

FREYA FORUM

Ord fra Presidenten

I hope everyone found a way to celebrate the Thanksgiving holiday. With the tremendous losses we have all experienced, there is still so much to be thankful for.

To me, the Christmas season brings holiday music (I grew up with the Partridge Family Christmas Album, so that's a must), the scent of pine (tree, wreath or garland), candles, fairy lights and Norwegian Meatballs.

Growing up, our tree was decorated simply with balls, straw ornaments and garlands of Norwegian flags.

The stockings always had a magazine, pair of socks, life savers, nuts and an orange in the toe.

Whatever your traditions, I hope you have a moment to take a deep breath and embrace the spirit of the season. I wish everyone health, happiness, joy and laughter.

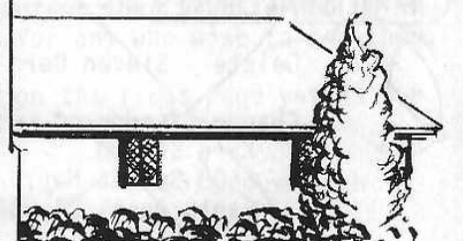
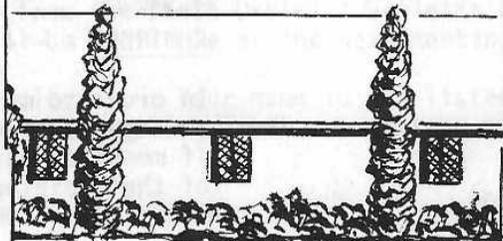
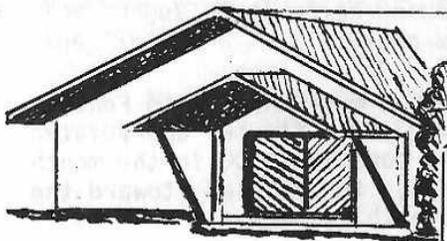
God Jul and Happy Holidays!

Stay safe and be well,

Lis Barca
President

Article Index

Social Director	Page 3
Recipes	Page 4
Birthdays	Page 6
Friluftsliv	Page 7
Genealogy	Page 8
Holiday Crafts	Page 9



Welcome New Members!

Thanks for Renewing!

Valerie Box
Lars Egede-Nissen
Max Fenson
Siri Fenson
Susan Hiatt
Heidi Hochrein
Pamela Johnson
Susan Olsen
Nancy Pieraccini
Donald Thoman
Helle Thoman

Insurance News

Wishing everyone a Merry Christmas. I am still here to help our members and we are doing applications over the phone and on line.

One of the best gifts you can give your children or grandbabies are either annuities or a single premium life insurance that builds cash value-. Give them something that can teach them the value of saving towards the future.

Give me a call at 530-263-6565, and I would be happy to help you with your needs and discuss what options are available to you.

Your Financial Benefits Counselor/Insurance Professional,
Adrienne Lincoln

Adrienne Lincoln
E: alincoln2048@comcast.net

License # OF63907

530-263-6565

10771 Pittsburgh Road, Nevada City, Ca 95959

Scandia Book Club

Lab Girl

by Hope Jahren

December 21 @ 6:30pm (Tuesday)

[https://us02web.zoom.us/](https://us02web.zoom.us/j/83501913066?pwd=dk54QVc0cmdIdnRsMml4SVkwM2poZz09)

[j/83501913066?](https://us02web.zoom.us/j/83501913066?pwd=dk54QVc0cmdIdnRsMml4SVkwM2poZz09)

[pwd=dk54QVc0cmdIdnRsMml4SVkwM](https://us02web.zoom.us/j/83501913066?pwd=dk54QVc0cmdIdnRsMml4SVkwM2poZz09)

[2poZz09](https://us02web.zoom.us/j/83501913066?pwd=dk54QVc0cmdIdnRsMml4SVkwM2poZz09)

Meeting ID: 835 0191 3066

Pwd: 268062

The Reckoning: A Thriller (Children's House Book 2)

by Yrsa Sigurdardottir

January 19 @ 6:30pm (Tuesday)

[https://us02web.zoom.us/](https://us02web.zoom.us/j/83501913066?pwd=dk54QVc0cmdIdnRsMml4SVkwM2poZz09)

