

FREYA FORUM

Sons of Norway, Freya Lodge #6-062 Newsletter

May 2021

Ord fra Presidenten

Hip, Hip, Hurra!

It's May and that means Syttende Mai celebrations. Freya is hosting a virtual get together on Saturday, May 15 at 7pm. Show your spirit and wear your red, white and blue, have a slice of cake (or other dessert) and share stories and memories of celebrations in Norway and the States.

Tor Allen is hosting another News from Norway discussion on May 12 at 7pm. Click the link on page 8 to register and join in the discussion.

Congratulations to Michele Edler and the first Freya Cooking Class on their successful

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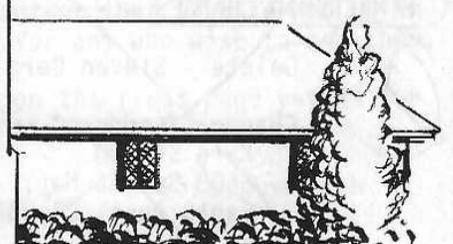
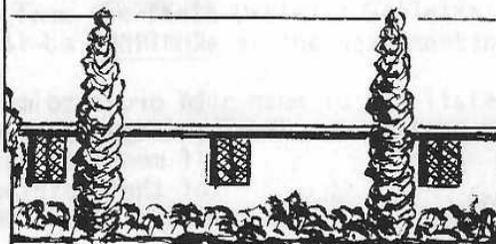
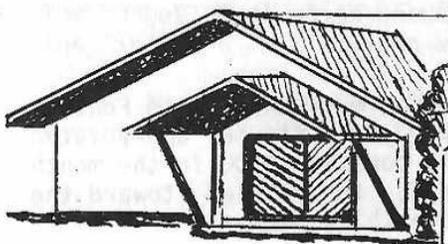
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completion of all three levels of the Traditional Norwegian Cooking Cultural Skills program. See page 4 for their story.

Enjoy the beautiful weather we have been having with a walk in one of our lovely regional parks, or even in your neighborhood. The flowers are blooming and it's a beautiful sight to see.

Hope to see you on May 15th!

Lis Barca
President



Welcome New Members!

Thor Loftesnes

Thanks for Renewing!

Barbara Ginsky

Barbara Hauge

John Hill

Karin Hoy

Arthur Indenbaum

Pamela Johnson

Sidsel Moller

Laurel Powers

Lars Richardson

Gro Tomasini

Insurance News

Ønsker Norway a Glad Syttende Mai

We have 400 lodges throughout the USA. What an accomplishment.

The reason Sons of Norway organized in America was that our ancestors wanted to protect themselves if they were to die. They couldn't get insurance in the USA when they first came over 126 years ago.

Sons of Norway, in the last five years, has been working hard to expand their portfolio and make additional life insurance products available to members.

Our Annuity Products are extremely competitive with the industry. You will never lose your investment which, as we get older, is extremely important because you can't go out and work again. You also have access to your money if you need it.

Like everyone during this Coronavirus I am also working from home and with technology we are now doing over the phone applications. A lot of our products you don't have to have a paramedic come to your home for a health screening.

You can reach me on my cell number 530-263-6565. I would love to show you how our new products can benefit you.

If you have been turned down in the past for Life Insurance, we now have a product to insure you as well.

Give me a call I would love to help you.

