

FREYA FORUM

Sons of Norway, Freya Lodge #6-062 Newsletter

June 2020

Ord fra Presidenten

Beginning the week of June 15, 2020 we will be hosting a virtual weekly BINGO game. In order to participate, you will need to select 5 numbers between 1 and 75. Email your numbers to Michele.dawn.edler@gmail.com no later than noon on BINGO day (Wednesday).

You will be sent a link to join the BINGO session. Numbers will be called until a BINGO is won (you don't need to be present to win as we will have everyone's selected numbers and can verify a valid BINGO).

Prizes can be dropped off on your porch (if you are local) or mailed. Hope you will join us!

Our Scandia Book Club is reading *Alberta and Jacob* by Norwegian author Cora Sandel. 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 continue to meet every other Friday afternoon via Zoom to chat and knit for a few hours. Please let Else Bratlien know if you would like to join us.

This is a very difficult time in our lives. We are all facing moments of stress and uncertainty due to the global pandemic, the economic challenges for so many, and the recent marches locally and nationally which, sadly, have resulted in violence and vandalism in many areas.

Please stay safe, take care and practice kindness towards one another.

Be well,
Lis

Lis Barca
President



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!

Annika Wolfe

Thanks for Renewing!

Einar Asbo
Liv Asbo
Merete Bendtsen
Chris Christianson
Nina Drumm
Michele Edler
Norman Eide
Peter Ingeman
Pamela Johnson
Daniel Needham
Cathan Potter
Sandra Smith
Carolyn Strange
Tanya Vik

Yet Another plea for Help from Freya Lodge Members and Friends

The Elisha's Food Pantry has been kept open all Thursdays after sheltering-in-place started and volunteers are still needed. Those of us having previously been managing this operation, are over 65 years-of-age – now YOU, 'young ones', are needed.

Helping on Thursdays involve filling bags with food (it's done outside) and distributing them to the needy that drive by in their cars. Won't you take some time to help? Call Siri Fenson at 303.7860 or e-mail sirimax@att.net.

So far, Ann Strom and her husband Paul Hock have been coming on several Thursdays. Becky Thompson has been sewing masks to be distributed to the clients and to the volunteers. Sandi McConnell also contributed some masks. Thank you, thank you!

During this time when we cannot physically wrap our arms around each other, let us find other ways to be loving to our needy neighbors.

Siri Fenson (Member of Elisha's Pantry Steering Committee)

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: alincolin2048@comcast.net

License # OF63907

530-263-6565

10771 Pittsburgh Road, Nevada City, Ca 95959

Social Director

Greetings from the kitchen!

The weather is getting warmer, so plan your meals ahead. Easy and fresh.

Open-Faced Sandwiches

The open-faced sandwich has a long tradition in Norway. A slice of freshly cut bread, thinly spread with butter, provides the base for artfully arranged toppings and edible garnishes. Every element of the sandwich should be fresh. The ingredients should complement one another with respect both to taste and appearance.



- Smoked salmon slices on a slice of white bread, with scrambled egg or hard-cooked egg wedges and dill.
- Shelled shrimp or crabmeat on toast, with mayonnaise and lemon.
- Sardines in tomato sauce on whole wheat bread, with hard-cooked egg slices and fresh dill.
- Anchovy fillets on whole wheat bread with raw egg yolk placed in an onion ring, sprinkled with chopped chives.
- Roast reindeer meat on whole wheat bread with poached apple wedges and Lingonberry preserves.
- Sautéed minute steak on whole wheat bread with leek rings, tomato and parsley.
- Cured ham on whole wheat bread with scrambled eggs.
- Headcheese on whole wheat bread with pickled beets and pickled cucumbers.
- Gamalost on whole wheat bread with butter and parsley.
- Ship's plank with shrimp, eggs, cheese and boiled ham.

See you in the kitchen!

Michele Edler
Social Director

Friluftsliv: Outdoor Life and Recreation

The COVID19 virus has impacted so many of our outdoor activities, but the slow reopening of our county is giving us a few more opportunities to get outside. Since the shelter-in-place I have found walking in my neighborhood a rather new adventure, seeing gardens in bloom, walking streets I seldom walked before, and greeting neighbors. I even strolled through our historic cemetery where there were very few people, great paths and lots of history.

If you enjoy kayaking, you can launch at the Petaluma Marina, Spring Lake and Riverfront Regional Park

For all the parks in cities and the county the advisories are the same.

