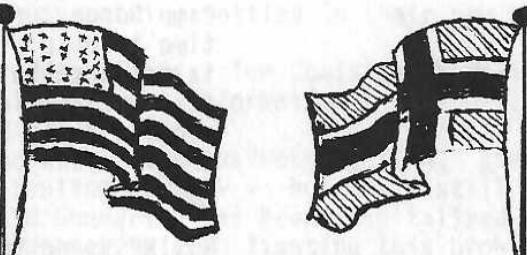


FREYA FORUM

Sons of Norway, Freya Lodge #6-062 Newsletter

December 2021



Ord fra Presidenten

December, 2021. Where has the time gone? I hope everyone had a restful and enjoyable Thanksgiving holiday.

Our WiFi went out during the long weekend (only for 24 hours) and while there were plenty of things to do without it, it was amazing what couldn't be done (working on this newsletter for one).

My doorbell camera ceased to update me on the front porch happenings, my Google display refused to show the time, we couldn't stream music, movies or tv. While the break was nice, we're all very glad to be back online again.

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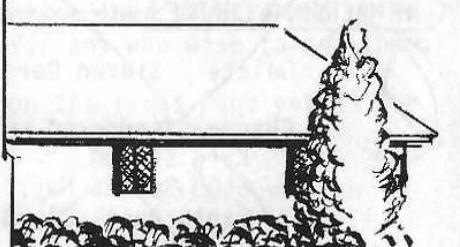
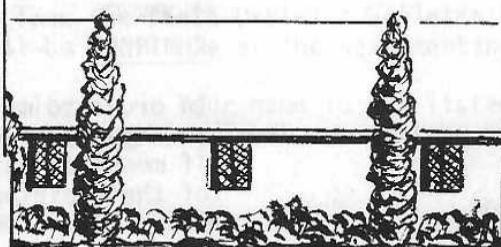
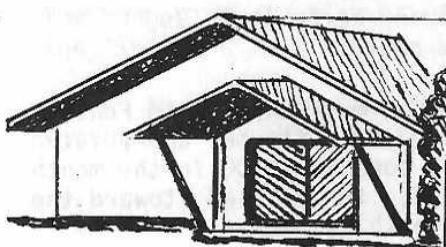
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Thank you to those that came to visit and vote in the new lodge officers. After cake and elections, we watched "The Lutefisk Wars" - a mockumentary about a war between two Norwegian Maffa families over a Lutefisk recipe. I thoroughly enjoyed it and it's dry, Midwestern humor.

Our scaled-down Julebord is December 11. Tickets are limited and vaccinations are required.

I wish everyone a happy, healthy holiday!

Lis Barca
President



Welcome New Members!

Dena Allen
Shelley Alves
George Oehm
Kyi Robinson

Thanks for Renewing!

Donald Bent
Donald Coates
Joshua Cummings
Cobey, Ginger & Nathen Gong
Lita Harvey
Susan Hiatt
Heidi Hochrein
Pamela Johnson
Karen Larson
Cheryl Malseed
Kathryn Norman
Andrew, Elena, Owen &
Pamela Ragnes
Philip Rhodes
Beverly Torres

Insurance News

Wishing everyone a Merry Christmas!

This year is coming to a close and looking back at this year again has been many new lessons in our lives to be Grateful for.

I am Grateful that my husband and I are recovering from Covid and appreciate the energy I had and praying I get it back.

Life is precious and we should all be grateful for each day. My end to this year is if your thinking about life insurance don't put it off!

Merry Christmas to all of you and have a blessed Christmas!

Adrienne Lincoln

Adrienne Lincoln
E: alincoln2048@comcast.net
License # OF63907
530-263-6565
10790 Pittsburgh Road, Nevada City, Ca 95959

Scandia Book Club

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

Please Verify Your Contact Information

The District Six Secretary, Nancy Madson, is requesting that lodge members verify their contact information on the Sons of Norway website, www.sofn.com

Have you moved in the last year? Did you eliminate a land line, change your email address? This is particularly important for lodge officers. The 2022 District Directory & Resource is based on information in the Headquarters' data base. Lodges will be electing new officers shortly, and up-to-date information is desired.

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

See you in the kitchen!

Michele Edler
Social Director

Til Minne

Gail Fairchild, a Sons of Norway member since 1992, died peacefully on October 31, 2021 at age 74 in Santa Rosa, CA.

Gail was originally from Osakis, MN. She was born November 17, 1946 to Bill and Gladys Sliper. She met her husband of 50 years, Mike, while on a trip to San Francisco in 1968 and settled in the Bay Area.