Adrienne Lincoln

E: alincolin2048@comcast.net

License # OF63907

530-263-6565

10790 Pittsburgh Road, Nevada City, Ca 95959

Scandia Book Club

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

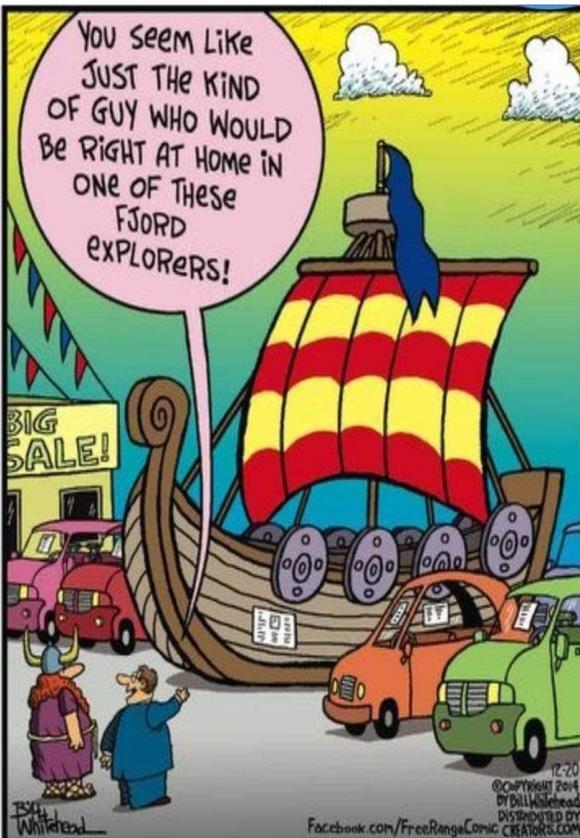
Neal Bascomb

May 18 @ 6:30pm (Tuesday)

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

Meeting ID: 835 0191 3066

Pwd: 268062



Social Director

Greetings from the Kitchen!

So many amazing things have happened and are going to happen this year.

First let me just say that I am so proud of our very first Traditional Norwegian Cooking Class graduates! Kerrily Beaton, Linda Roa, Sandra Smith, and myself. We have all completed all 3 parts for our pins in TNC. We came into the kitchen as strangers and over the time we had together became friends! Kerrily will be my assistant and Linda may come when we make lefse to help. All in all, it was one of the best experiences I could have ever been a part of. Being a part of our Freya Lodge has taught me so much, and the bonds of friendship are the best lesson ever!



The second class starts on May 15th and I could not be more excited to get going and teaching some amazing people the art of TNC. Our newest class members: Kathleen Drew, Pat Bonderlund, Janet Ekberg, and Lucinda Winkler. 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.



We still have Almond cakes and Pastrami for sale!

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

See you all soon!

Hugs,
Michele

Michele Edler
Social Director

Cultural Skills - Traditional Norwegian Cooking

TWELVE “TRADITIONAL NORWEGIAN COOKING” PINS TO BE REWARDED

Open-faced shrimp sandwiches, lefse, pea soup, cucumber salad and rommegrot, almond cake, krumkake, Grovbrod and marzipan, medister kake, far-i-kal, lapskaus, boiled beef with dump-lings and gravlaks - these are the items cooked and baked by four lodge members last year. Kerrily Beaton, Linda Roa, Sandra Smith and our lodge’s Social Director, Michele Edler have each earned three Traditional Norwegian Cooking pins by “cooking up a storm”, to say the least.

For each to earn three Cultural Skills pin in one swoop, was surely a chal-lenge to Michele, the instructor, but greatly successful. The four cooks will, when we meet up again in person, be greatly honored.

The ladies first met on March 7, 2020. We know what then happened! For their “own mental health”, the cooks decided in June to continue pursuing their plans. They met in mid-July and again in mid-August. The Norway Hall kitchen turned out to be perfect for practicing social distancing.



For a Level 1 pin, the cooks had to prepare five Favorite Traditional recipes. For Level 2, it was required that four Baked Goods/Desserts were prepared. To earn the Level 3 pin, the requirements were to cook five Meat or Fish dishes. And then write down the ingredients, the methods used and the de-gree of difficulty.

Besides cooking and baking fourteen items, the participants had to write a “review” listing any challenges, possible confusing directions, liking or not liking the taste of the dishes, trouble find-ing required ingredients and having a wish to prepare dishes for friends and family...or not! One “elective” for each level of cooking was also to be completed: for example interviewing a pro-fessional Scandinavian cook, telling the history of a certain dish, prepare a menu for a Norwegian holiday or plan a heritage meal for your lodge. Taking photographs of the dishes prepared was also encouraged.

Kudos goes to Michele, who, as the instructor, coordinated these “cook-ins” by giving tips and en-couragement, all the while as she was preparing her own dishes. Michele is starting another class on May 15th at Norway Hall. You will find details on another page in this issue of the Forum.