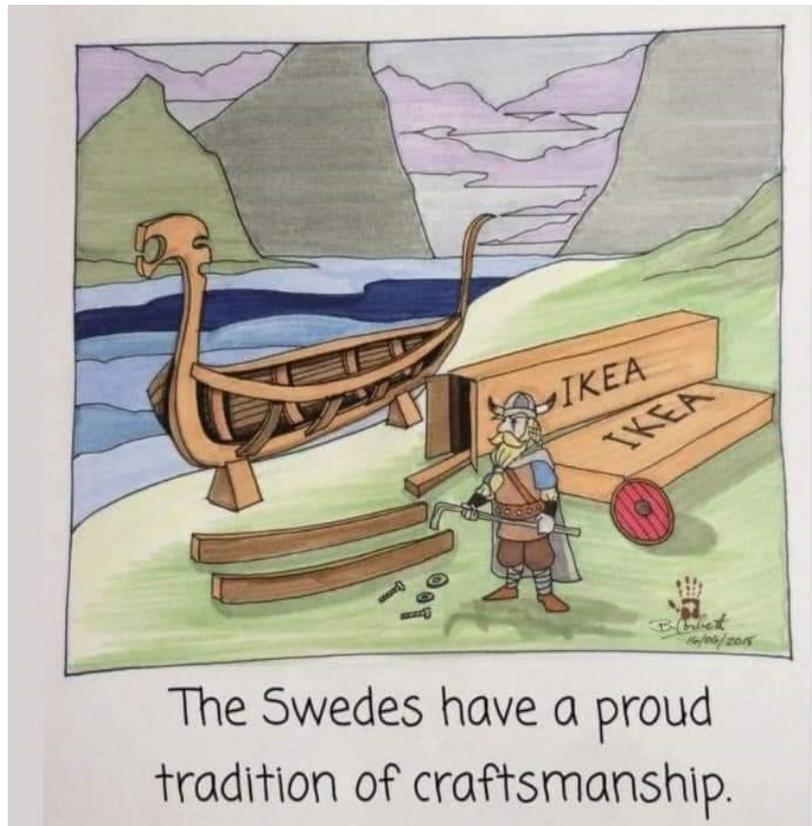
[j/83501913066?](https://us02web.zoom.us/j/83501913066?pwd=dk54QVc0cmdIdnRsMml4SVkwM2poZz09)

[pwd=dk54QVc0cmdIdnRsMml4SVkwM](https://us02web.zoom.us/j/83501913066?pwd=dk54QVc0cmdIdnRsMml4SVkwM2poZz09)

[2poZz09](https://us02web.zoom.us/j/83501913066?pwd=dk54QVc0cmdIdnRsMml4SVkwM2poZz09)

Meeting ID: 835 0191 3066

Pwd: 268062



Social Director

Greetings from the kitchen!

The Traditional Norwegian Cooking Class needs 1 more person to sign up for the 2021 Spring Class. Please contact me at:

michele.dawn.edler@gmail.com to get on the Spring 2021 class roster.



BINGO!!!!

Every Wednesday Night @ 7pm

Email me your numbers (5) pick between 1 and 75

Zoom: <https://us02web.zoom.us/j/88201301037?pwd=aENtQW01Z3pmVDR5TjN3K0xVWGNndz09>

Meeting ID: 882 0130 1037

Pass code: 828168

TELL YOUR FRIENDS IN OTHER LODGES.

Don't forget to make your Lefse Order for December. We still have 1/2 dozen in the freezer.

1/2 Dozen for \$10

Michele.Dawn.Edler@gmail.com

Hugs,
Michele

Michele Edler
Social Director

MY FAVORITE DESSERT

FRUIT SOUP

Norwegian SØt Suppe
by Shirley Stevenson

- 1 C Sago (tapioca) or rice
- 6 C water
- 1 C cooked raisins
- 1 C cooked prunes
- 1 C cooked apricots
- 1 C juice
- 1 stick cinnamon
- Juice of one lemon
- Sugar to taste



Cook Sago or rice and then add all other ingredients.

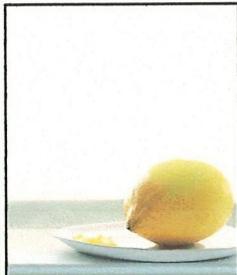
Fruit Soup in Norway is served as a dessert, either chilled (in the summer) or warm (in the winter). Add whipped cream or ice cream.

CITRONKRÄM

Lemon Sponge by Siri Fenson

- 5 egg yolks
- 1 C sugar
- Rind and juice of 2 lemons
- 2 Gelatin envelopes
- 1 C cold water
- 1 pint whipping cream
- 5 egg whites

Beat yolks. Add sugar, rind and juice. Dissolve gelatin in cup of water by setting it over hot water. Let cool. Add gelatin to egg mix. Then whipped cream, and lastly, beaten egg whites. Let set in refrigerator.



Serve with fruit/berry sauce.

