

FREYA FORUM

Sons of Norway, Freya Lodge #6-062 Newsletter

June 2021

Ord fra Presidenten

Summertime!

Congratulations to all the graduates. It's hard to believe that June and summer have arrived.

I enjoyed our virtual Syttende Mai celebration on May 15. It was such fun to hear stories and visit. We had former President Pamela Stutrud Groth joining us all the way from Wyoming. Great to see and hear from you, Pamela!

Thanks to HelenMae Herzberg for the picture from our celebration!

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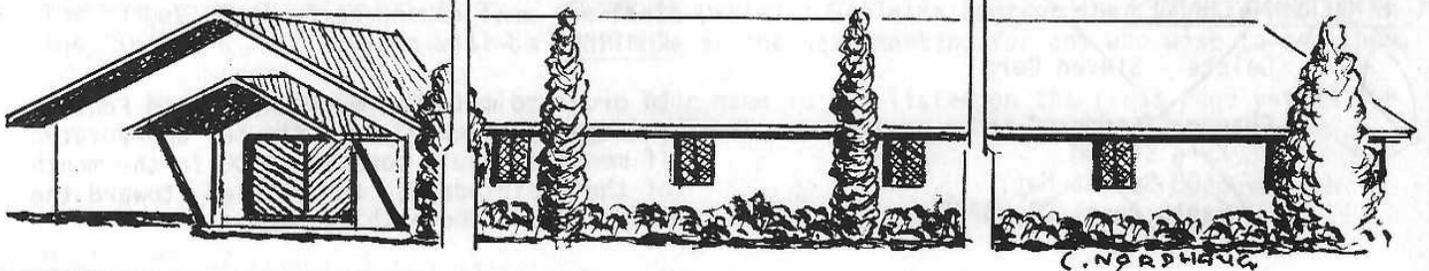
Congratulations to member Janice Shipley's grandchildren on receiving camper-ships for this summer's Camp Trollfjell and Trollfjell Folkehøgskule.

Isaiah Shipley, Paloma and Soliana Guzman will be attending Trollfjell and Mia Shipley will attend Folkehøgskule.

Have a wonderful time at camp. We can't wait to hear all about it!

Enjoy the beautiful weather!

Lis Barca
President



Welcome New Members!

Thanks for Renewing!

Merete Bentsen
Carol Brandstad Eber
Brit Grini
Peter Ingeman
Donald Johnson
Pamela Johnson
Daniel Needham
Cathan Potter
Andrew Ragnes
Pamela Ragnes
Sandra Smith
Anne-Marie Winterhalder
Richard Winterhalder

Scandia Book Club

**Only the Dead
(Minnesota Trilogy Book 2)**
Vidar Sundstøl
June 15 @ 6:30pm (Tuesday)

**The Almost Nearly
Perfect People**
Michael Booth
July 20 @ 6:30pm (Tuesday)

Doppler
Erlend Loe
August 17 @ 6:30pm (Tuesday)

**The Ravens
(Minnesota Trilogy Book 3)**
Vidar Sundstøl
September 21 @ 6:30pm (Tuesday)

[https://us02web.zoom.us/
j/83501913066?
pwd=dk54QVc0cmdlbnRsMml4SVkw
M2poZz09](https://us02web.zoom.us/j/83501913066?pwd=dk54QVc0cmdlbnRsMml4SVkwM2poZz09)
Meeting ID: 835 0191 3066
Pwd: 268062

Insurance News

It's wonderful to see our Lodges opening up and being able to have in-person meetings.

This past year has been a reflection on what is important in our lives and the new lessons this has taught us; being grateful for family and friends and appreciating those who are in our lives.

Make sure you have the proper insurance to take care of your needs in the event something were to happen to your loved ones.

We are responsible for our family members in the event something happens to them. So I ask, would you rather have the insurance company pay the bill or you?

It's important not to wait and take care of this. I know you can't see or feel it when you purchase this important coverage, however when you need it, then it's there for you.

Give me a call. Sons of Norway has different options that will meet your needs.

Adrienne Lincoln
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Social Director

Greetings from the Kitchen!

The second class started on May 15th and I could not be more excited. Our newest class members: Pat Bonderlund, Janet Ekberg, and Greta Olsen.