CONGRATULATIONS KERRILY, LINDA, SANDRA AND MICHELE!

Siri Fenson, Cultural Skills Program Director

Cultural Skills - Knitting

Lis Barca has earned her pin having finished Level 1 in the Cultural Skills KNITTING category. She is well on her way to finish Level 2 which requires her to learn to knit “in the round” with two colors. To earn the Level 3 pin, she must knit a sweater, using two or more colors.

First, Lis, having never knitted before, had to learn basic stitches and techniques, like casting on and off, knit and purl and increase and decrease stitches. The initial requirement for the Level 1 pin was to produce a scarf in a single, light color. Lis chose a pattern which contained sections of different patterns, each with different iterations of knit and purl stitches. As a second item required, Lis chose to knit a coffee cup sleeve.

A list of ‘electives’ is always included at the end of completing a certain level. Lis chose to tell about how she got started knitting. “I reached out to one of our lodge knitters (Else Bratlien) who taught me to cast on and the ‘knit’ stitch. I worked on a washcloth. My daughter also joined me.” Also, Lis, in her story, tells about how the eight to ten knitters now gather twice a month... of course, to knit... and to chat.

Congratulations, Lis!

Siri Fenson, Cultural Skills Program Director



Volunteer VIP

One of the long time Sons of Norway Freya Lodge members, Rich Sandvick, has been volunteering his retirement time with the Santa Rosa Police Department. He volunteers as a VIP (Volunteer in Police Services) and has done this for 14 years and it’s his way of giving back to the community he has lived in for 48 years.

His duties include doing vacation home checks for citizens on vacation, placement of two radar trailers each week to different locations that are having speeders, tagging abandoned vehicles for removal, doing traffic control at accidents and emergency scenes, processing found property such as purses, wallets, valuables and bicycles, doing speed and crosswalk monitoring, and DUI check points and many other duties to assist the police officers.

Over the years he has saved two loose dogs who were running on the street, he answered a 911 dispatch call to assist a lady whose walker was wedged between a telephone pole and a fence. He was driving down Sonoma Ave while on duty one day and saw a parked car with its cars keys in the driver’s side door. He ran the license plate and found the owner to return the keys.



These are just some of the many duties he has performed over the years to help make the City of Santa Rosa a safe and great place to live. He, among a group of other volunteers, were recently honored during Appreciation Week for working with the Santa Rosa Police Department.

Congratulations and thank you, Rich for all that you do.

FRILUFTSLIV Outdoor Life and Recreation

Many of us are getting outdoors now that spring is here and we feel good about being vaccinated. For those of you who have reached the highest level in any category, there are now two new levels for sports medals. The first is Idrettshelt [ee-dretts-hellt] –the sports hero pin– and is the 5th level within any sports medal category. Members must have completed the bronze, silver, gold and enamel pins in a sport category prior to starting on the Idrettshelt. You must earn double the point or mileage value of the enamel level to qualify for an Idrettshelt pin. Next is Hederspris [hay-dersh-prees], the outstanding achievement award. This pin is for members who've earned bronze, silver, gold and enamel medals in any three sports medal categories.

I don't usually recommend books, but the other day I was in Copperfields Book Store and came across a title I couldn't pass up – *The Creaky Knees Guide – the 80 Best Easy Hikes*. Being someone with creaky knees, I picked it up and brought it home. This one was for Northern California, but there are also editions for other states. The hikes are categorized by region – Northcoast and Redwoods, Shasta and Lassen, Mendocino, Sonoma and Napa, Sacramento and Gold Country, San Francisco Bay Area, Lake Tahoe, and Yosemite. There is also a chart for difficulty – easy , moderate, and prepare to perspire. Each chapter has descriptions, and a map, There are also suggestions for extending your hike if you want a bit more.

I chose Jack London State Park from the book and had a terrific 4 mile hike that wasn't too difficult. We took the Lake Trail to London Lake and then over to the Old Fallen Bridge Trail and then down to the Vineyard Trail. The meadows were covered in wildflowers. We arrived early in the morning so there were not many cars in the parking lot nor hikers on the trails. Oaks, redwoods, meadows – quite a varied landscape and so lovely.

