



# FREYA FORUM

## Ord fra Presidenten

This month we are trying something new. A drive by almond cake fundraiser and food drive.

Check out Michele's column on page 3 for details. We're hoping our members will indulge by purchasing an almond cake and drop off pantry items that we can donate to a local food bank.

So many in our community are in need and we are happy to support our local food banks as much as we can. Hope to see many of you dropping off on February 7th.

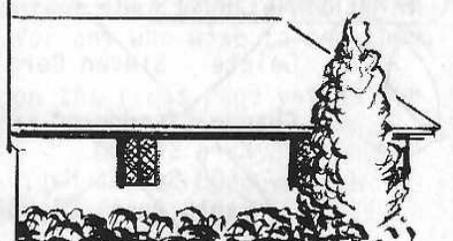
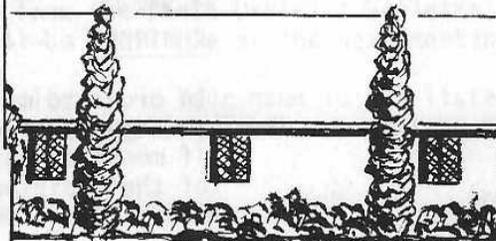
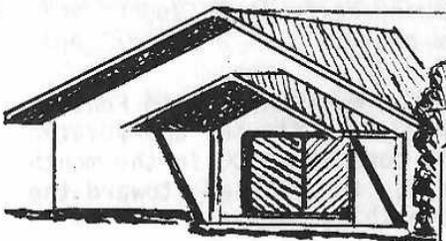
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During last year's quarantine and stay at home orders, I have really enjoyed knitting. I find it to be very calming and creative. The Freya Knitters continue to meet every other Friday afternoon via Zoom. It's nice to see what projects everyone is working on and we enjoy visiting while we work on our projects. Please let me know if you're interested in joining us and I will send you the info.

Be sure to check out the article about Pamela Groth whose pursuit of SoN Cultural Skills medals has led to her true calling.

Lis Barca  
President



## Welcome New Members!

## Thanks for Renewing!

Myrna Bellovich  
Ashley Eib  
Carla Eide  
Mark Fahey  
Andrew Ginsberg  
Jeremy Ginsberg  
Sophia Ginsberg  
Pamela Stutrud Groth  
Aina Halle  
Stanley Halverson  
Thor Johnsen  
Pamela Johnson  
Katja Kallick  
Laurel Laingen  
Barbara Layton  
Beverly Mooney  
Erik Oehm  
George Oehm  
Heather Oehm  
Lilianna Oehm  
Rosemary Oehm  
Magne Veimoen  
Jim Winkler  
Lucinda Winkler  
Annika Wolfe  
Maggie Wolfe  
Valerie Wolfe

## Scandia Book Club

### **The Helios Disaster**

by Linda Bostrom Knausgaard  
February 16 @ 6:30pm (Tuesday)

### **The Summer Book**

Tove Jansson  
March 16 @ 6:30pm (Tuesday)

<https://us02web.zoom.us/j/83501913066?pwd=dk54QVc0cmdIdnRsMml4SVkwM2poZz09>

Meeting ID: 835 0191 3066  
Pwd: 268062

## Insurance News

### Peace of Mind in Volatile Times

In times like these, it may feel like nothing is certain, and that volatility is just a way of life for your finances. Give yourself the peace of mind of a fixed rate of return and rest easy knowing that a portion of your assets are protected. Reach out to your Sons of Norway Insurance Professional to see if putting some of your assets in a fixed annuity is right for you and your family.

Your Financial Benefits Counselor/Insurance Professional,  
Adrienne Lincoln

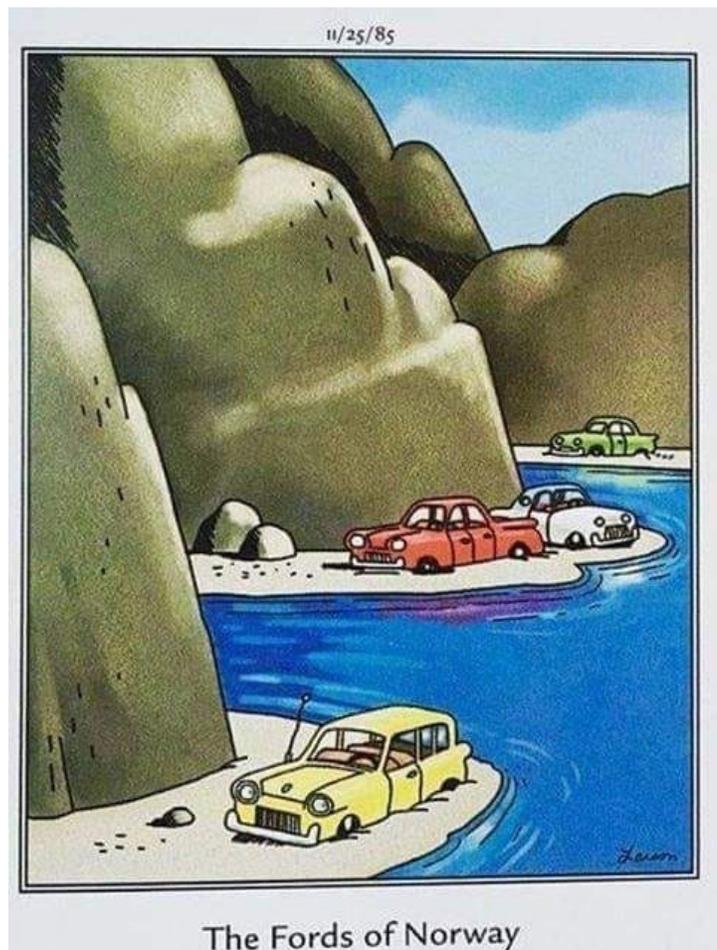
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# Social Director