Gail graduated from the University of Minnesota, majoring in Spanish, but found a fulfilling career in accounting. She was an accountant for over 35 years for local Sonoma County wineries, retiring in 2018 from Geyser Peak winery.

She was an advocate for her community, an avid sports fan, and delighted all with her dry sense of humor and style.



Gail leaves behind husband Mike, children Elissa and Andy, daughter-in-law Ashley, her granddaughters Maddy and Cora and her sister Carol and brother-in-law Ron. She will be missed dearly.

Gail is laid in rest at Evergreen Cemetery near Osakis, Minnesota.

Our deepest sympathies to Mike and the family.

FRILUFTSLIV

Share Your Enthusiasm for Outdoor Life and Recreation

The Sports Medal Program encourages Freya members to stay active and share enthusiasm for the Norwegian tradition of *friluftsliv* or outdoor life and recreation. No matter your age, the Sports Medal Program recognizes Freya members who are active.

Sports Medals are awarded in five different categories – walking (*gangmerke*), skiing (*skimerke*), outdoor or indoor cycling (*sykkelermerke*), swimming (*svømmememerke*), and sports/fitness both indoors and outdoors (*idrettsmerke*). There is a card for each category in which members keep track of their activities for twelve months or less. You record the date, the location, the distance/time, and have someone initial your record that shows your effort. Choose the category that gets you active and set your goal.

Each card has requirements based on your age from 0 to 70+. Only *idrettsmerke* levels are based on time. The other category requirements are based on miles. There are six levels of achievement – bronze, silver, gold, enamel, *idrettshelt*, and *hederpris*. Start at the bronze level and when you complete that level, submit your card to the Freya's Sports Director, who will then order a medal for you. You should meet the requirements of each level for your age in 365 days. Sometimes an illness or injury may interfere, and your Sports Director will work with you to adapt the requirements.

Once you complete your bronze level, begin again at zero and start working on your silver level. Then on to gold, enamel and *idrettshelt* in consecutive order but always starting at zero.

Hederpris is the outstanding achievement award for members who've earned bronze, silver, gold and enamel medals in any three of the five categories.

For Sports Medal Cards, contact Freya's Sports Director who will get them to you or print your own from the Sons of Norway website.

Here are links to the Sports Medal cards:

https://www.sofn.com/wp-content/uploads/2018/11/Idrettsmerke_Card.pdf
https://www.sofn.com/wp-content/uploads/2018/11/Gangemerke_Card.pdf
https://www.sofn.com/wp-content/uploads/2018/11/Sykkelermerke_Card.pdf
https://www.sofn.com/wp-content/uploads/2018/11/Svømmememerke_Card.pdf
https://www.sofn.com/wp-content/uploads/2018/11/Skimerke_Card.pdf
<https://www.sofn.com/wp-content/uploads/2021/03/idrettshelt.pdf>

Freya Lodge has many active members who have earned Sports Medals. We recognize them for their commitment to a healthy lifestyle and Norwegian tradition.



Carol Brandstad Eber, Sports Director
ceber@att.net

707-364-1564

Freya Officers for 2022

The following were elected as lodge officers for 2022.

President – Lis Barca

Vice-President - Heidi Hochrein

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

Please contact Cathan Potter if you are interested in a position on the Hall Maintenance Committee or can assist with event set up and take down.

The recent drought has been very hard on CAMP NORGE.



During this past season, the camp ran  **out of water four times. But there is a solution to the problem!** We need to replace the **20-year-old** back-up well pump and bring the Camp into the 21st century. That's where **you** come in.

We need \$15,000 to bring the system up to date.



Add Camp Norge to your Holiday Gift List

Today, go to our GoFundMe Page here

<https://gofund.me/e5da7570>

Or if you prefer, make your check payable to Camp Norge and send to P.O. Box 622, Alta, CA 95701 and put "Let it Flow" on the memo line.

Questions? Contact Fred Hymans at (916) 412-3797 or fred.hymans@campnorge.org

Cultural Skills Classes Lined Up for 2022

Several classes/activities are being offered in the New Year. Maybe one or more are of interest to you?

Continuing from 2021 is the *Scandia Book Club*. It meets on the 3rd Tuesday at 6:30pm via Zoom. You may contact Lis Barca (707.495.5808) for details.

Also continuing is the *Freya Knitters'* meeting, in person (and via Zoom), in the home of Else Marie Bratlien, every other Friday afternoon, from 2pm – 5pm. Lessons are available. Contact Else (707.528.7162) for additional information.

