

FREYA FORUM

Sons of Norway, Freya Lodge #6-062 Newsletter

October 2021

Ord fra Presidenten

If you haven't already sent in your RSVP, please do so by October 4th and plan to attend our All About Leif cookout social on October 9th.

With games, a mini-play, grilled hot dogs and tales from Camp Trollfjell, it should be great fun! Dressing as a viking is encouraged to add to the celebratory atmosphere.

Be sure to check out the Social Director's page in this issue. Guest contributor Ann Strom has shared her Aquavit recipes that we enjoyed at the tasting event in September. Tusen Takk, Ann!

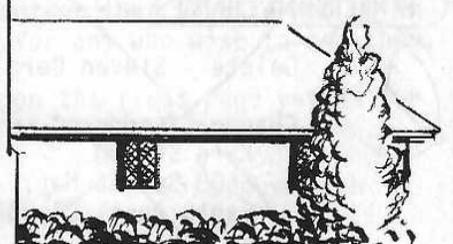
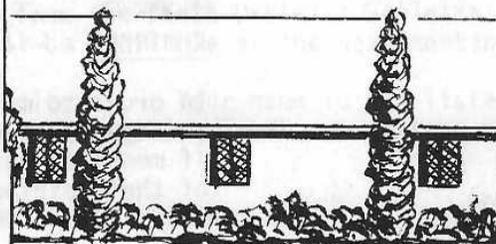
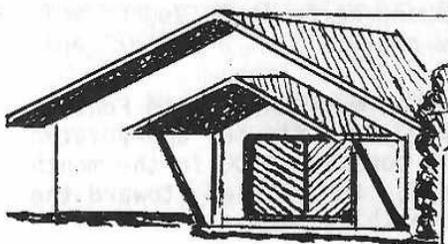
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Save the date! Thursday, November 18. Freya Lodge members are invited to Mauritsen Winery to hear the story of the Swedish immigrant who planted grapes in 1868 in Sonoma County and sent the wine to Sweden. More information on sign ups to come.

Stay safe and well and have a Happy Halloween!

Lis Barca
President



Welcome New Members!

Carine Held
Jeff Held
Ryan Held
Brice Robison

Thanks for Renewing!

Kerrily Beaton
Ashley Eib
Andrew Ginsberg
Jeremy Ginsberg
Sophia Ginsberg
David Herzberg
Helen Mae Herzberg
Olav Holthe
Pamela Johnson
Douglas Lund
Lori Lund
Richard Martin
Edward Tollefson

Scandia Book Club

Troll: A Love Story

Johanna Sinisalo
October 19 @ 6:30pm (Tuesday)

Searching for Nora: After the Doll's House

Wendy Swallow
November 16 @ 6:30pm (Tuesday)

The Mercies

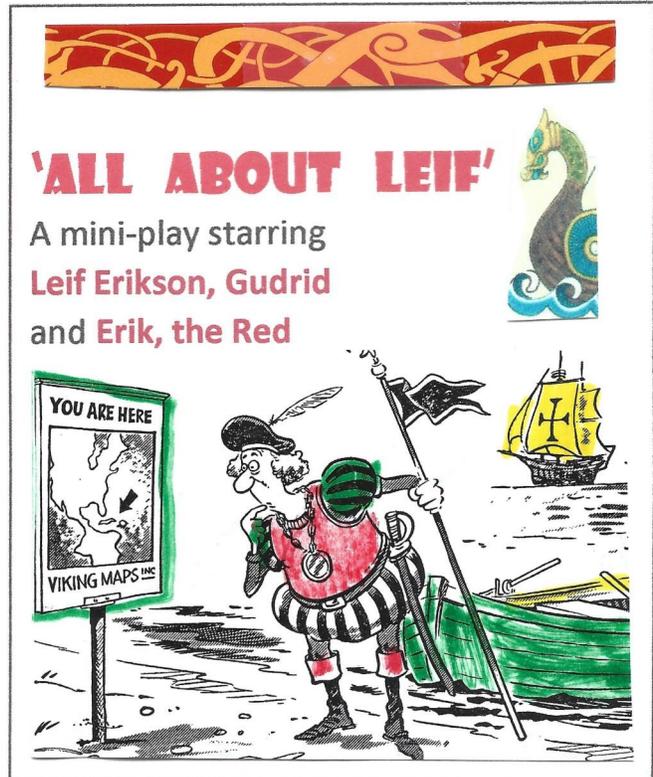
Kiran Millwood Hargrave
December 21 @ 6:30pm (Tuesday)