APPLE PIE

by Susan Potter

- 8 apples (8 cups), peeled cored and sliced
- 1/4 C white sugar
- 1/4 C brown sugar
- 1/4 C flour
- 1 tsp Apple Pie Spice or cinnamon

Mix all of the above. Place a prepared pie crust (Crisco recipe recommended) into an 8" or 9" pie pan. Add apple mixture and cover with a top crust, sealing and fluting the edge. Poke a few holes in top crust, using a fork or knife. Bake in 400° oven for approx. 20 minutes. Reduce heat to 350° and bake another 20 minutes. Enjoy with ice cream, coffee; maybe even for breakfast!

Tip: A covered baking sheet under the pie catches any spillover and keeps the oven clean.



LEMON JELLO CAKE

by Lois Van Etten

- 1 pkg. Lemon Cake Mix
- 1 small pkg. Lemon Jello
- 4 eggs
- 3/4 C water
- 3/4 C oil
- Frosting:* 2 C powdered sugar
- 1/2 C lemon juice

AH,
SO
GOOD!

Mix cake mix and jello together. Beat eggs, add to water and oil and combine with dry ingredients. Pour into 9" x 13" cake pan. Bake at 350° approx. 35 minutes. Let cool 20 minutes. Mix powdered sugar and lemon juice, poke holes in cake with wide-tined fork and pour frosting over.

Siri says Tusen Takk to those of you having contributed recipes.

Norway Reintroduces Dual Citizenship

Following a global trend of connecting worldwide, the Parliament of Norway approved changes to the Citizenship Act in December 2019 to allow for dual citizenship.

This change, which took effect in 2020, means that both Norwegians living abroad and those living in Norway can have passports in their country of birth as well as their country of residence.

Foreign nationals living in Norway no longer have to renounce their original citizenship in order to become Norwegian citizens. Additionally, Norwegians living abroad may now become citizens of other nations without giving up their Norwegian citizenship.

In some instances, people who previously surrendered their Norwegian citizenship in order to become citizens elsewhere may now apply to regain their nationality.



More than 26,000 people applied for dual citizenship in Norway in the first 6 months of the new law. Due to the surge in applications, and delays from the coronavirus pandemic, the wait times for citizenship are currently very long.

To learn more, visit the Norwegian Directorate of Immigration (UDI) website: udi.no.

God Jul to All!



Thank you, Sons of Norway members, for making a difference while facing the many challenges of 2020! Your participation in our sports medal and cultural skills programs, and your enthusiasm in trying new, creative ways of staying connected have been amazing. You've also invited and welcomed thousands of new members to our Sons of Norway family this year. We look forward to continuing our shared celebration of heritage and culture in 2021!

From Sons of Norway Newsletter Service

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 michele.dawn.edler@gmail.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

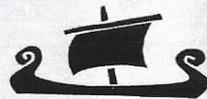
Cultural Skills Director: Siri Fenson
707-303-7860 sirimax@att.net

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

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


GRATULERER MED DAGEN!

Einar Asbo	Lona Poehlmann
Else Bratlien	Karen Larson
Elizabeth Burke	Darryl Laxo
Tor Burke	Carol Martin
Inger Crump	Peter Meirik
Roberta Cummings	Lilianna Oehm
Carmela Geyer	Debra Orner
Pamela Stutrud Groth	Madalyn Tapparo
Arthur Indenbaum	Eddie Tollefson
Katja Kallick	Edward Tollefson
Gloria Keller	Isaiah Shipley-Tuavale
Elias Lacy	



Longship Luxury Goods
A Viking Mercantile

Thank you for your order

www.longshipluxurygoods.com

Friluftsliv: Outdoor Life and Recreation

Usually in Friluftsliv I am writing about hiking the local trails, but let's take a different tack this month. For your outdoor recreation, let's jump into the pool. I have pulled out a Svømmemerke card to log my swims. I can send you one too. Gyms are closed. Some parks and trails are closed from the wild-fires. But outdoor pools are open, though with restrictions and guidance. It is also important to remember that often the December pool schedule is shortened due to the holidays. You will want to check the pool website or give a call to get the best information on programs and schedules. Reservations are required at all the pools, and prices vary. Locker rooms are closed. Here is some additional information:

In Sebastopol Ives Pool is open and offering a range of programs. They offer water walking, lap swim, and aqua aerobics throughout the day. The schedule can be found at <https://www.ivespool.org/schedule>. They will be opening reservations 15 days at a time. They allow one person per lane during lap swim and a total of 24 participants in aqua aerobics. This ensures proper social distancing can be followed. Masks must be worn when entering and exiting the facility. For more information, call Ives Pool at (707) 823 8693.

