

# FREYA FORUM

Sons of Norway, Freya Lodge #6-062 Newsletter

May 2020

## Ord fra Presidenten

This week begins a May that we had not anticipated. Proms, graduations and other events have been cancelled or rescheduled. Norway will not hold Syttende mai parades and are encouraging residents to stay at home and watch events on tv or online. They plan a nationwide singing of the National Anthem as well as a gala concert which will be shown on the City of Oslo website and Facebook.

We will not be holding our typical Syttende mai event, but are considering holding a virtual event online. Please let me know if you are interested by leaving a message at 707-579-1080 or email [Editor@freyalodge.org](mailto:Editor@freyalodge.org). If there is enough interest, we will set something up (likely through Zoom).

Our Scandia Book Club is reading *The Endless Summer* by Danish author Madame Nielsen. We will be having another online Zoom meeting to discuss the book. Please reach out to Anne-Marie Winterhalder if you are interested in joining us.

The Freya Knitters held our usual Friday get together where we joined a Zoom meeting and chatted and knit for a few hours. I really enjoyed it and made some progress on my current project. Please let Else Bratlien know if you would like to join us.

I don't know when it will be safe to gather at the lodge—we will just wait and see. In the mean time—please reach out to fellow members, friends and family. We can remain distant, but don't want anyone to feel isolated.

I hope you are all doing well. Hopefully, I will see you soon.

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

Hip, hip, hurrah for Syttende.mai!

Be well,  
Lis



## 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.



## 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

## Welcome New Members!

## Thanks for Renewing!

Christina Engelbart  
Eunice Everson  
Curtis Fjelstul  
John Hill  
Arthur Indenbaum  
Laurel Powers  
Andrew Ragnes  
Pamela Ragnes  
Lars Richardson

## A plea to Freya Lodge members and friends

Elisha's Food Pantry (located next to the United Methodist Church on corner of Yulupa and Hoen Streets) is staying open during this surreal time, giving out free food every Thursday to needy people. The number of clients has more than tripled during these last few weeks.

As very few of us regular Bethlehem Lutheran Church Pantry volunteers are under the age of 65, I have been asked to line up help from you, young(er) friends. If you didn't know, BLC is one of three Santa Rosa congregations sponsoring Elisha's Pantry. Christ Church United Methodist and Congregation Shomrei Torah are the other two.

Please call Siri Fenson (member of the Pantry's Steering Committee) if you can help. The job involves spending Thursday afternoons outdoors, filling bags with food from 3PM to 4:15PM. The next shift, between 4:15PM and 5:30PM, consists of handing the bags out to the clients who will be driving by in their cars. You can also contact Diane Gunderson (the scheduler) at 888-5277.

Freya Lodge member Ann Strom, and her husband Paul Hock, have been helping packaging and handing out bags at Elisha's Pantry, and will go back again. They are much appreciated. Tusen takk!

Thank you, in advance. Stay well and stay strong.

Siri Fenson (Freya Lodge VP/Membership Secretary)  
[sirimax@att.net](mailto:sirimax@att.net) or 707-303-7860.

## Insurance News

With this Coronavirus I am getting emails from Sons of Norway members worried about having insurance on themselves and lives ones. It's so important to have them protected.

I can design a plan that will meet your budget and needs.

Keep safe and it's important to keep that distance.

Email me and would love to earn your business.

Adrienne Lincoln  
E: [alincoln2048@comcast.net](mailto:alincoln2048@comcast.net)

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# Social Director



Greetings from the kitchen!

Lots of cooking going on during this pandemic, so let me add to the recipe

## Rømmegrøt

Sour cream porridge with dried meats was a festive food in the olden days and is still considered that today. For the best results, use homemade sour cream - a recipe is included below.

### Ingredients

- 1  $\frac{2}{3}$  cups 35 percent fat sour cream (Recipe for homemade sour cream in Step 1)
- 1  $\frac{1}{4}$  cups flour
- 5 cups full fat milk
- $\frac{3}{4}$  tsp. salt
- $\frac{1}{2}$  cup granulated sugar
- 2 Tbsp. cinnamon

### Recipe for Sour Cream

- 1 cup whipping cream
- 2 Tbsp. buttermilk

### Step 1

To make sour cream, heat 1 cup whipping cream to 95° F/ 35° C, almost body temperature, then whisk in 2 Tbsp. buttermilk. Let stand at room temperature at least 8 hours, until thickened.



### Step 2

Simmer sour cream, covered, about 15 minutes.

### Step 3

Sift in  $\frac{1}{3}$  of the flour and stir. Simmer until the butterfat begins to leach out. Skim off the fat and set aside.

### Step 4

Sift in the remaining flour, stir, and bring porridge to a boil. In a separate pot, bring the milk to a boil. Add milk to the porridge one cup at a time, whisking each time before adding more. Whisk porridge until smooth and simmer about 10 minutes. Season with salt. In a small bowl, mix sugar and cinnamon together. Enjoy the rømmegrøt with melted butterfat and cinnamon sugar sprinkled on top.