Greetings!

The month of February is the month of Love, so with love in our hearts; we are holding an Almond cake fundraiser and Food drive. Please come to the lodge on February 7, 2021 between 10am and 1pm (drive through only) to pick up one of our Almond cakes for \$15.00 and bring a canned or jarred food item(s) for the local food pantry.

You get a tasty treat and help your community and lodge all at once.

To Place your order for a cake: send an email to: [michele.dawn.edler@gmail.com](mailto:michele.dawn.edler@gmail.com) (Cash Only)

\*\*\*\*\*

I am still calling BINGO on Wednesday Nights @ 7pm via Zoom:

Sons of Norway BINGO!!!

Join Zoom Meeting

<https://us02web.zoom.us/j/88201301037?pwd=aENtQW01Z3pmVDR5TjN3K0xVWGNndz09>  
Meeting ID: 882 0130 1037

Passcode: 828168

I hope to see new faces!

\*\*\*\*\*

We are looking forward to seeing all of you soon, I MISS cooking for you all!

Hugs,  
Michele

Michele Edler  
Social Director



## Norway Funds Worldwide Rainforest Mapping

- In an effort to help curb global deforestation, the Norwegian government is funding a groundbreaking initiative to map the world's tropical forests in tree-by-tree detail, using high-definition satellite imagery. The resulting map, which spans 64 countries and will be updated monthly, is freely available worldwide.
- In the past, high-resolution images were unavailable for many forested areas, or were very expensive to obtain if they were. "So, we've decided to foot the bill for the whole world, basically," Norway's Minister of Climate and Environment, Sveinung Rotevatn, told BBC News.
- The \$44 million project was funded by the Norwegian government's International Climate and Forests Initiative (NICFI). It will help small organizations and local communities to detect and address illegal deforestation more quickly and effectively, and will assist them in holding the responsible parties accountable. The map will also be valuable to scientists and researchers throughout the world, and will help businesses to conduct their due diligence when dealing in areas with deforestation concerns.

*From Sons of Norway Newsletter Service*

## Cinnamon Rolls ("Kanel Bullar")

- FIKA is the Swedish word for a 'coffee break'. It is listed in Sweden as one of five secret ways to a healthier and happier life. Here's a way to enjoy your FIKA: in an easy and fool-proof way, bake a Swedish Kanel Bulle to go with your cup of coffee.
  - 1 refrigerated roll of Pillsbury Crescent dough
  - melted butter
  - 3/4 cup brown sugar
  - 2 tbsp. cinnamon
  - Pearl Sugar (or rock candy or sugar cubes crushed into small pieces)
  - 2-3 tbsp. milk
  - Icing: Confectioners' sugar and milk
- Preheat oven to 350. Line baking sheet with parchment paper.
- Unroll dough onto lightly floured work surface and with rolling pin form a rectangle. Press perforations to smooth them out.
  - Brush melted butter onto dough. Mix sugar and cinnamon and sprinkle evenly on top. Roll rectangle into a log, starting from the longer side, then cut into 3/4 inch thick slices. Arrange pieces close to one another on baking sheet and brush with milk and Pearl (or crushed) sugar.
  - Bake for 10-13 minutes or until golden. Transfer to a plate, let cool for a minute and swirl icing over the top.

*From Siri Fenson*

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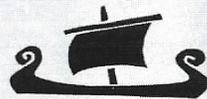
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## FRILUFTSLIV Outdoor Life and Recreation

To save money for our local and national organizations in these challenging times, Freya Lodge will submit requests for Sports Medals to the national organization quarterly, starting in March. However, you can still send me your Sports Cards any time. When I receive the requested Sports Medals, I will let you know and will deliver yours or send it to you, if you are distant. So keep up your walking, skiing, swimming, and other outdoor recreation. Now more than ever, being outdoors is so vital to our physical and mental health.