- * Face covering
- * Social distancing
- * Playgrounds closed
- * Restrooms may not be available. Check ahead

SANTA ROSA

Most Santa Rosa City parks are now open, with limitations to certain amenities and features. Please note:

- * Basketball, tennis, bocce ball and pickleball courts are open

For a full list of parks and activities in Santa Rosa, check this website.

<https://srcity.org/3294/Parks-List-of-Available-Amenities>

PETALUMA

Most Petaluma parks have reopened but some restrictions apply. Park amenities that remain closed include restrooms and playground, dog parks, skate parks, drinking fountains, athletic fields. Sport courts are open.

SONOMA

The amended order allows people to walk or cycle into their closest parks for basic exercise. Driving to a park is not allowed. Parking is available only if you have a disability. Accessible parking is available at Depot Park, Plaza Park, Pinelli Park, and the Fourth Street West entrance to Montini Preserve. Parking in park neighborhoods violates the amended order. Park use is for walking, hiking, jogging and bicycling (where allowed) only. Parking lots, restrooms, playgrounds, picnic areas and sports courts remain closed.

For a list, here is the website <<https://www.sonomacity.org/sonoma-city-parks-partially-open/>>

SONOMA COUNTY

Sonoma County Regional Parks has opened some parks inland, but coastal parks remain closed. Some parks have bathrooms, so best to check the list before you go. Here is the website that is updated regularly. <http://parks.sonomacounty.ca.gov/Visit/Covid-19-Parks-Status-List/>

STATE PARKS IN SONOMA COUNTY

Jack London, Annadel and Sugar Loaf Ridge State Parks are open to vehicle parking. Trails and restrooms are open. Picnic areas and water fountains remain closed. The state website lists closures at the coastal parks and the Petaluma Adobe.

Remember it is so good for both our physical and mental health to get outdoors.

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

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June

Marlene Arild
William Gallagher
Barbara Ginsky
Olav Holthe
Susan Kuehn
David Leal
Barbara Lund
Richard Martin
Allen Miller
Heidi Minkow
Arren Morgan
Marne Olson
Lee Rossavick
Clint Stevenson
Gro Thomasini
Carolyn Tomberlin
Grete Trulock

July

Mike Fairchild
Arianna Gilbertson
Sophia Ginsky
Paloma Guzman
Stanley Halverson
Lita Harvey
Barbara Hauge
James Herzberg
Madeleine Herzberg
John Hill
Heidi Hochrein
Peter Ingeman
Berit Johnsen
Robert Johnson
Sid Krogstad
Kristian Makdessian
Gregg Miller
Max Miller
Elin Nielsen
Kathryn Norman
Hal Roa
Ezmia Shipley-Sanchez
Rebecca Thompson
Anne-Marie Winterhalder



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Genealogy

Upcoming Course through Salt Lake Institute of Genealogy:

In-Depth Swedish and Finnish Research

<https://sligacademy.ugagenealogy.org/cpage.php?pt=613>

<http://www.fellesraad.com/>

This group meets annually in Salt Lake City, Utah for special classes and time for research at the Family History Library.

This library has a set of bygdeboker on the international floor.

Researchers come from around the US and Norway for this week long Norwegian Lag Week.

By joining a bygdslag, you can connect with other people who are descended from the same region of Norway that your ancestors are from.

Submitted by Pamela Stutrud Groth

Tubfrim

The winner of the 2019 Sons of Norway \$1000 airfare voucher is Vidda Lodge 4-663 of North Dakota.

The national Tubfrim chair has announced that a similar drawing will be held during 2020.

Submitted by Max Fenson

Nordic House Update

Nordic House is still in business. They are open Tue - Sat every week from 9:30 - 5:00.

Starting in June, with an updated website <http://nordichouse.com>, they will be back in the mail order business.

They are located at:

2709 San Pablo Ave.
Berkeley, CA 94702
1-800-854-6435

1-510-705-1932 (Customer Service, Orders)

Directions:

Off I80 take the Ashby Ave. exit, turn left on San Pablo Ave., we are approx. 4 blocks down on the right hand side, as soon as you cross over Ward St.

Off Hwy 24, take Telegraph Ave. exit, turn right on Telegraph, left on Alcatraz, right on San Pablo Ave., on right hand side, as soon as you cross over Ward St.