[https://us02web.zoom.us/
j/83501913066?
pwd=dk54QVc0cmdIdnRsMml4SVkw
M2poZz09](https://us02web.zoom.us/j/83501913066?pwd=dk54QVc0cmdIdnRsMml4SVkwM2poZz09)

Meeting ID: 835 0191 3066
Pwd: 268062

All About Leif

Saturday, October 9, 2021 @ 11:30am
Norway Hall - 617 W 9th St, Santa Rosa



Join us on the back lawn of Norway Hall for a cook-out, games and a mini play.
Viking dress is encouraged, but not required.

Our Trollfjell campers will join us to share their summer camp adventures!

Grilled Hot Dogs, Salad and Dessert

Price: \$0 (we just want to see you)
Donations are always welcome

Please RSVP by October 4

Phone: 707-579-1080 or

Email: RSVP@frealodge.org

Social Director

Aquavit and Food Pairing a Success!

We're Sharing the Recipes Here!

The Aquavit and Food Pairing Event that was held on September 10 was a success, with 22 people purchasing advance tickets to the event.

We gathered outdoors to enjoy four distinct homemade Aquavits crafted by member Ann Strom, with each course paired with four homemade Norsk Bites prepared by Social Director Michele Edler and her very talented kitchen team. Delicious!

If you would like to try this at home, here are the recipes for the four Aquavits.

Ålesund Dawn: a light Aquavit with lemony highlights

Add the peels (just the yellow peel, not the white pith) of two lemons to the vodka.

Bright Bergen: Medium color with hints of star anise

Add two whole star anise to the vodka.

Outrageous Oslo: Medium/dark color with flavors of juniper berry and cardamom

Add two whole cardamom pods and a teaspoon of juniper berries to the vodka.

Nordic Nights: Our darkest offering - cinnamon, nutmeg and orange peel

Add a stick of cinnamon (it's very strong, use sparingly), a whole nutmeg, and the outermost peel of an orange to the vodka.

For each one, start with 1.5 Liters of potato (not grain) vodka. Note: these were started in March 2021.

Keep the Aquavits sealed in Mason Jars in the dark. Check on them periodically. Remove the added ingredients when the flavor gets to where you like it. Feel free to experiment!

Serve ice cold from the freezer in tiny glasses. Share with friends!

Submitted by Ann Strom



FRILUFTSLIV Outdoor Life and Recreation

Congratulations to Greta Olson who earned three Gangmerke medals – bronze, silver, and gold - for her walking this year. She is out there 3 to 5 miles every day. Greta is inspirational.

I spent the morning at Winging It Wednesdays, a bird watching program offered for free by Sonoma County Regional Parks at various parks throughout the county. This program is back after a hiatus due to the pandemic. Park staff and volunteers lead the leisurely hikes, and they are expert at finding and identifying the birds and helping you spot them too. Don't expect a workout, because you will be stopping frequently to watch all the birds you spot. Bring binoculars or borrow a pair from park staff. The guides also have resource books to give you more information about the birds. On the outing today we spotted twenty two species in Helen Putnam Regional Park in Petaluma. Regional Parks now offers Winging It Wednesdays once a month - October 27 at Riverfront Regional Park, November 17 at Shiloh Regional Park, December 15 at Hunter Creek Trail, and January 26 at Tolay Lake Regional Park. The hikes are 8:30 – 10:30. There are usually ten to twenty people on these outings, with varying degrees of expertise in bird watching. You don't have to be an expert birder, and you will learn a great deal about our feathered friends.