Recently, a friend invited me for a hike on a new trail, completely unknown to me. So, I thought I would share this trail with you - the Healdsburg Ridge Preserve, 155 acres of nature opened in 2008. The Preserve is a partnership with the Open Space District, Landpaths, and the City of Healdsburg. It is not a strenuous hike; it goes through oak woodland with some lovely views. There are three miles of trails, ranging from easy to moderate. The trails are loops, connecting with each other and there are overlooks along the way. The trails offer great views of Fitch Mountain, the Mayacamas, and the Russian River. For a map of the trail system, go to <https://sonomahikingtrails.com/wp-content/uploads/healdsburg-ridge-osp-2018.pdf>

Access to the preserve is in north Healdsburg on Arabian Way. You will drive into a subdivision then head to the end of the street and park. Be courteous to the residents and don't block their driveways. I don't recall bathrooms or water, so come prepared. And then enjoy some takeout from a Healdsburg café, because their parks are supported by tourist dollars.

An excellent winter, wet weather hike is the paved streamside Valley of the Moon Trail at Sonoma Valley Regional Park. No worries about muddy crossings when wandering along this corridor of blue and black oaks, running through a dense oak forest between Highway 12 and Arnold Drive. It is 1.2 miles end-to-end. It is best to enter from the Highway 12 end where there is parking.

For those of you who have not been able to get outdoors but miss the experience, here are a few wonderful virtual outings to take advantage of:

<https://www.sonomaopenspace.org/outings-events/>

<http://parks.sonomacounty.ca.gov/Play/Calendar/Facebook-Live--Spud-Point-Marina-Past-and-Present-2021-02-11/>

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

Check out the blog post on the Sons of Norway website and an excerpt below: [February = 14 days of friluftsliv : Sons of Norway](#)

Being the shortest month, February is the perfect time to try and get outside every other day. Starting on the first of the month, why not challenge yourself to experience **friluftsliv** at least half of the days in February? Post photos and anecdotes on [Facebook](#), [Twitter](#) or [Instagram](#) with the hashtags #14dagerfriluftsliv #14daysoffriluftsliv #sonsofnorway and encourage your friends and family to give it a go, wherever they are!

## My Genealogical Journey

When I joined Sons of Norway more than twenty years ago, I was in search of my heritage. My father and his parents had been members for significant parts of their lives, and I was reminded often during my childhood of my Norwegian roots. I wanted to understand the culture and heritage at a deeper level.

My first foray into the SoN Cultural Skills Program was in the traditional cooking unit. I had trained to be a chef earlier in life and had some familiarity with the foods. The unit turned out to be immersive and somewhat complex, but I came to understand that the program made it possible to work at a level I was comfortable with; from getting the feet wet to diving into the deep end, depending on how many of the three levels I wanted to complete. I moved on to a couple of easier topics; music and reading.

In 2000, I attended a family reunion and received a compiled genealogy that had been started by one of my uncles and continued by two cousins. One half of the lineage was missing, was focused in Norway, and a mystery. My cousins put out a call at the reunion for information family members might have to help fill in the gaps.

This sparked an initial interest in genealogy and, to help me get started, I undertook the genealogy unit of the Cultural Skills Program. In the unit I learned the basics of how to research and document my findings. I learned the basics of Norwegian records and with the guidance of Harald Bratlien was introduced to the Norwegian Digital Archives. In working through the three levels, I filled in many of the gaps in my family's compiled genealogy and embarked on research of my mother's line as well. I also completed a self-paced course in Scandinavian Research from Brigham Young University. <https://bit.ly/2L9wyZS>

Working though that early research made me realize that genealogy was my true passion and calling. To grow my skills, I embarked on a series of courses in professional and continuing education including course work at Monterey Peninsula College, and a certification program at Salt Lake Community College <https://bit.ly/37XTJiv>, which I completed in 2014.

I continued in the Cultural Skills Program over those years, completing nine units, two levels of a tenth, and one level of an eleventh, earning a Master of Cultural Skills pin, and Mentor status in genealogy. I presented at lodge meetings and at district conventions. I helped many members unlock their own family's path by assisting them with their Scandinavian research.

In 2015 I was accepted into a focused study group offered through ProGen and received another certification. <https://bit.ly/3hrLSga>. I have followed that up with regularly attending the annual Salt Lake Institute of Genealogy, with emphasis on Scandinavian research, tracing immigrants from their arrival in North America forward and Colonial Virginia. <https://bit.ly/34Wkx0C>.

