glorious sunshine.

For two more days we were confined to our cabins, while we waited to get off the ship. There again, we were on the right side of the ship and could follow all the crazy activities on the dock from our balcony.

On Tuesday the 10th it was finally our turn to get off the ship. In the media there have been many stories of the chaos and mishandling in getting people to Travis. That was not our experience. Our number was called, we got off the ship, they took our temperature, we went on the bus. As soon as the bus was full, we waited five minutes for our own police escort and we hit the road.

We have now spent 11 days at Travis. We opted to take the test for the virus and had a few anxious moments before we got the results yesterday that we were negative for the virus. We have not suffered here, other than at meal time! The food has been pretty horrible. Our stay here has been an inconvenience more than anything. Many stories could be told, but another time.

It has been frustrating to hear that passengers from other states were allowed to spend the 14 day quarantine in the comfort of their homes. It seems politics required that we be made an example of.

On Tuesday the 24th we will be bussed to an undisclosed location, from which we can be picked up and taken home.

We have been gone for 30 days, but we will come home to a totally new and different reality. We will be going from one quarantine to another, but most of all we will be entering an uncertain future with all the rest of the world. We hope all of our friends and family will come through this safe and sound and that before long we can again gather at Norway Hall and be allowed to hug each other!

Ha det bra!

Anne-Marie Winterhalder

Freya Board Contact Info

President: Lis Barca
707-495-5808 editor@freyalodge.org

Vice President/Membership Secretary: Siri Fenson
707-303-7860 sirimax@att.net

Secretary: SandraSmith & Valerie Box
415-898-0244 sandrasmith007@comcast.net or
707-494-0970 boxmom@sbcglobal.net

Social Director: Michele Edler
707-331-3817 dragontraders@yahoo.com

Treasurer: Else Bratlien
707-528-7162 ebratlien@pacbell.net

Cultural Director: Karen Larson
707-996-9889 tandkrlarson@sbcglobal.net

Editor: Lis Barca
707-495-5808 editor@freyalodge.org

Cultural Skills Director: Siri Fenson
707-303-7860 sirimax@att.net

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

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



Pauline Allen
Liv Asbo
David Borge
Donald Coates
Janet Ekberg
Anne Marie Eskilsson
Jeremy Ginsberg
Soliana Guzman
Robert Hellevik
Tor Hellevik
Miles Leone
Anamae Lundstrom
Gwen Miller
Sam Miller
Kristine Murphey
Susan Olsen
Cathan Potter
Susan Potter
Laurel Powers
Rich Sandvick
Dolores Scott
Janice Shipley
Ann Strom
Steven Warnock



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

Genealogy

I am currently enrolled in the American Records program at The National Institute of Genealogical Studies.

From my class reading material for the state of Montana in the US Western states course:

Montana State Genealogical Society
P.O. Box 5313
Helena, Montana 59604

The Montana State Genealogical Society website has an index to Montana death records from the earliest years to 2002. Be sure to read the explanation of the records collected before 1954. There are also indexes to marriages prior to 1930 and naturalization records of Norwegians in Montana. The society has a first families program which can be checked for biographical information."

Copyright © 2013 The National Institute of Genealogical Studies

The links are below.

<http://montanamsgs.org/norskemarriage.html>

<http://montanamsgs.org/norskenaturalization.html>

There is also an article, "Ethnic Settlement of Montana" available at the JSTOR website. You can access the article by logging on through your library website.

<https://www.jstor.org/stable/3634183?seq=1>

NAHA online has an article, "Early Norwegian Settlement in the Rockies."

https://www.naha.stolaf.edu/pubs/nas/volume18/vol18_3.htm

Submitted by Pamela Stutrud Groth

Norwegians Give Sámi Name to Distant Star and Planet


A star and planet 200 light years from Earth were officially given Sámi names recently, following a national naming campaign in Norway. The star in the distant solar system has been named Násti, meaning "star," while the planet is called Albmi, or "heaven."

The naming took place as part of a worldwide campaign by the International Astronomical Union (the organization in charge of naming newly discovered stars and planets) in celebration of its 100th anniversary. The global campaign, known as NameExoWorlds, invites every country worldwide to name a designated planetary system consisting of a star and an orbiting planet. Each star can be seen from its assigned country and is visible through a small telescope.

Norwegians submitted a total of 824 proposals to name the star and planet duo. The winning proposal was submitted by high school student Emma Stefanussen, who said the idea for the names was suggested to her by an ethnic Sámi friend. Stefanussen is a resident of Andøya, an island in the far north of the Lofoten archipelago.

From Sons of Norway Newsletter Service

**BERKSHIRE
HATHAWAY**
HomeServices



Anne Marie Eskilsson
REALTOR®, SRES®, e-Pro®

Drysdale Properties
707-478-8251
ameskilsson@gmail.com
www.AnneMarieEskilsson.com
DRE #01400952

An independently owned and operated member of BHH Affiliates, LLC



Johanna Sandev
REALTOR®, DRE #01255368

707.321.1459
johannasan@att.net
johannasandev.bhhsdrysdale.com
917 College Avenue
Santa Rosa, CA 95404

A member of the franchise system of BHH Affiliates, LLC.

Contact Us

Freya Lodge
617 West 9th St
Santa Rosa

Mail:
PO Box 6558
Santa Rosa, CA 95406
(707) 579-1080

Editor@freyalodge.org

Visit us on the web at
www.freyalodge.org




Culture, Community, Camaraderie

Freya Lodge, Sons of Norway

Lis Barca, Editor

403 Decanter Cir
Windsor, CA 95492

Save stamps for
TUBFRIM cut
½ inch around
the stamp




**SONS of
NORWAY**

Mission Statement
*The mission of
Sons of Norway
is to promote and to
preserve the heritage and
culture of Norway,
to celebrate our relationship
with other Nordic countries,
and to provide quality
insurance and financial products
to its members.*