We made Cucumber salad, Open face shrimp sandwiches and Almond cake

We will be meeting 1 Saturday a month till all 14 dishes are complete. Next up they are learning:

Gravlaks, Sweet and sour cabbage and Marzipan, so good!

I am excited to see all the amazing food that will be coming out of the kitchen, and all the happy faces when we eat it and critique it. This is such a great opportunity for anyone who wants to know how they made this or that.

So, if you are interested in signing up for the next class in the Fall, shoot me an email:

michele.dawn.edler@gmail.com



We still have Almond cakes and Pastrami for sale!

8oz package of homemade pastrami- \$10.00

Almond cake (whole)- \$15.00

Email me if you are interested: michele.dawn.edler@gmail.com

See you in the kitchen!

Hugs,
Michele

Michele Edler
Social Director

We welcome the newest Freya Lodge member— Thor Loftesnes

Thor has received the good news from Ancestry.com that he is 84.7% Norwegian!

His father came to the US/San Francisco right after WWII from Kallarberg/Ubergsmoen (area of Risør on Norway's southern coast). He soon met and married a lady of Swedish ancestry.

Thor, himself, was born in San Francisco. In 1967, at age 15, he went to Norway to live with his uncle and aunt, staying there for a little more than a year. That time was the "best ever", says Thor, who learned to speak Norwegian. He now looks forward to coming to in-person lodge meetings and to be able to practice his language skills.

At age nineteen, Thor joined the US Marine Corps, serving for two years. He then worked, for 35 years, as an auto mechanic and also was employed in the Cable TV industry. Besides San Francisco, he has lived in Guerneville and San Andreas. Thor and his wife (who passed away 20 years ago) had two children, a boy and a girl. Now he has four grandchildren.

Our new member is now retired, living in downtown Santa Rosa. He very much looks forward to attending lodge meetings and we look forward to meeting you, Thor.

Thank you to member Ed Tollefsen, who urged Thor to join Freya Lodge.

Siri Fenson, Membership Secretary

Scandinavian Movies and Shows to Watch

Atlantic Crossing, *PBS (2021)*. A princess steals the heart of the president of the United States in an epic drama based on the World War II relationship of Franklin Roosevelt and Norwegian Crown Princess Martha.

Seaside Hotel, *PBS (2021)*. Seaside Hotel is a story about the guests and staff at a beach hotel by the North Sea. (*Danish*)

Kitchen Stories (Salmer fra kjøkkenet), *Amazon (2003)*. A scientific observer's job of observing an old cantankerous single man's kitchen habits is complicated by his growing friendship with him. (*Norwegian*)

Trollhunter, *Amazon (2010)*. A group of students investigates a series of mysterious bear killings, but learns that there are much more dangerous things going on. They start to follow a mysterious hunter, learning that he is actually a troll hunter. (*Norwegian*)

Asphalt Burning, *Netflix (2020)*. The third and final installment in the Burnout trilogy. This time, the road leads through Norway, to Sweden, Denmark and finally Germany to race on the famous racing track, Nürburgring.

Okkupert, *Netflix (2015)*. In the near future, Norway is occupied by Russia on behalf of the European Union, due to the fact that the newly elected environmental friendly Norwegian government has stopped the all important oil- and gas-production in the North Sea. (*Norwegian*)

Borgen, *Netflix (2010)*. A political drama about a prime minister's rise to power, and how power changes a prime minister. (*Danish*)