Janet from the local Audubon Society helped lead our walk today. She leads her own bird walks for the Audubon Society on Thursdays and Saturdays. Attendance is limited to 10, and reservations are accepted on a first call basis, but a waiting list is offered. These hikes are all around the county too and usually flat and easy. To reserve a space call Janet at 707-526-5883. Covid precautions are followed on these outings. Check the monthly calendar in the newsletter of the Madrone Audubon Society <http://www.madroneaudubon.org> for more information. Here is a list of the Audubon birding hikes.

Thursday, October 14th - Helen Putnam Regional Park, Petaluma

Saturday, October 16th - Ellis Creek Ponds, 3890 Cypress Drive, Petaluma

Thursday, October 28th - Spring Lake Regional Park, Santa Rosa

Saturday, November 6th - A Place to Play Park, Santa Rosa, 2315 W. 3rd St.

Carol Brandstad Eber, Sports Director

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Sons of Norway Member Anniversaries 2016 to 1956

Congratulations to all of you having joined Sons of Norway from 65 years back to 5 years ago, and years in between. You are all now members of Freya Lodge 6-062, although many joined the organization somewhere else. We'd love to hear what you remember from that day, so send a few lines if you wish.

65 years ago, in 1956, **Olive Hatlen** became a Sons of Norway member.

In 1966, **55 years** ago, **Berit Johnsen, Donovan Barron, Elizabeth Stromberg** and **Elin Nielsen** joined Sons of Norway.

In 1971, **50 years** ago these Freya members joined Sons of Norway: **Brit Grini** and **Lars Egede-Nissen**.

In 1981, **40 years** ago - **Anne-Marie Winterhalder**

In 1986, **35 years** ago - **John Hill**

In 1991, **30 years** ago - **Laurel Laingen** and **Sandra Smith**

25 years ago in 1996, **Claude and Phyllis Ashen, Olav Holthe** and **Lauren Hovland** joined.

20 years ago, in 2001: **Myrna Bellovich**

15 years ago, in 2006: **Valerie Wolfe**

10 years ago, in 2011: **Roberta Cummings, Lester and Unni Hoel**, and **Beverly Torres**

Lastly, **5 years** ago, in 2016: **Valerie Box** and **Susan Potter** joined Sons of Norway.

If you wish to receive your anniversary pin, please let me know so that I can either mail it to you or present it to you as you attend a future lodge meeting.

Siri Fenson, Membership Secretary

707.303.7860 or sirimax@att.net



SONS of
NORWAY

Slate of Officers for 2022

The Nominating Committee: Carol Eber and Siri Fenson is pleased to announce the following slate of candidates for election as lodge officers for 2022.

President – Lis Barca

Vice-President - Open

Secretary – Sandra Smith

Treasurer – Else Bratlien

Social Director – Michele Edler

Cultural Director – Karen Larson

Cultural Skills Director – Siri Fenson

Sports Director – Carol Eber

Youth Director - Kerrily Beaton

Editor – Lis Barca

Membership Secretary – Siri Fenson

Sunshine – Sandra McConnell

Greeter – Johanna Sandev

Hall Maintenance Committee (3 year term) - open

The annual election of officers will be conducted in November, 2021 at Norway Hall, 617 West 9th Street in Santa Rosa.

Voting in the election may only be done by members of Freya Lodge, Sons of Norway currently in good standing. All election matters will be conducted in accordance with the Sons of Norway constitution and the by-laws of Freya Lodge. Additional nominations for office may be made from the floor during the meeting when nominations are declared open for that office.

If you are interested in any Officer positions, please contact any member of the nominating committee. Please contact Cathan Potter if you are interested in a position on the Hall Maintenance Committee.



Aquavit Tastings, Cultural Skills and Sports pins

The September 10th event was a very pleasant get-together by Freya members and friends. First, we were elegantly served Scandinavian style “tapas” to go with the various tastes of aquavit. Tusen takk to Michele Edler, Ann Strom and Paul Hock.

Four cooks had completed their requirements to earn three levels of Traditional Norwegian Cooking by preparing “favorite dishes”, “baked goods/desserts” and “meat and fish” dishes. Congratulations go to Kerrily Beaton, Linda Roa, Sandra Smith and Michele Edler. Michele, while herself earning the pins, also acted as the able instructor. Another class of three has just concluded and a new one is about to start.