In Santa Rosa both Ridgeway and Finley Swim Centers are open. The city offers Semi-Private Lap Swim, providing a sanitary and socially distant compliant experience. Water Fitness is offered at Finley. Registration for the following day closes at 4pm each weekday and weekend reservations must be made by 4pm on the preceding Friday. More information can be found at <https://srcity.org/700/Lap-Swim> or call Finley at 543-3760 and Ridgway at 543-3421.

In Petaluma the Swim Center and Cavanagh Pool are both open by reservation. The Swim Center has lap swim daily. There are eight 25 yard lanes and fourteen 20 yard lanes. The sign up limit is 10 sessions. Website information: <https://petalumaswimcenter.com>. The Cavanagh Pool is open Monday – Saturday from 9:30 – 11:20 with 8 swimmers per session. Sessions are 50 minutes. An Aqua Boogie class is offered three times a week also. Come in your suit and leave in your suit. See more info at <https://petalumaswimcenter.com/cavanagh-pool>

In Rohnert Park only Honeybee pool is open. Phone registration is open Monday-Friday 8am-5pm. Call phone at (707) 588-3456. Reservations may be made up to 72 hours in advance. There are no drop-ins. Lap swimmers are only permitted to reserve one time slot per day. Monday – Friday 6 am – 10 am, 11 am-3 pm. Saturday/Sunday 8 am-11 am and 11 am – 1 pm. All time slots begin with check in at the top of the hour.

So grab a towel and a parka and any other swim gear. And jump in!

Congratulations to Susan Potter, who has earned her first bronze medal in Gangmerke. She has worked very hard to complete this challenge and is on her way to earning a silver medal.

Don't forget to keep filling out your sports card. Let me know if you need one.

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

Genealogy

- A really fun introduction to genealogy is to find out who you are related to. The BYU Family History Technology Lab has some tools on their website for doing just this. If you already have an account at Family Search, which is free, you will log into <https://fhtl.byu.edu/index.html> using those credentials.
- If you don't have an account already, you can create one at [FamilySearch.org](https://familysearch.org). The Family History Center on Peterson Lane in Santa Rosa can help you out if they are open.
- Two of the fun features to play with are Relative Finder and Virtual Pedigree.
- Relative Finder has categories such as Astronauts, Authors and Poets, Constitution Signers, Declaration Signers, Entertainers, European Royalty, Famous Americans, Mayflower, Movie Stars, Sports Figures, U.S. Presidents and U.S. Presidents' wives. It is also possible to create groups, such as Members of Freya Lodge, and see who is related to whom.
- I tried out Relative Finder and it confirmed what I already knew, that Daniel Boone is my uncle. However the big surprise was Pocahontas. From this list, it is possible to click on the name of the relative to see how you are related. This is just snippet of the many people I am related to.

Relative	Relationship	Group
Daniel Boone	8th Great Uncle ▼	Famous Americans
Josiah Bartlett	2nd Cousin 7 times removed ▼	Declaration Signers
Pocahontas Matoaka Amonute of the Powhatan	12th Great Grandmother ▼	Famous Americans

- The other feature I tried was Virtual Pedigree. It was massive and though some of my brick wall lines were not solved, other lines went back to the 900's. Sources are not provided but in some cases, it explained some of the DNA ethnicities I have such as Italian.
- A very basic methodology for research is to talk to your oldest family members. Tools such as these, as well as other people's trees, compiled genealogies (often unsourced) are a good substitute for when older family member are no long available to ask questions about family history. Whichever route you choose, verifying information with resources to prove what is actually true, it necessary.

Submitted by Pamela Stutrud Groth



Holiday Craft Ideas

Simple ideas to bring the season into your home.

Scandinavian Woven Heart Baskets

These traditional crafts can be made of felt or paper.

There are plenty of sites online with free templates and instructions. They can be the simple 3 strip weave, or much more complex designs — the technique is the same, you just change up the template. Depending on the material used to make them, you can fill them, or hang them on the tree. Your choice on complexity and size.

[How to make Beautiful Danish Heart Baskets - Free Template \(bitsofivory.com\)](http://bitsofivory.com) for example.



Orange Pomanders

Supplies needed: Firm, fresh oranges (or other citrus), whole cloves, a citrus zester (or peeler) to create designs if desired and toothpicks to poke holes for the cloves.

Use the zester to make designs in the skin (you can use a peeler, but it will make a wider design).

Use a toothpick to poke holes where you want to place the cloves (that makes it easier for smaller children), then push the cloves into the holes.

You can put them in bowls around the house as natural air fresheners (you should refrigerate them at night to help them last) for a few days, or you can attach string or ribbon to hang on your tree or around the house.

**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



Find us on
Facebook

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.*