~ Continued on next page ~

## My Genealogical Journey - Continued

Through my research I was able to establish a direct line on my mother's side to Revolutionary War patriots, and I qualified for membership in the National Society of Daughters of the American Revolution. As a DAR member I have been a chapter registrar, responsible for helping prospective members document their lineage, and completed the society's Genealogical Education Program. More recently I have been named as a Volunteer Field Genealogist for the society and earned an appointment to the society's America 250! Task Force, which provides second level research assistance to prospective members.

More recently I enrolled in a multi-year professional education course through the National Institute of Genealogical Studies <https://bit.ly/3mZhmve>, with an emphasis on American records and genealogical methodology. I've completed the course in 2020, receiving two certificates and the post nominal PLCGS; Professional Learning Certificate in Genealogical Studies. Next, I will pursue professional accreditation from ICAPGen <https://bit.ly/3o3326C>, focusing on the north central region of the US which includes Iowa, Minnesota, Nebraska, and the Dakotas to deepen my skills in American research while still having a focus on Scandinavian immigrant families.

It is amazing to me that what has become my life's work began with the SoN Cultural Skills Program. The program's genealogy units opened a whole new world for me and stoked a passion that I didn't know I had. With 14 different areas of study, there is a unit for everyone, and there are few better ways to learn about our shared culture and heritage than hands on.

Our thanks to Pamela Stutrud Groth for sharing her experience with the Cultural Skills program. Any questions about the program, please contact Siri Fenson at 707-303-7860 or [siri-max@att.net](mailto:siri-max@att.net).

*Siri Fenson, Cultural Skills Director*



*Pamela's Cultural Skills Pins*

# Genealogy

Verifying information contained in indexes is imperative. A bit of information must always be verified, otherwise you are accepting completely wrong information. Here are two indexes pertaining to the exact same record, from the U.S., Federal Census Mortality Schedules, 1850-1885. One is from Ancestry, the other is from Family Search. Even though the one from Ancestry has a record ID#, it was nowhere to be found on that website. The other issue is that this record was from 1850 and the state listed is West Virginia, which was not a state yet. This requires a certain amount of familiarity of your research location.

Surname:	Elizabeth Bellups
Year:	1850
County:	Putnam CO.
State:	WV
Age:	49
Gender:	F (Female)
Month of Death:	Aug
State of Birth:	VA
ID#:	197_21407
Occupation:	NONE LISTED
Cause of Death:	CHOLERA

The second index is from Family Search, but the location is entirely incorrect.

<a href="#">Elisabeth Bellups</a>	birth:	1801	Virginia
Principal	death:	August 1849	
United States Census (Mortality Schedule), 1850	residence:	1850	Luray, Henry, Indiana, United States

The original mortality census was connected to this index. Without scrutinizing the actual record, it could have easily been over looked because of the indexing mistake. This turned out to be a critical record contributing to my research. Always find out what is really true and don't assume the small bit of information initially found is accurate.

*Submitted by Pamela Stutrud Groth*

## Helping the Needy in Santa Rosa

Freya Lodge member Ann Strom, together with her husband, Paul Hock, are volunteers at Elisha's Pantry in Santa Rosa (at UMC Christ Church, corner of Yulupa and Hoen).

Ann says: "Last April, Siri sent out an e-mail to lodge members to see if anyone could help at Elisha's Pantry, a weekly food distribution food pantry. Many of the dedicated volunteers, aged 65 and older, could not help due to the pandemic. Since my husband, Paul, and I have previous food distribution experience, we said YES.

It's been hard work, but very rewarding. We usually help in preparing the bags of fresh produce that our clients receive (together with a variety of dry goods). The produce is of a wonderful seasonal variety, much of which is grown at the adjacent 'Harvest for the Hungry Garden' or donated by friends, neighbors, local grocery stores and 'Farm to Pantry'. To give you an idea of the need - before the pandemic, Elisha's Pantry served an average of 35 families a week; now we are serving 80-90 families every week".



Thank you, Ann and Paul!

Anyone interested in volunteering, please contact Siri Fenson (707-303-7860 or [sirimax@att.net](mailto:sirimax@att.net)). The only volunteer requisites are that he or she is 64 years old or younger and has a wish to help those in need. You are not committed to a few hours every Thursday afternoon; you just sign up when available.

Siri Fenson, Membership Secretary

## Visit the online store for SOFN logo gear

Go online to [sofn.com/logoshop](http://sofn.com/logoshop) for a selection of Sons of Norway themed items to help you show off your Nordic pride, including T-shirts, socks, bags and other great selections!

## Reminder: Foundation scholarships applications due March 15!

Applications are due March 15 for domestic scholarships through the Sons of Norway Foundation. These opportunities are available to members of all ages. For detailed information, or to apply online, visit [sofn.com/foundation/scholarships](http://sofn.com/foundation/scholarships)



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Culture, Community, Camaraderie

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**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.*