

# FREYA FORUM

Sons of Norway, Freya Lodge #6-062 Newsletter

March 2021

## Ord fra Presidenten

Cheers to our newest Golden Members, Else Marie Bratlien and Shirley Border. I had to mail Shirley's certificate and pin, but was able to get a picture of Else with her certificate. Congratulations to you both!

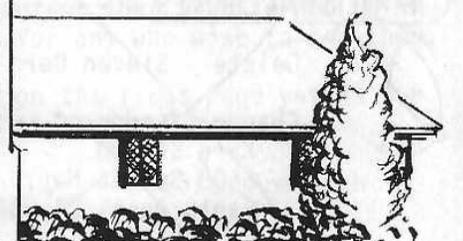
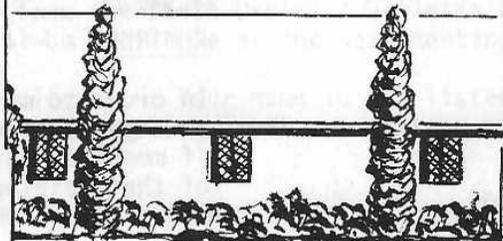
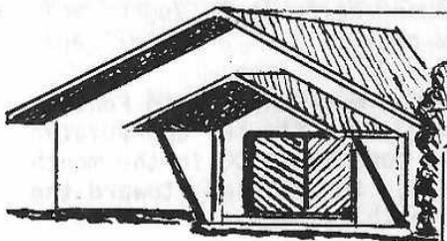
Spring is settling in, flowers are blooming and trees are budding. As more vaccines are administered, it gives us hope that soon we can meet up again.

We are planning an event this fall and look forward to seeing everyone soon!

Lis Barca  
President

### Article Index

Insurance	Page 2
Social Director	Page 3
New Member Bios	Page 4
Campership	Page 4
Birthdays	Page 5
Friluftsliv	Page 6
Genealogy	Page 7
Finnish Meatballs	Page 8
Scholarship	Page 8
Camp Updates	Page 9
Sloopers	Page 10



## Welcome New Members!

Cobey Gong  
Nathen Gong  
Ellen Swenson

## Thanks for Renewing!

Roberta Cummings  
Pamela Stutrud Groth  
Lester Hoel  
Unni Hoel  
Loren Hovland  
Pamela Johnson  
Gloria Keller  
Jack Potter  
Susan Potter  
Lee Rossavick  
Roy Thuestad

## Scandia Book Club

### The Summer Book

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

### The Land of Dreams (Minnesota Trilogy)

Vidar Sundstøl  
April 20 @ 6:30pm (Tuesday)

### The Winter Fortress: The Epic Mission to Sabotage Hitler's Atomic Bomb

Neal Bascomb  
May 18 @ 6:30pm (Tuesday)

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

Meeting ID: 835 0191 3066  
Pwd: 268062

## Insurance News

Spring is around the corner. Trees are budding and soon the orchards will be filled with fresh fruit.

This is the time of year I reflect on new birth, with babies joining our families.

This last year has opened our eyes to how precious life is and the importance of our family members. Life can be changed and turned upside-down in no time. It's important to have the proper insurance in place in case something were to happen.

Sons of Norway has a lot of new Insurance products available to our members, at a reasonable price. As I always say, please don't put off what you can do today!

District Six is looking forward to opening up Camp Norge. I was asked to help out with planning the meals for this year's Kretsstevne. I will be reaching out to the lodges and asking if you can cook a meal. If you haven't been to a Kretsstevne, plan on attending this year. You will meet other members from District Six and have a lot of fun.

Personally, I have really missed seeing our members and can't wait until we are back to having monthly meetings. I have been busy organizing my home, planting fruit trees and preparing to plant our vegetable garden during this down time for me.

I look forward to helping you with your needs and financial assistance. Please don't hesitate to give me a call at (530) 263-6565.

Adrienne Lincoln

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## Social Director

Greetings from the Kitchen!

On sale right now until we run out are almond cakes we made as a fundraiser for the lodge. The cakes sell for \$15.00 each; we have 5 Gluten Free and 25 Regular cakes left.

Please contact Michele Edler or Lis Barca for pick up, cash only please.



From one of my cooks:

"Last month, on Sunday, February 7, the Lodge hosted a drive-through event to sell almond cakes. It was extremely popular. Additionally, we also collected multiple bags and boxes of nonperishable food items. These were donated to Elisha's Pantry, a food pantry in Santa Rosa that currently helps over 90 families a week.

