

# FREYA FORUM

Sons of Norway, Freya Lodge #6-062 Newsletter

January 2021

## Ord fra Presidenten

2021 has arrived and will hopefully bring vaccines for all and an end to this pandemic.

Our sympathies to our members and to all our Sons of Norway family who have experienced losses in 2020.

Trying to focus on the good things that happened in 2020, I am so very thankful for Zoom and other platforms that have enabled us to stay connected to family and friends wherever they are.

We did not hold elections in 2020 as the board members agreed to serve 2 year terms when elected in 2019.

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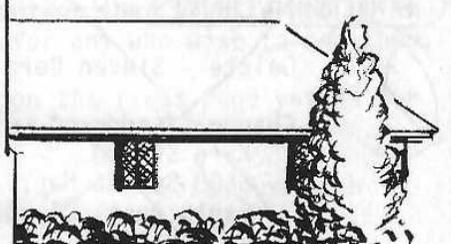
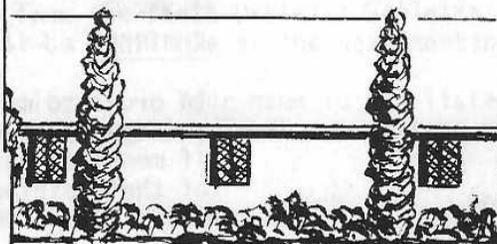
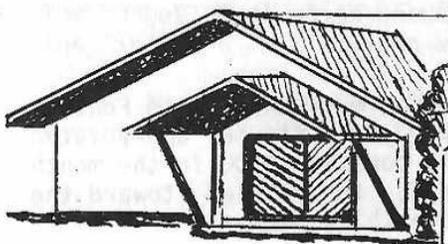
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A huge thank you to Darryl Laxo for his dedication to Norway Hall. He is stepping down as President of the Hall Maintenance Committee We welcome Cathan Potter who has agreed to serve as the Hall Maintenance Committee President. Thank you, Cathan!

Stay safe and well. My wish is for 2021 to bring good things to all. Hope to see you in person sometime soon.

Cheers to this new year!

Lis Barca  
President



## Welcome New Members!

Karina Klein  
Olivia Klein  
Elena Ragnes  
Owen Ragnes

## Thanks for Renewing!

Doris Andersen  
Deborah Cherkas  
Pamela Johnson  
Sid Krogstad  
Susan Kuehn  
Karen Larson  
Susan Maners  
Heidi Minkow  
Donald Moe  
Larry Olsen  
Pamela Provenzano  
Rich Sandvick  
Janice Shipley  
Hollis Stavn  
Ann Strom  
Beverly Torres

### Please Verify Your Contact Information

The District Six Secretary, Nancy Madison, is requesting that lodge members verify their contact information on the Sons of Norway website, <https://www.sofn.com/>

Have you moved in the last year? Did you eliminate a land line, change your email address? This is particularly important for lodge officers. The 2021 District Directory & Resource is based on information in the Headquarters' data base. Lodges will be electing new officers shortly, and up-to-date information is desired.

## Insurance News

Happy New Year and with a New Year comes taking a looking at your future retirement.

If you haven't started a retirement plan, it's never too late.

Doing something is better than nothing.

We have new life Insurance products that have been approved by the Department of Insurance. With everything that is happening in our World, the uncertainty, it's important to have a life Insurance policy. Don't put the expense on your loved ones as this maybe a financial burden on them.

I can design a policy that will meet your budget so don't put off what you can do today!

As many of you who have been following me on Facebook know in my personal life, this last four years I've lost my mother to little sister and several Aunts and Uncles and cousins. I am talking 20 total! Way too many to lose. This really hit home for me as some of them didn't have life Insurance and put it off! Now the expense went to family members and during this hard time in our world it made it harder on them.

I am hoping all is well with you and your family. May this year bring us together to enjoy our meetings and get together with our Lodges. I know I really miss all of you.

Your Financial Benefits Counselor/Insurance Professional,  
Adrienne Lincoln

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

*License # OF63907*

530-263-6565

10771 Pittsburgh Road, Nevada City, Ca 95959

## Scandia Book Club

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

by Yrsa Sigurdardottir

January 19 @ 6:30pm (Tuesday)

<https://us02web.zoom.us/j/83501913066?pwd=dk54QVc0cmd1dnRsMml4SVkwM2poZz09>

Meeting ID: 835 0191 3066

Pwd: 268062

# Social Director



Happy New Year **2021!**

Exciting happens at our Freya Lodge this coming year.

I am teaching the Traditional Norwegian Cooking class from our Cultural Skills programs.

Our first meeting will be via Zoom in April, if you are interested in joining me and learning about cooking Norwegian food, then contact me at: [michele.dawn.edler@gmail.com](mailto:michele.dawn.edler@gmail.com)

\*\*\*\*\*

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!

