



FREYA FORUM

Sons of Norway, Freya Lodge #6-062 Newsletter

November 2021

Ord fra Presidenten

Happy Anniversary Freya Lodge! November 17th will be the 70th Anniversary of our wonderful lodge. Thank you to all of our members for keeping us going for 70 years!

There are still a few spots left for the Mauritsen Winery trip. Sign up if interested: [The Swedish history of Mauritsen Winery in Healdsburg Tickets, Thu, Nov 18, 2021 at 2:00 PM | Eventbrite](#)

Please save December 11 for our Julebord where we will have a small celebration for our 70 years.

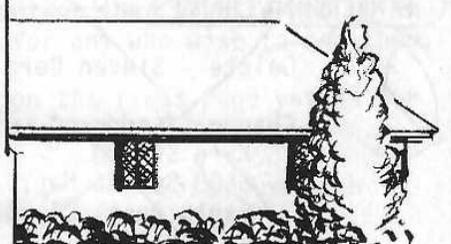
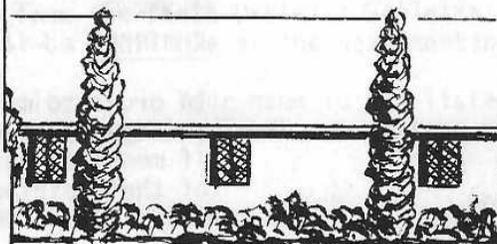
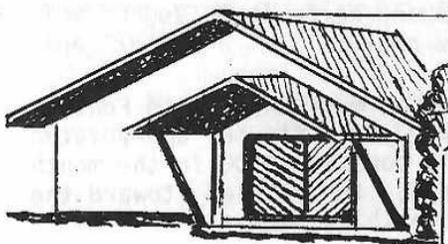
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Join us on November 13th from 2 – 4pm. Enjoy coffee and apple cake while we elect our new officers for 2022. We will follow the elections with a showing of “The Lutefisk Wars”. Please RSVP via phone 707-579-1080 or email to RSVP@FreyaLodge.org by November 10.

Enjoy the welcome rain and hopeful end to our fire season.

Lis Barca
President



Welcome New Members!

Carmela Geyer
Lyla Geyer

Thanks for Renewing!

Joan Byrd
Pamela Johnson
Sandra Mc Connell
Greta Olson

Scandia Book Club

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)

Bear Town

Fredrik Backman
January 17 @ 6:30pm (Tuesday)

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

Meeting ID: 835 0191 3066
Pwd: 268062

Insurance News

Happy Thanksgiving to everyone.

During this time we have to remember what we are thankful for. Our family, friends and what bounty God has blessed us with.

I would like you to reach out to your family members and invite them to our lodge festivities.

It's so important to keep connected with our heritage and sharing it with family.

Are your children protected with life insurance? What if something were to happen to them? You as the parents will be responsible for the memorial. Would you rather pay out of your pocket the expenses that can range from \$3600.00 to \$15,000.00 depending on what kind of service you choose?

When my Father passed away in March, he didn't want anything fancy. Just cremation, putting the ad in local newspaper and a box for his ashes. Moving the body to the mortuary and preparing his body for cremation was \$6,500.00. That isn't counting the flowers which run around \$500.00.

This is an eye opener for all of us if we have to arrange this either for our parents or family members.

With a small insurance policy, let the insurance company pay the expenses instead of out of your savings. Doesn't that make more sense?

Give me a call at (530) 263-6565. I would be happy to help you get this set up.

We also have a policy for those who can't qualify with other companies. It's a guaranteed life insurance.

Hope to see you in November and Happy New Year.

Adrienne Lincoln
E: alincoln2048@comcast.net

License # OF63907

530-263-6565

10790 Pittsburgh Road, Nevada City, Ca 95959

Social Director

The year is slowly coming to an end and soon we will have a bright beginning. As the days grow shorter and the nights a bit longer. I am reminded of the traditional foods of our ancestors so with that in mind at the end of November we will be starting the 3rd traditional Norwegian cooking class.



So if you have already emailed me then you're on the list. I will be contacting you all for our first zoom meeting to "Get us started"

If you would like to join in the the class, please email me: michele.dawn.edler@gmail.com

Keep a look out on the website for up coming events! You will not want to miss a single gathering. Elections, Julebord, 70th Anniversary for the lodge and so much more.....

See you in the kitchen!

Michele Edler
Social Director

Til Minne

Karin Hoy, a Sons of Norway member since 1997, passed away at age 92 in Petaluma, CA.

Karin was born in Oslo, Norway, as the youngest daughter of Lydia Ekelund. In 1958, after completing art school, she bravely ventured to the USA. She met her husband-to-be, Jorgen Hoy, a Dane, in San Francisco and moved to Petaluma where they started their family: Carl Johan (who passed away as a baby), Lydia and Rita Lynn.

Karin was very involved in Freya Lodge in Santa Rosa; once serving as it's president. When called to help baking for various events, Karin was always able and willing. Sons of Norway supports "Ski for Light", a non-profit organization providing opportunities for visually impaired to experience cross-country skiing, and Karin was once involved in it's projects in the Sierra Nevada mountains.

A Freya member remembers Karin as always being happy and ready to volunteer.

Our condolences to Karin's family and friends.