The *Norwegian Cooking Class* will start up again in January, 2022. If interested, see Michele Edler's Social Director article in this newsletter.

NEW! Offered in January is a (mini) *Norwegian Language Class* for beginners and those with some knowledge of NORSK. It will be taught by Anne-Marie Winterhalder and will meet four Mondays in January (10th, 17th, 24th and 31st), at 2pm in Norway Hall. A fee of \$20 for the four lessons applies. Contact Anne-Marie (707.623.9898) if interested.

Want to learn basic *Rosemaling*? If yes, then come to Norway Hall on Friday, February 4th, when Lotte Sather (member of Vallejo's Victory Lodge and our Zone 2 Director) will be giving a 3-hour class. For a \$10 fee, you will get a wooden "plaque" to be painted, plus paint and brushes. Contact Siri Fenson if wanting to join (707.303.7860).

Later in the spring, a class in "*Music and Musicians of Norway*" will, most likely, be offered. It covers "Roots of Norwegian Music" (Level 1), "19th Century Music" (Level 2, incl. Edvard Grieg) and "20th Century Music" (Level 3).

...and The Cultural Skills Awards Go To.....

Two more cooks, Pat Bonderud and Greta Olson, have completed the three levels of *Traditional Norwegian Cooking* and will soon be presented with their awards. They were coached by our able Social Director, Michele Edler, having instructed and guided these two women in preparing "favorite dishes", "baked goods/desserts" and "meat and fish" dishes.

To earn a *Mentor's Award*, one has to have instructed five members, helping them to earn Cultural Skills awards. Michele Edler has accomplished this and will be presented with the Level 1 Mentor pin. Congratulations!

GOLDEN Membership pins are given to a Sons of Norway member who has reached the age of 65 and has been a member for 35 years. Laurel Laingen is being honored this month. We congratulate you, Laurel!

Siri Fenson, Cultural Skills Program Director

Freya Board Contact Info

President: Lis Barca
707-495-5808 editor@freyalodge.org

Vice President/Membership Secretary: Siri Fenson
707-303-7860 sirimax@att.net

Secretary: SandraSmith & Valerie Box
415-898-0244 sandramsmith007@comcast.net or
707-494-0970 boxmom@sbcglobal.net

Social Director: Michele Edler
707-331-3817 michele.dawn.edler@gmail.com

Treasurer: Else Bratlien
707-528-7162 ebratlien@pacbell.net

Cultural Director: Karen Larson
707-996-9889 tandkrlarson@sbcglobal.net

Editor: Lis Barca
707-495-5808 editor@freyalodge.org

Cultural Skills Director: Siri Fenson
707-303-7860 sirimax@att.net

Sunshine: Sandi Mc Connell
707-539-1021 sandrahedvig@aol.com

Norway Hall Maintenance Committee
President: Cathan Potter
707-843-0033 cathan.potter@gmail.com