\*\*\*\*\*

May 2021 bring us the healing we need to be able to gather once again and eat good food!

Hugs,  
Michele

Michele Edler  
Social Director



## No Tubfrim! What do I do with all these stamps!?

- Tubfrim still exists, but we no longer have a reasonable way to get all our collected used postage stamps to Norway. Jon Arild, the District Six Tubfrim Coordinator made a valiant effort to find a reasonable way to get our stamps shipped, even calling Tubfrim in Norway to try to get help from that end. He was not able to find a reasonable solution to this problem.
- He has suggested that we find an organization in the United States that we could support with our stamp donations. He identified the Postal History Foundation in Tucson, Arizona (<https://postalhistoryfoundation.org/>) as a possible recipient.

- The District Six Board conducted a separate search for possible non-profit organizations within the United States and was not able to find a better candidate to send our stamps to. We have contacted the Postal History Foundation and they are willing to receive these gifts. We like the Postal History Foundation for their mission, quoting from their website, "The Postal History Foundation is a non-profit organization dedicated to connecting people to postal history, philately, and the world of stamps to inspire curiosity and encourage the enjoyment of life-long learning." We also like them because they are within the territory of District Six and willing to come to our 2022 Convention and make a presentation about their organization.

- The Postal History Foundation uses the donated stamps to provide packets of stamps and lesson plans to school-teachers and students for several various teaching programs. The District Six Board has decided to make our gift of stamps part of the local outreach program of our 2022 Convention. So, please continue to save your stamps and bring them to the Convention and we will have a nice presentation for the Postal History Foundation.



*Bruce Fihe  
Vice President, District Six, Sons of Norway*

## Visit the online store for SOFN logo gear

Go online to [sofn.com/logoshop](https://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!

## Foundation scholarships are now open

The Sons of Norway Foundation is currently accepting scholarship applications for members of all ages. For detailed information about the opportunities available, or to apply online, visit [sofn.com/foundation/scholarships](https://sofn.com/foundation/scholarships).

*From Sons of Norway Newsletter Service*

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President: Cathan Potter  
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GRATULERER MED DAGEN!

Doris Andersen	Randi Reiremo
Lily Andersen	Felix Rodriguez
Waylon Buckle	Logan Shipley
Ginger Schechter Gong	Sandra Smith
Julian Juutilainen	Hollis Stavn
Molly Lundstrom	Roy Thuestad
Ray Morgan	John Tomberlin
George Oehm	Dorothy Vonderhaar
Andrew Ragnes	
Madeline Reighard	



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## FRILUFTSLIV is More than a Word

FRILUFTSLIV means that we include the outdoors in our everyday living in Norway. It is a cultural tradition ingrained in us from the time we are born. I suspect it has to do with the location of our country. The southern tip of Norway is at 58 degrees longitude, comparable to Juneau, Alaska. The northern tip is at 72 degrees, comparable to the northernmost part of Alaska. The Arctic Circle is at 66.5 degrees.

In the years that I lived in Norway, the outdoors were an integral part of our lives. In the summer-time, the sun would be at its highest in the sky. If we had clear skies, we could have sun and daylight for up to 24 hours. It was hard to go to sleep when the sun was shining, so we all said, “We can sleep in the winter!”

As adults we would hike in the mountains. An organization plans and marks trails all over the Norwegian mountains with small cabins located about one day trip apart. In the summer seasons we also bicycled with a tent and sleeping bag tied to the back rack and found a suitable place to camp.

Once we hiked up to the tallest mountain in Norway called “Galdhøypiggen.” At the top, near the clouds, we saw the country far below us. After several days of climbing, we appreciated what the nature and beauty of outdoor living was offering us. We were on the top of the world!

Skiing came to us at an early age. We always were told that the babies in Norway are born with skis on their feet. We would ski to school from when we were 7 years old. Today times have changed a bit in Norway, but everybody still enjoys the outdoors.

During the dark winter months, we spent much of our time outside. Personally, I love the snow. It is so incredibly white and clean and sparkling. When I walked home from the bus on a cold winter night, I could hear my boots hit the snow-covered surface underneath my feet. In the silence of the night the sound of crispness always made me feel happy. If the moon were shining, I could see the shadows and the glitter in the hard-snowy landscape. It was my kind of beauty. I still love it!

Yesterday I asked a Norwegian in San Francisco how he felt about Friluftsliv in Norway and how he would describe it. “Oh,” he explained, “The solitude!” He loved the quiet when he walked in the mountains and spent hours by himself fishing in the mountain rivers. So, what the word means to us in Norway, friluftsliv may be more a feeling of Norwegian living than words can describe.