FRILUFTSLIV Creek Trails of Santa Rosa

Many of our members live in or near Santa Rosa so when I came across the brochure, *Creek Trails of Santa Rosa – Map and Guide*, I quickly picked it up for future reference. The brochure includes a huge map of trails and a description of riparian plants, birds and fish. Restoration of Santa Rosa's creeks began in the late 1990's to a more natural state. Also listed are the favorite bike, running and walking trails. Here are a few of them. But a word of caution. On some of the city's trails, especially along the creeks, you may find homeless encampments.

Hunter Creek Trail. I hiked this trail once with a birdwatching group and was amazed at the number of birds we saw. This is an out-and-back trail unless you park a car at each end or ride a bike there. One end of the trail begins on Santa Rosa Avenue across from Friedman's Hardware. There are a few places to park on the east side of the street. Small ranchettes line the trail at the beginning, but eventually you walk along more open space, ending up at Petaluma Hill Road.

Brush Creek Trail. You can start at the north end of this trail at Montecito Blvd and Bridgewood Dr. There is some parking on Bridgewood. The trail heads south on either side of Brush Creek. The trail is lined with houses on both sides but also with lots of trees. It runs all the way to Highway 12. You could walk down one side of the creek and back on the other.

Howarth Park and Spring Lake Regional Park. These two parks are favorites so you will find lots of walkers and cyclists here. The entrance to Howarth Park is on Summerfield Rd., and there is parking. Spring Lake Park has two entrances and parking lots– one at the south end of Newanga and one on the east side off Violetti. This park has 10 miles of trails. Or you can hike from Howarth up the hill to Spring Lake. These parks have restrooms. Most of the trails are paved. For those of you with kayaks, canoes, or paddleboards, there is also a boat launch off of the Newanga entrance. And if you want to spend the night, you can make a reservation to camp at Spring Lake Regional Park. There are campsites for both tents and RVs.

Laguna de Santa Rosa. There are 3 trail entrances and several trails through the wetlands west of Santa Rosa. There is an excellent description of these at this website - <http://lagunadesantarosa.org/pdfs/2018-Trails-Brochure-WEB.pdf>. The trails are Laguna Wetlands Preserve, City of Sebastopol; Laguna de Santa Rosa Trail, Sonoma County Regional Parks; and Laguna Uplands Preserve, Laguna Foundation. The trails are flat and connect to each other. There is parking at all three entrances.

For more trails around Santa Rosa look online at www.srcity.org/creektrails . Enjoy your autumn outings. Stay safe. And remember to log your miles or time on your sports medal cards – idrettsmerke or gangmerke..



Carol Brandstad Eber, Sports Director
ceber@att.net
707-364-1564

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.

November 13, 2021 at
2pm
RSVP@FreyaLodge.org
Or 707-579-1080

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 November 13, 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.



Vikings in North America

How ironic that on October 9th when Freya Lodge was celebrating Leif Erikson and guessing when he would have landed on North American soil, Dutch scientists are now, two weeks later, telling us about a new kind of radiocarbon dating that has determined the exact year when Vikings landed in Newfoundland. They analyzed radiocarbons embedded in the annual tree rings of three chunks of wood found at L'Anse aux Meadows, the Viking site discovered in the early 1960s by the Norwegian couple, Helge and Anne Stine Ingstad.

Scientists knew already that a solar storm around year 993 would have shot cosmic rays into the atmosphere and that a higher than usual concentration of radio carbons became embedded in every tree alive at the time.

The subsequent number of annual rings on each tree told the scientists that the tree was cut down in year 1021—exactly one thousand years ago.

Researchers also knew that indigenous people could not have cut the slabs as the wood showed signs of a metal blade and, back then, only the Vikings had such knowledge.

Extracted by Siri Fenson from Washington Post, 10/21/2021



L'Anse aux Meadows, Newfoundland

All About Leif Picnic 10-9-2021



Andy Eber as Leif Erikson
Becky Thompson as Gudrid Erikson
Jack Potter as Thorstein Erikson



Kerrily Beaton with sons Oliver and Rowan



Campers (above L-R): Soliana Guzman,
Paloma Guzman,
Isaiah Shipley-Tuavale,
Mia Shipley-Tuavale

Granddaughter Libby Burke,
Daughter Lisa (The Brave) Whitescarver,
and Siri Fenson (L-R →)



All About Leif Picnic 10-9-2021



Jan Shipley (L) and Granddaughter Paloma Guzman



The Wilson Vikings (Matt & Crystal)

Hope Floats

Inspired by Norway's stave churches, Hope Cathedral is a unique structure, floating on a barge near the mouth of the river Glomma in Fredrikstad, Norway. It is constructed out of timber and over a thousand plastic fish boxes. The multi-colored fish boxes, recovered during shoreline clean-ups, have been recycled into jewel-like roof tiles.

Solveig Egeland, an artist and cultural advisor to the Church of Norway's Diocese of Borg, was inspired to start the project back in 2018 as she witnessed more and more plastic waste being deposited on her favorite beaches. In their stead, she envisioned an edifice of many colors rising from the sea. That fall, 35 volunteers banded together to realize her dream.

They have since been joined by thousands of people from across the globe, binding people of different faiths and nationalities together into a supportive, sustainability-focused community. Now nearly finished, Hope Cathedral was opened to the public on June 5, 2021.

To find out more, visit their website:
hopecathedral.no



From Sons of Norway Newsletter Service

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Siri Fenson

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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.*