Elisha's was delighted to receive this donation.

A big thanks to everyone who purchased cakes and donated to our neighbors in need."

- Ann Strom

Hugs,  
Michele

Michele Edler  
Social Director

## Til Minne - Thor Johnson



Thor joined Sons of Norway as a Charter member of Olav 82 in 1966. He was active in the lodge and served in many offices, including President. He was well liked with a good sense of humor. Always gracious and caring. He will be greatly missed by those who knew him.

Our condolences to Thor's family and friends.

Fraternally,  
Jon Arild

## Freya Lodge's Newest Members brothers Nathen and Cobey Gong

**Nathen Harald Gong** is a singer, songwriter and producer. He was born in Los Angeles 23 years ago. After attending Santa Rosa High School's ArtQuest program, Nathen continued his education at the Berklee School of Music in Boston.

**Cobey Oskar Gong**, born in Ventura, CA, is 17 years old. He is a senior at Santa Rosa High School, enrolled in the ArtQuest program—playing, at least, seven different instruments. Cobey plans to go to college and major in music or production.

Nathen and Cobey are half Norwegian and have visited Norway several time with their mother, Ginger Schechter-Gong. They have family in Arendal and Stavanger. On Ginger's father's side, she and her sons are descendants of Harald Hårfagre (Harald Fair Hair), the first king of Norway (c. 872 to 930).

Velkommen Nathen and Cobey! We look forward to meeting you some day in the future.

*Siri Fenson, Membership Secretary*

## Freya Camperships

Are your children or grandchildren planning on going to Camp Norge (or virtual camp) this summer?

Freya Lodge Heritage or Unge Venner members who are going to camp can apply for a campership from Freya Lodge. Their letter of application should include information on:

- \* Why they want to go to Camp
- \* How they have participated in Freya Lodge activities
- \* How they and/or their families have supported Freya Lodge by serving on committees, as officers or helping put on events

The letter of application for Freya Lodge Campership should be mailed to *Freya Lodge, PO Box 6558, Santa Rosa, CA 95406.*

***Deadline for applications: April 1, 2021.***

We hope to have a great group of kids going to camp again this summer!

## Freya Board Contact Info

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GRATULERER MED DAGEN!

Jon Arild	Margret Kram
Marit Barca	Laurel Laingen
Tanya Barca	Ned Lewis
Deborah Cherkas	Beverly Mooney
Kathleen Drew	Greta Olson
Carol Eber	Jack Potter
Christina Engelbart	Ashlynd Stanford
Max Fenson	Asher Thompson
Curtis Fjelstul	Violet Thompson
Veda Hellevik	Yasuko Wooster
Athena Hill	Richard Wooster II



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## FRILUFTSLIV Outdoor Life and Recreation

Congratulations to **Siri Fenson**, who has earned a gold medal in Idrettsmerke, the sports fitness medal. She earned this medal walking and biking 26 hours in the past twelve months. And congratulations to **Michele Edler**, who has earned a gold medal in Gangmerke, the walking sports medal. Michele walked 315 miles in the past twelve months, taking some time out during the shelter-in-place.

Be sure to send me your sports cards so you can get your medal. Requests will be submitted quarterly – March (mars), June (juni), September (september), December (desember). Walking, swimming, skiing, aqua aerobics, tennis – anything that gets you outdoors and contributes to your good health. Let me know if you need sports cards to record your activities. Send the completed cards to me at 209 Kent Street, Petaluma, 94952.

Recently, a friend invited my husband and me for a hike on a trail that was completely unknown to me. So, I thought I would share this trail with you - the *Healdsburg Ridge Preserve*, 155 acres of nature that opened in 2008. The Preserve is a partnership with the Open Space District, LandPaths, and the City of Healdsburg. This land is the homeland of the Western Wappo and Southern Pomo tribes. Sonoma County Ag + Open Space began its efforts to protect the lands from development in 1996 by securing conservation easements across several parcels. In 2003, Ag + Open Space was given the opportunity to purchase these lands outright allowing for the creation of the Healdsburg Ridge Open Space Preserve and now managed by LandPaths.

This is not a strenuous hike, so don't expect to get exhausted or out of breath. The trails go through oak woodland with some great views of the county. There are only 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. Please be courteous to the residents and don't block their driveways. I don't recall bathrooms or water, so come prepared. And then after your hike enjoy some takeout from a Healdsburg café, because the city's parks are supported only by tourist dollars and there are great cafes there to choose from.