*Liv Asbo, from the Villa Voices Newsletter*

# Genealogy

- We are spoiled accessing indexed records on Ancestry and Family Search (and other genealogy sites) but that is not the whole enchilada. Most digitized sources have originated from Family Search (the website for the Family History Library in Salt Lake City, Utah) and are shared around the world through various genealogy sites, including the Digital Archives from Norway. As more records are indexed, it becomes easier to locate records for your own ancestors. The wiki for Norway Genealogy on Family Search is linked to records on the digital archives.

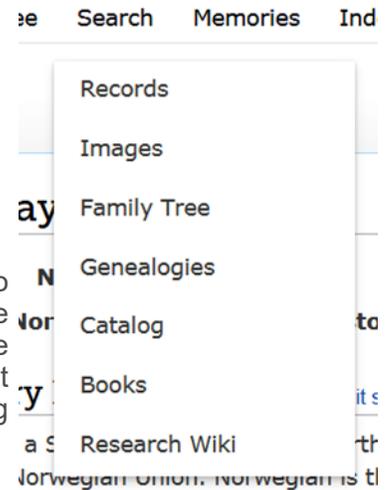
FamilySearch.org

[https://www.familysearch.org/wiki/en/Norway\\_Genealogy](https://www.familysearch.org/wiki/en/Norway_Genealogy)

Ancestry.com

<https://www.digitalarkivet.no/en/>

Un-indexed records are far numerous and take a little bit of sleuthing to find them. Ancestry has them and so does Family Search. I use these two sites more often than any others so will be discussing these. These records can be accessed through their catalog. Below is a screen shot from the home page of Family Search. The next step after selecting "catalog" is to select a location where you want to find your records.



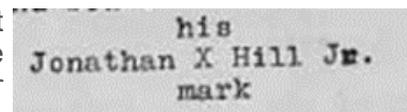
I have recently been researching in Virginia and West Virginia. The following screen shot shows how to narrow down the location; note that the word "county" *is not* included. After accessing this database, there will be a list of records for you to choose from. I recently went through a database of deeds. It is preferable to be aware of the date or time frame; sometimes there are thousands of images to go through, which is very time consuming.



One thing to be mindful of, before you lose hope, is that when searching through unindexed records, they might not be in exactly chronological order. I was searching for a deed in 1853. It turned out to be dated in 1854 but was found among the deeds for 1855.

While an indexed record will take you directly to the source, you lose the context in which the record was filed with the city or county agency that created it.

However, one of the things I like about doing this, is how well you get to know the community through its records; the good, the bad and the ugly. Some of the fun things you come across, such as the image for Jonathan Hill Jr.



Submitted by Pamela Stutrud Groth

## Freya Lodge in 2020

In the beginning of 2020, each Sons of Norway lodge was asked to recruit 5% more members, regardless of lodge size. Please note that former members rejoining, will count as new members only if it's been at least two years since expiration. Heritage Members (under age 16) do not count towards the goal.

In this somewhat different kind of year, to say the least, only 40 lodges (out of 400) met the goal to recruit the 5%. Freya Lodge, having done very well in 2019 (25 new members) did not reach its goal in 2020 with only 13 new members. Our target was 27 new members.

We appreciate those of you having recruited members (a pin will be sent directly to you) and also those of you having joined through the SoN website.

I sincerely hope that we will start meeting in not all that long. I miss you, my Freya Lodge friends!

"With each ending comes a new beginning"  
Happy, safe and sane 2021.

*Siri Fenson, Membership Secretary*

## Dining outdoors this winter? Follow Norway's lead

Patio season isn't just for summer anymore, thanks to the coronavirus pandemic and the ongoing need for social distancing measures. For many North Americans, outdoor dining in cold weather has been a big adjustment—but it's nothing new for Norwegians, whose passion for *friluftsliv* (outdoor life) translates to an enthusiasm for open-air activities no matter the weather.

Set yourself up for success by incorporating these tried-and-true Norwegian practices:

**Dress in layers.** Layers trap more air and keep warmth close to your body, while also letting you adjust for changes in weather or activity.

**Wear lots of wool.** Too scratchy? Merino wool is softer than other varieties and is used in many base layer garments.

**Keep the wind out.** All that cozy wool can't do its job with wind whistling through the weave, so make sure you top everything off with a windbreaking layer.

**Carry a big scarf or shawl.** The bigger the better, and ideally wool or fleece—it can double as a blanket, a head wrap, or whatever you need.

**Give yourself a buffer.** Sitting directly on a cold surface will drain your body heat in no time. If there's no cushion, improvise—remember that big scarf we talked about?

Above all, don't forget to pack your positive attitude and sense of adventure!

*From Sons of Norway Newsletter Service*

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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.*