Lis Barca received the Level 1 Knitting pin and is now close to earning the Level 2 pin. That requires her to knit an item “in the round”, using two or more colors.

From Carol Eber, our Sports Director, Susan Potter received a bronze pin in Bicycling (Cykkelmerke), having biked 100 miles for over a period of a year.

Walking pins (Gangmerke) in gold were awarded to Carol Eber and Michele Edler. Gold and Enamel pins for “general fitness” (Idrettsmerke) were given to Siri Fenson, having walked, biked and done water aerobics for over a period of two years.

Keep cooking, knitting, biking, walking... and smiling!

Siri Fenson, Cultural Skills Program Director

Insurance News

Good Day Freya Lodge Members! It’s getting close to the end of this year and 2021 again proved to be a challenge, but like our Viking ancestors we persevere.

I had a major hip replacement last February and was doing fantastic until I over did it. My travels are very limited right now as I find three hours round trip is my limit. As I start healing I will be coming to visit you again. In the meantime we are all getting used to Zoom and FaceTime works fantastic for me.

We have lots of new insurance products now that will benefit everyone, even those who couldn’t buy life insurance before.

Several years ago, the FBC’s suggested different life insurance policies that would benefit our members and like anything in the insurance world, it takes time to get them approved by each State Department of Insurance. These new products have now been approved by all 50 states, so if you have been wanting life insurance please get in touch with me and I would love to tell you what we have.

Best number to reach me is my cell phone as it’s with me all the time.

Adrienne Lincoln

E: alincoln2048@comcast.net

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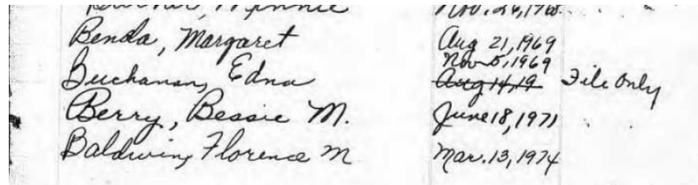
Genealogy

I don't believe I have previously discussed the value of newspapers. They are an excellent source of a wide variety of information and not just for obituaries. I subscribe to three different online newspaper sites, Newspapers.com, GenealogyBank.com and NewspaperArchive.com. One free site that I am aware of is through the Library of Congress available at <https://chroniclingamerica.loc.gov>.

As I prepare to become an accredited genealogist and working on my American ancestors, I was recently looking for probate records for my great grandparents, Walter and Clara Brock of Iowa. Ancestry and Family Search both have unindexed records in their catalogs.

I found a database on Ancestry which looked very promising: Iowa, U.S., Wills and Probate Records, 1758-1997. The time period covered should include the probates of both my great grandparents. One died in 1971 and the other in 1982.

Unfortunately, that is not how it turned out. From this screenshot of the Ancestry database, there are no Brocks.



This is where the newspaper came into play. I have had great success using Newspaperarchive.com. It has newspapers from Fairfield, the small town in Iowa where my family lived. I was fortunate enough to find legal notices in the Fairfield Daily Ledger for both great grandparents. (It is customary for a probate to be announced publicly.) In this particular case, the announcement gave the dates the wills were entered into probate. The date of the announcement let me know when the probate process actually began. In the case of Walter's, Clara didn't start the process until six years after he died. In the case of Clara's, a granddaughter had been named as her administrator, whom promptly began the process.

Having the dates is important in order to locate that record at the courthouse. Ancestry would have gotten their copy of the index from the courthouse. If the index was never updated, having specific dates would be very useful in have a court clerk find the records needed.

Submitted by Pamela Stutrud Groth

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Myrna Bellovich

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Elizabeth Stromberg

Ashley Eib

Donald Thoman

Mark Fahey

Colt Thompson

Elisabeth Gallagher

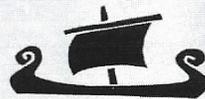
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Culture, Community, Camaraderie

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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.*