Submitted by Jon Arild



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

Camp Norge Virtual Summer Camp

Greetings District Six Members;

Do you have kids (age 8 to 17) in your family who are looking for things to do this summer? You may have heard that our Language and Heritage Camps (also known as Camp Trollfjell and Trollfjell Folkehøgskule) have been canceled for 2020. However, we are putting together a Virtual Camp Trollfjell and a Virtual Trollfjell Folkehøgskule.

We know that Virtual Trollfjell will not be the same experience as in-person camp, but look at all the other virtual events that are now happening. I ask you to envision this: It is the end of June or the middle of July. The local pool or beach is still closed. The family vacation trip has been canceled. Even the most enthusiastic gamers are getting tired of playing X-Box for 12 hours a day. Now aren't you glad your kids have a few hours of structured activity that you don't have to plan.

To help with your visualization, here is our program schedule.

Monday through Friday each week

10:00 AM to 10:30 AM	In Gathering/Social time
10:30 AM to 11:00 AM	Norwegian Language Class
11:00 AM to 11:30 AM	Vikings* (week 1) / Genealogy** (week 2)
11:30 AM to Noon	Crafts/Cultural Skills***
Noon to 12:30 PM	Heritage class / plan closing program
12:30 PM to 1:00 PM	Social Time / Lunch

Saturday of week 2

10:00 AM to 11:00 AM Closing Program, parents and other guests welcome.

Even though the program schedules are the same for Camp Trollfjell and Trollfjell Folkehøgskule, the content will be adjusted to be age appropriate. We are still organizing subject matter and instructors and will send the final schedule a few days before the programs begin.

* The Viking reenactment group, Sjørvaldar Vikings (<https://www.sjorvaldar.com/>), who were going to provide a Viking Village during in-person Camp Trollfjell, are making a series of 5 videos about life during the Viking era. Each video will be introduced by a member Sjørvaldar Vikings and will be available for Q&A following the video.

** The Genealogy class will be interactive and has been designed to allow participants to earn a Cultural Skills pin.

*** A materials kit for the craft and cultural skills classes will be sent to each participant. The cultural skills class for Virtual Trollfjell Folkehøgskule has been designed to allow the students to earn a Cultural Skills pin.

If you would like to have your kids participate, please email (camp.director@sofn6.org) your registration forms (see page 8) soon.

Best regards,
Bruce Fihe, Executive Director - District Six Language and Heritage Camps

PS: I will need the shipping address for each participant, please include this with the registration form.

Virtual Trollfjell Registration 2020

Date: _____

Program:

Virtual Trollfjell Folkehøgskule – June 29 – July 11 for students age 14 to 17

Virtual Camp Trollfjell– July 13 – July 25 for campers age 8 to 13

Attendee Name: _____ Heritage Membership Number: _____

Age at start of program: _____ Date of Birth: _____

Gender: _____ T-Shirt Size: _____

Attendee Phone Number: _____ Attendee email: _____

Parent/Guardian Name(s): _____

Parent/Guardian Phone Number: _____ Parent/Guardian email: _____

Each attendee will need access to a computing device equipped with a camera, microphone, and speaker. This can be a desktop or laptop computer, a tablet (like an iPad) or smart phone. Each program will run for two weeks, Monday through Friday plus a graduation on the final Saturday.

Parents/guardians are encouraged to attend the graduation.

We will engage with the campers and students via the Zoom video conferencing system from 10:00 AM through 1:00 PM Monday through Friday and the graduation/closing ceremonies will be from 10:00 AM to 11:00 AM on Saturday of the second week. We will be providing Norwegian language instruction, cultural skill training, presentations on Viking era life and skills, and time for the attendees to have social time together. Each weekday will conclude with the attendees having lunch together (lunch to be provided by parents/guardians). There will always be one or more adults in the Zoom conference, but younger children may need local adult supervision.

Please send this form and a check for **\$50.00** made out to **SON District 6 Camp Norge** for each attendee to:

Bruce Fihe
2435 Felt St., SPC 57
Santa Cruz, CA 95062

Registration deadlines are:

June 13, 2020 for Virtual Trollfjell Folkehøgskule

June 27, 2020 for Virtual Camp Trollfjell.

You may print this form, fill it in and mail it to the above address, or download it to your computer and use the Fill and Sign option in the Adobe Acrobat Reader to fill it in and email to camp.director@sofn6.org.

Questions may also be directed to Bruce Fihe at the above email or phone 831.251.2236.

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Mission Statement
*The mission of
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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.*