Einar Asbo

Lona Poehlmann

Else Bratlien

Karen Larson

Elizabeth Burke

Darryl Laxo

Tor Burke

Carol Martin

Inger Crump

Peter Meirik

Roberta Cummings

Lilianna Oehm

Carmela Geyer

Debra Orner

Pamela Stutrud Groth

Ellen Swenson

Arther Indenbaum

Madalyn Tapparo

Katja Kallick

Eddie Tollefson

Gloria Keller

Edward Tollefson

Elias Lacy

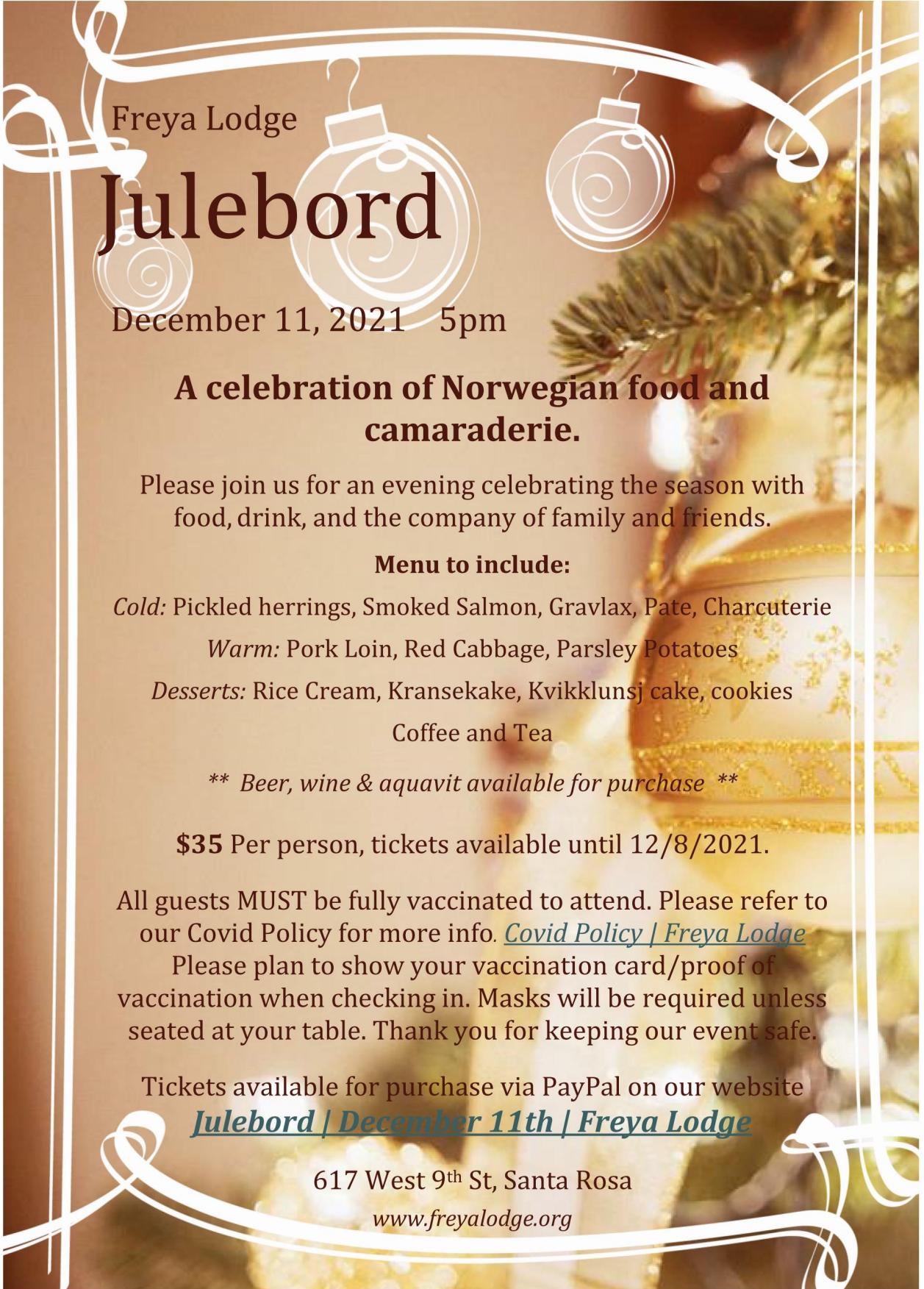
Isaiah Shipley-Tuavale



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Freya Lodge

Julebord

December 11, 2021 5pm

A celebration of Norwegian food and camaraderie.

Please join us for an evening celebrating the season with food, drink, and the company of family and friends.

Menu to include:

Cold: Pickled herrings, Smoked Salmon, Gravlax, Pate, Charcuterie

Warm: Pork Loin, Red Cabbage, Parsley Potatoes

Desserts: Rice Cream, Kransekake, Kvikklunsj cake, cookies

Coffee and Tea

*** Beer, wine & aquavit available for purchase ***

\$35 Per person, tickets available until 12/8/2021.

All guests MUST be fully vaccinated to attend. Please refer to our Covid Policy for more info. [Covid Policy / Freya Lodge](#)

Please plan to show your vaccination card/proof of vaccination when checking in. Masks will be required unless seated at your table. Thank you for keeping our event safe.

Tickets available for purchase via PayPal on our website

[Julebord | December 11th | Freya Lodge](#)

617 West 9th St, Santa Rosa

www.freyalodge.org



Johanna Sandev
REALTOR®, DRE #01255368

707.321.1459
johannasan@att.net
johannasandev.bhhsdrysdale.com
917 College Avenue
Santa Rosa, CA 95404

A member of the franchise system of BHH Affiliates, LLC.

Contact Us

Freya Lodge
617 West 9th St
Santa Rosa

Mail:
PO Box 6558
Santa Rosa, CA 95406
(707) 579-1080

Editor@freyalodge.org

Visit us on the web at
www.freyalodge.org



Find us on
Facebook

Culture, Community, Camaraderie

Freya Lodge, Sons of Norway

Lis Barca, Editor

403 Decanter Cir
Windsor, CA 95492



**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.*