Carol Eber, Sports Director

[ceber@att.net](mailto:ceber@att.net) 707-364-1564

## Genealogy

Census records, federal and state, can provide information for multiple generations and it can feel like winning a jackpot when this happens.

In the following example from the 1930 Federal Census from South Dakota, Ludvig G. Sellevold is listed as the head of house, followed by his wife, son and widowed father. This is a little gold mine of information for the three generations.

The potential "bonus" is the son listed at the bottom of the entry, Selmer Vevang. Selmer is 25 and born in South Dakota, the state where the family currently resides. He is the right age for Ludvig and Lisa to be his parents or he could be a son from a previous marriage for Lisa. With Selmer being listed as a son and not stepson, there are some unanswered questions about where he came from.

55	63 64	Sellevold Ludvig G.	Head	0	Yes	M	M	54	M	26	No	Yes	Minnesota
56		— Lisa	Wife	W		F	M	56	M	28	No	Yes	Norway
57		— Chester L.	Son		X	M	M	17	S		Yes	Yes	North Dakota
58		— Christian T.	Father		X	M	W	84	W	W	No	Yes	Norway
59		Brandon Maude	Lodger		X	F	W	13	S		Yes	Yes	South Dakota
60		— Helen	Lodger		X	F	W	12	S		Yes	Yes	South Dakota
61	56	Vevang Selmer	Son		X	M	M	25	S		Yes	Yes	South Dakota

Thankfully, the enumerator for this census made a notation about Selmer in the margin. It reads, "See sheet 4, line 3."

58		— Christian T.	
59		Brandon Maude	
60		— Helen	
61	56	Vevang Selmer	
62			
63			
64			
65			

See sheet 4 line 3

On sheet 4, line 3 is another notation referring to line 61. It is apparent there is a Vevang family on this previous page of the census. This makes much more sense and though it is still necessary to confirm this is Selmer's actual family, the details in the census provide enough information to have a good start at proving Selmer's real family and not going on a wild goose chase.

There are still the three Sellevold generations that provide value to the research and Selmer can be recorded in the correct family.

1		— Agnes E.	Daughter
2		— Albin S	Son
3	55 56	Vevang Iver f	Head
4		— Serina	Wife
5		— Ingvald	Son
6		— Laura M	Daughter
7		— Ella	Daughter
8		— Alida	Daughter
9		— Myrtle H	Daughter
10		— Lawrence A	Son

line 61

Submitted by  
Pamela Stutrud Groth

# Finnish Meatballs (Lihapyöryköitä)

from *The Finnish Cookbook* by Beatrice Ojakangas

Serve these on the voileipöpöytä (bread and butter table) or for family or guest meals, accompanied by lingonberries, or cranberry sauce, sliced beets, pickles and fluffy mashed potatoes.

3/4 cup soft bread crumbs  
1 cup cream  
1 1/2 pounds ground lean beef  
1 onion, minced [I caramelize it]  
1 egg, beaten  
2 teaspoons salt [I use 1]  
1/2 teaspoon ground allspice  
2 tablespoons for frying  
1 1/2 cups milk

Soak the bread crumbs in 1/2 cup cream. Mix together the meat, onion, and bread crumbs. Add the beaten egg, salt and allspice, and combine well. Shape into balls (make them tiny, using about a teaspoonful of mixture) if they are to be served as an appetizer or on the voileipöpöytä, or about walnut size if they are for a family meal. Melt the butter in a frying pan and put in the meat balls, a few at a time. Shake the pan to roll the meat balls so they brown on all sides.

After the meat balls are browned and removed from the pan, brown the flour in the drippings. Mix with a fork until smooth; then slowly add the second 1/2 cup cream and 1 1/2 cups milk, stirring well until smooth. Add water if the mixture gets too thick. Return the meat balls to the pan, cover and cook for about 25 minutes on low heat. Serve hot. Serves 4 to 6.

[I bake the meat balls in the oven at 350° degree F for 25 minutes and do not pan fry or make gravy.]

*Submitted by Pamela Stutrud Groth*

## College Scholarships Available to Students of Norwegian Descent

Henrik Ibsen Lodge #7, Sons of Norway, has scholarships available for full time undergraduate and graduate students of Norwegian descent. Please encourage students to apply.

Students who live in Northern California and have demonstrated involvement in the Norwegian-American community are encouraged to apply. A minimum grade point average of 2.7 is required. Applications are available now and must be submitted no later than April 1, 2021.