FRILUFTSLIV Outdoor Life and Recreation

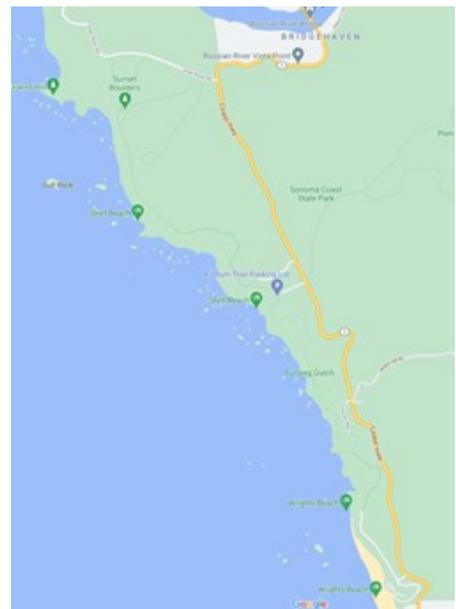
Sommer er her. Summer is here. And we start thinking of the seashore and beaches. We are so lucky here in Sonoma County to have a beautiful and accessible coastline. My favorite beach (seemingly everyone else's favorite beach too) is Doran Regional Park at Bodega Bay. With 2 miles of beach and gentle waves, it is a perfect spot for walking, flying kites, and playing in the sand. Plan to arrive before 10:00 in order to find a parking spot, especially on week-ends. And be prepared for the wind that comes off the ocean. There are some wind-protected picnic tables where you can find shelter. There is also a great kayak launch there. Or you can cross the road to stroll the 2 mile Bird Walk Coastal Trail. On August 3 at 9:00 there is a guided Senior Saunter on this flat trail. For more information, contact Irma Cuevas at irma.cuevas@sonoma-county.org.



My favorite spot after a morning at Doran (if I haven't brought a picnic lunch) is just north of the park on a side road along the bay – the Dog House for great hot dogs and sausages and Captain Davey's for ice cream and coffee.



Another shoreline trail that I am going to visit soon is the Kortum Trail. This trail is just 6 miles north of Bodega Bay and is a fairly level bluff top trail. It is an out-and-back trail so you can easily plan your distance – as much as 8 miles, if you choose. You may still see wildflowers there in June. You can start from the parking lot at Wrights Beach or in the north at Blind Beach. Dogs are not allowed on this trail. The trail is named for the late Bill Kortum, a Petaluma environmentalist who fought for public access to the coastline.



Carol Brandstad Eber, Sports Director
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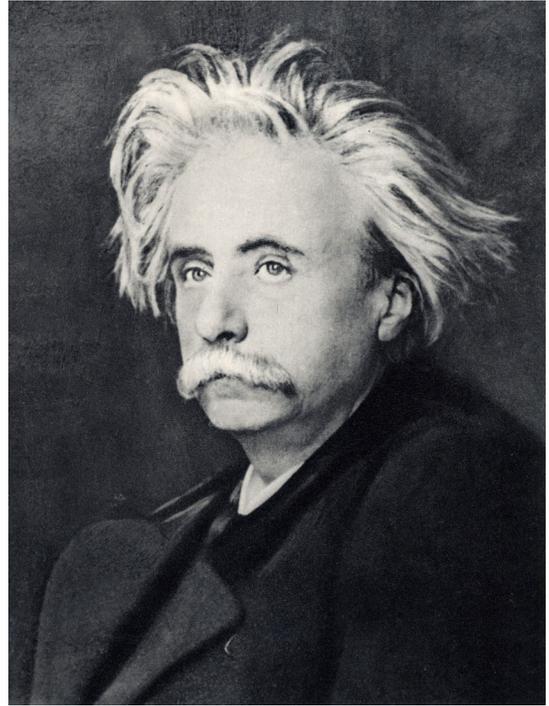
Happy Birthday, Edvard Grieg!

Born June 15, 1843 in Bergen, Edvard Grieg became Norway's most celebrated composer. He is recognized as an important figure in the Romantic era of music in the 19th century.

His musical education began at the young age of 6 under the tutelage of the best piano teacher in town, his highly educated mother, Gesine Judithe Hagerup. His father Alexander Grieg was also very successful, running the family business as a merchant of dried fish and lobster.

When Grieg was 15, famed violinist Ole Bull paid the family a visit and was very impressed with his young relative's musical skills. On Bull's recommendation, Grieg went to study at the prestigious music conservatory in Leipzig, Germany.

Grieg became an established and respected composer in his lifetime. He expressed the vibrant beauty and heritage of Norway through his music, a legacy that lives on today.



Learn more about Edvard Grieg in the June 2020 issue of Viking on sonsofnorway.com.

From Sons of Norway Newsletter Service

Freya Lodge Celebrates Syttende Mai

Photo by: HelenMae Dahl Herzberg



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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.*