See you in the kitchen!

Michele Edler  
Social Director

## Friluftsliv: Outdoor Life and Recreation

Gratulerer. Congratulations to Susan Potter of Santa Rosa. Susan earned an enamel sports medal for achieving the highest level in Iddretsmerke. And that is quite an effort. Susan's accomplishments include walking, cycling, and yoga. Unfortunately, we cannot present her medal at a lodge gathering, so I have sent it to her. But if you have a chance, please congratulate Susan.

While we are sheltering in place, we have the opportunity to explore our local neighborhoods either cycling or walking. Enjoy the flowers that are springing up everywhere. There seems to be plenty of room to walk in the streets as well as on sidewalks.

You can also enjoy some virtual outings offered by Sonoma County Regional Parks. You can find a list at their websites below. You must register for some of these.

- Stories of Helen Putnam Park, Friday, May 1, 3-3:30 p.m.
- Wild Words Book Club, Tuesday, May 5, 3-4 p.m.
- Nature Trivia, Friday, May 8, 4-5 p.m.
- Backyard Cooking, Tuesday, May 12, 3-3:30 p.m.
- Ugly Critter Countdown, Tuesday, May 19, 3-3:30 p.m.

Register at this website:

<http://parks.sonomacounty.ca.gov/Play/Calendar/Wildflowers-in-Our-Backyards-Webinar-2020-04-28/>

Være trygg og sunn. Be safe and healthy.

Carol Eber, Sports Director  
[ceber@att.net](mailto:ceber@att.net) 707-364-1564

## Camp Trollfjell and Trollfjell Folkehøgskule Programs Postponed to Summer of 2021

It is with deep regret that I announce the postponement of Camp Trollfjell and Trollfjell Folkehøgskule until 2021.

Our primary concern is for the health and safety of the children and youth entrusted to our care, our staff, and all their families. The COVID-19 pandemic situation is changing daily, but until there is massive testing capability available or a vaccine, social distancing is the only thing keeping this virus contained.

We know that this is a disappointment for our Campers and Students. We are looking for ways to provide some Virtual Trollfjell activities during the time we would have normally held our Language and Heritage programs. Please watch for future announcements about these on-line opportunities.

With sincere regrets,  
Bruce Fihe

Executive Director, Camp Trollfjell and Trollfjell Folkehøgskule  
Vice President, District Six – Sons of Norway  
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[www.freyalodge.org](http://www.freyalodge.org)

Freya Forum

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Ellen Ostern

Carolyn Strange

Lucinda Winkler

## New member biography

Carla Eide is our newest Freya Lodge member, having joined in February. Her paternal grandparents emigrated to San Francisco (the grandfather from Bergen, the grandmother from Stavanger) where they met and married in the 1920s. Carla's father was born there. She grew up in Novato. Both parents belonged to Olav Lodge and Carla remembers the times she took part in holiday celebrations and other events. Later on, Carla's mother, Jane, belonged to Freya Lodge. Jane was a native Californian who spent her whole life in the Bay Area.

After graduating from college, Carla spent a year working in Horten, Norway, as a computer programmer. After that she attended medical school in Australia and finished off her training in San Francisco and Albuquerque, New Mexico. She stayed and worked there until just recently when she decided to settle here in Santa Rosa, in order to be closer to family including her aunt and lodge member, Pat Hansen.

During her years in the Albuquerque area, she practiced general and geriatric psychiatry. Carla likes hiking, biking, reading and caring for her new puppy, Mats.

Hjertlig velkommen (a heartfelt welcome) to you, Carla. We look forward to meeting you whenever our lodge opens up its doors again.

*Siri Fenson, Membership Secretary*

## Genealogy

- Obtaining original sources in genealogy research is paramount! I came across this index on Ancestry and nearly fell off my chair. Robert V. Wallace is my brother in law. Though he and my sister divorced a very long time ago, I was very upset to think that he had passed away. I saved the record to Rob as well as everyone else named in this index. It's important to note that this is an index and not an original source.

### U.S., Obituary Collection, 1930-Current Source Info

Birth, Marriage & Death

Name	<b>Robert V.</b> Wallace
Father	Wallace
Mother	Catherine Wallace
Sibling	Jennifer A. MacDougald

Thankfully, Ancestry includes a source citation for the original record. I recognize the name of the Marin Independent Journal aka Marin IJ. It is possible to obtain the actual obituary online.

- Source Citation - Publication Place: Marinij, CA, USA; URL: <http://www.legacy.com/obituaries/marinij/obituary.aspx?n=robert-orley-wallace&pid=188146155>
- There are subscription sites for old newspaper now such as Newspapers.com, GenealogyBank.com, NewspaperArchive.com. The one above, Legacy.com is free.

I accessed the obituary and learned that is was actually Rob's dad who had passed away. It is a lengthy obituary so I will not include it here.

The information contained in the obituary would make it possible to obtain a death certificate. Generally speaking, death certificates and obituaries are the starting point of genealogical research.

- Submitted by Pamela Stutrud Groth*



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.

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