Congratulations to Susan Potter who earned a bronze medal in sykkelmerke for her many outings on her bike!

Carol Brandstad Eber,
Sports Director
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Jump on the Trend of Nordic Walking

You may have seen people out walking with a pair of poles, and wondered what became of their skis. Or maybe you were curious if that person has issues with balance.

A sport unto itself, Nordic walking provides a better workout compared to regular walking. Here are several reasons to give Nordic walking a whirl.

Nordic walking:

- improves your overall fitness level
- works your upper body and core muscles as well as your lower body
- provides more stability
- is low impact on joints
- helps recover from injury by taking pressure off legs and feet
- was invented in Finland to maintain skiers' fitness year-round
- can be done on any terrain



Getting started:

- Buy or borrow a pair of Nordic walking poles (priced new from \$50 to \$200) (note: Nordic walking poles are different from hiking or skiing poles)
- Take a class or look up a YouTube video to learn proper technique
- Hit the trails or the park!
- Track your time or mileage for the Sons of Norway Sports Medal Program

From Sons of Norway Newsletter Service

News from Norway (Nyheter fra Norge)

with Tor Allen

Tune to learn about **Stolpejakten**, an activity that's gained momentum these past few years. I'll share some details about Stolpejakten and how my aunt and cousins are competing to see who registers the most posts (stolper) this season. It's sort of like geocaching but different. We'll also discuss some favorite scandinavian inspired activities including the Norwegian reputation for going on hikes.

Date: May 12th, 7pm

go to rahus.org/freya to get the zoom link.

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GRATULERER MED DAGEN!

Lis Barca
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Donald Bent
Hailey Buckle
Michele Edler
Lyla Geyer
Brit Grini
Helen Mae Herzberg
Karin Hoy
Claudia Johnson
Ellen Ostern
Carolyn Strange
Lucinda Winkler



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Genealogy

Genealogy research isn't that far removed from how life works. It is full of ups and downs, excitement and disappointment but requires staying focused. Recently, Chewy was out of the prescription dog food I needed so I had to find an alternative source. I had gotten the food from a friend so had no actual prescription. The vet I was using didn't want to deal with online prescription foods but they didn't carry the one I needed. They required that I pick up the written prescription in person and mail it to my alternative source, Pet Care Rx. I figured while I was at it, I would order the prescription cat food I would also need. I called Pet Care Rx to inquire about ordering the cat food. I was told to put the two prescriptions in the same envelope so that I would know they had received the cat food prescription when the dog food order was shipped.

Once I received the dog food order, I tried to order the cat food but it wouldn't go through. I called Pet Food Rx again and was then told they had no record of my second prescription. The person I spoke to told me he would inquire at the pharmacy and get back to me. That was a week ago, and I have yet to get a call back letting me know they found the prescription. By the time all this had transpired, Chewy had the dog food back in stock.

This is not unlike dealing with county clerks who don't feel like looking up the records you request. Sometimes being told there had been a court house fire, turns out to be code for, "I don't want to locate this record for you." There are situations where courthouse fires really did take place. When this happens the locations are often known as "burned counties." This is particularly true in the south. By researching your locale, you need to learn this ahead of time so you can be prepared and know if it is really true.

When I encountered a clerk who did give me the courthouse fire excuse, I reached out to the historical society in the same county. I was only hoping they might have the records I wanted but instead, I learned that the only damage to records had been caused by smoke. All the records still existed. I have experienced this multiple times. The point is, don't let that stop you. County clerks' focus is on handling extant records. It is disappointing and can be aggravating but in the end, I am the one with a goal of seeking records. Yes, maybe I am cynical, but most of the time you will find that no one else cares about your research or the records you need as much as you do, especially if they are not genealogists. One of my favorite quotes is from Abraham Lincoln, "Determine that the thing can and shall be done...then find a way." Your success depends on you, whether it is making sure your pets are properly fed or if you are solving a brick wall in your research.

Submitted by Pamela Stutrud Groth



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Culture, Community, Camaraderie

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.*