If you know someone who would be interested in applying, please make your requests to:

Karen Rogenes Rende, Administrator  
Peder P. Johnsen Education Fund  
Email: [mormor154@gmail.com](mailto:mormor154@gmail.com)  
Snail Mail:  
154 Devonshire Blvd.  
San Carlos, CA 94070  
Home Phone: 650-592-1857

## Camp Trollfjell and Trollfjell Folkehøgskule

Registration for the Summer 2021 IN PERSON Camp Trollfjell and Trollfjell Folkehøgskule is now open. On-line forms and more information are on our website: <https://sofn6.org/arv/>

To be honest, we are not absolutely sure that we will be able to conduct in-person camp this year. It all depends on COVID-19 and state and local health restrictions. However, we are planning of if it will be. We are requiring all staff to be vaccinated, I get my second shot on Friday. If vaccines are approved for 8 to 17 year-olds before camp begins, we will request that all campers and students be vaccinated as well.

We are not sure what the demand for camp will be this summer. I see two opposing forces. The desire to get out and have face-to-face interactions vs. the reluctance to risk such gatherings. You can help us measure the demand by registering your kids and youth as soon as possible. Because of the COVID uncertainty, we will provide a full refund of any fees paid if we are unable to conduct our programs. You can even register now and delay payment if you wish.

Regards,

Bruce Fihe, Executive Director

Rebekah Strand, Program Director

## ++ Support This Youth Project ++ Camp Norge Playground Restoration Project

*My name is Baylee McKenney, I'm a senior at Middletown High School and a member of Vikings of Lake Lodge #6-166. I would like to replace the play set at my childhood summer camp. I have been going there since I was 8, and I want to do something nice for the camp. The play set that is currently there is the first play set that was ever put in, it is very old, falling apart, and unstable. I would appreciate any help that I can get to replace the play set.*

Baylee is attempting to raise \$6,000 to put in all new equipment for our kids who come up to Camp Trollfjell and/or also visit with their families for camping experiences and to attend yearly Kretsstevner at Camp Norge.

You can donate on-line with a credit card using this form on the Camp Norge site (<https://www.campnorge.org/site/play-structure-donation/>) or you may send checks to Camp Norge, make the check out to Susan Winje, c/o Camp Norge and put in the memo section play structure. Mail to Camp Norge, PO Box 622, Alta, CA 95701.

Thank you for supporting our youth.

## The Sloopers of 1825 and the Voyage of the Restaurasjonen

Friday, March 26, 2021 at 7pm (MST) via Zoom

On July 5, 1825, the sloop Restaurasjonen left from Stavanger with 52 people aboard. This is considered to be the first organized emigration party to leave from Norway. The passengers came from the southwestern part of Norway, many from Tysvær. Our speaker, Dale Goodman, is a direct descendent of both great-grandparents and 3 great-great-great aunts who were passengers on the Restaurasjonen. He will talk about the events leading up to the voyage, why it took until October 9 for them to reach America, what happened in the new colony they established in upstate New York, and ultimately how they ended up in what is now Norway, Illinois.

The sloop was built in 1801, in Hardanger, Norway and became a symbol of Norwegian American immigration. It set sail from Stavanger on July 4, 1825, overly crowded with 52 people aboard, many of them Norwegian Quakers, and landed in New York City on October 9, 1825, after a three-month voyage. The people who made this voyage, who are sometimes referred to as the "Sloopers," moved onward to their first settlement in Kendall, Orleans County, New York.

Dale has a Bachelor of Science degree in Forestry and Conservation and a Master's degree in Wildland Resource Economics from the University of California, Berkeley. He was able to study Forestry in Norway for one year at the Norwegian College of Agriculture. After thirteen years in commercial construction, the family moved to Dubuque, where he was enrolled at Wartburg Theological Seminary. After graduation in 1993, he served in Lutheran Outdoor Ministries until his retirement in 2012. He has a keen interest in Norwegian heritage and "all things Norwegian." Dale also currently serves on the Board of Director of the Vesterheim Norwegian-American Museum and Heritage Center in Decorah, Iowa.

*This presentation is given in conjunction with Vesterheim Norwegian-American Museum and Folk Art School.*

To register and receive a link for the presentation, please send a request to [vesterheim.lodge@gmail.com](mailto:vesterheim.lodge@gmail.com).

### 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)



**Johanna Sandev**  
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### Freya Lodge, Sons of Norway

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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.*