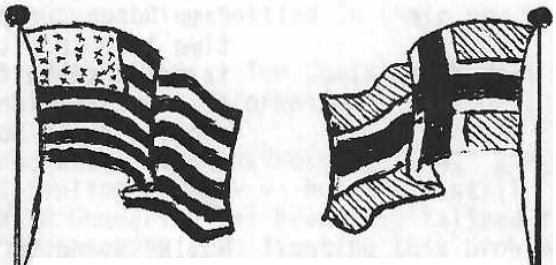
SONS of NORWAY
Freya Lodge 6-062

FREYA FORUM

FREYA

Sons of Norway, Freya Lodge #6-062 Newsletter January 2022



Ord fra Presidenten

Godt nytt år! Happy New Year!

Thanks to those who joined us in December for our Julebord. Wonderful food, friends, and camaraderie.

Michele Edler, our Social Director and Queen of the Kitchen, will be out of commission for a few weeks. With Michele's absence and the continued impact of Covid, we will not have an event in January.

Save the date for a Sweetheart & Sweet friend Dinner on February 12. More info to come, please watch our website.

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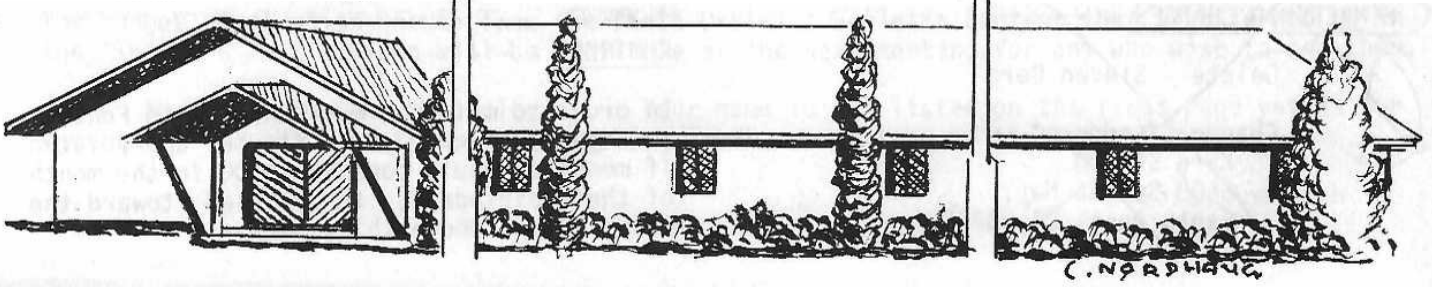
Interested in Cultural Skills? The Norwegian class scheduled to begin January 10th has been postponed due to Covid and the new protocols. We will provide an update when it is rescheduled.

If you are planning to attend the Rosemaling Class on February 4th, please let Siri Fenson know as soon as possible.

Stay safe and well.

Lis Barca
President



Welcome New Members!

Vanja Flak
Jon Hermstad
Marianne Moore

Thanks for Renewing!

Tor Allen
Shelley Alves
David Borge
Lars Egede-Nissen
Max & Siri Fenson
Tor Grøtting
Stanley Halverson
Pamela Johnson
Katja Kallick
Sid Krogstad
Susan Kuehn
Heidi Minkow
Donald Moe
Oehm Family
Susan Olsen
Pamela Provenzano
Rich Sandvick
Ann Strom
Magne Veimoen
Annika, Maggie & Valerie Wolfe

Insurance News

Happy New Year 2022!
New Year, New Goals, New Beginnings.

Let this year start off by making a difference in someone's life.

Do you have what we call lazy money???
You aren't making much interest and have been thinking about doing something for your children or Grandchildren?

It's important to leave a legacy.
Change their life by giving them something other than toys!
Teaching them finances is extremely important in life and will forever change their lives.

May this year be the beginning for someone you love.

Give me a call (530)263-6565 and we can design a plan for them.

Your Financial Professional,
Adrienne Lincoln

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

Scandia Book Club

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

https://us02web.zoom.us/j/83501913066?pwd=dk54QVc0cmdIdnRsMml4SVkwM2poZz09
Meeting ID: 835 0191 3066
Pwd: 268062

Social Director

The Traditional Norwegian Cooking Class meeting email has been sent out to those that have shown interest in taking the classes. Please check your email for meeting details.

I am so excited to get the 3rd cooking class started in just a few weeks, so far there are 7 who are interested! I am stoked at the growing popularity of this Cultural Pin being achieved by 6 of us so far!

Again, if you are interested in learning more about the Class, please email me: Michele.dawn.edler@gmail.com

I am looking for a few good men and women to be on the Kitchen Dream Team for events, that includes decorations, cooking, serving, cleanup; there is always more that is needed, but I cannot do the events by myself. If you are interested in becoming a team member for the Dream Team, email and let me know, I will have a list for the years coming events soon and will make sure we shine bright when we gather next!

Okay, that is it for me….. See you in the Kitchen!

Michele Edler

Social Director

College/University Scholarships Available to students of Norwegian descent!

Henrik Ibsen Lodge #7, Sons of Norway, is grateful to have the Peder P. Johnsen Education Fund Scholarships available for full time undergraduate and graduate students of Norwegian descent.

Students who live in Northern California and have demonstrated academic rigor, as well as involvement in the Norwegian-American community are encouraged to apply. A minimum grade point average of 2.7 is required. Applications will be available after the first of the year and must be submitted no later than April 1, 2022.

We encourage you to notify students and their parents about this opportunity. This year we were able to fund 10 PPJ Scholars. The funds from the scholarship often assists the students with books and fees and, in one case, helped defray the loss of a summer job. Make application requests to:

Karen Rogenes Rende, Secretary
Peder P. Johnsen Education Fund, Henrik Ibsen Lodge, #7
Email: mormor154@gmail.com

Snail Mail: 154 Devonshire Blvd.
San Carlos, CA 94070
Phone Msg: 650-592-1857

FRILUFTSLIV
Sports Medal Program

Gratulerer! Our Freya Lodge has excelled in outdoor activities and earned a record number of sports medals in three different categories in 2021 – *idrettsmerke, gangmerke og sykkelmerke.* The level of medals that can be earned are bronze, silver, gold, and enamel.

In *idrettsmerke,* which includes a range of fitness activities, the following earned medals:

- Siri Fenson – enamel
- Carol Eber – enamel
- Cheryl Malseed – bronze

In *gangmerke,* hiking/walking, the following earned medals:

- Sandy Smith – enamel
- Greta Olson – gold
- Michele Edler – gold
- Becky Thompson – silver
- Carol Eber – silver
- Rich Sandwick – bronze

In sykkelmerke, the following earned a medal:

- Susan Potter - bronze

Congratulations to those listed above for your commitment to the healthy Nordic-inspired outdoor lifestyle. Medals were presented at the few 2021 in-person events to those who attended. Please let me now if you have not received your sports medal yet. Because of the excellent participation of our members, we have ordered more medals.

Keep up the good effort in 2022 and stay healthy. We hope that even more members will get your sports cards and track your activities. Godt nyttår!

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

Cooking Traditional Norwegian Food

Michele Edler has held yet another marathon cooking class and two ladies, Pat Bonderud and Greta Olson, earned their 3-level "bars". The cooking parts include learning to prepare traditional dishes, desserts/baking and fish/meat dishes. The how-to, the "grading" each dish, taking photos, writing an essay and more, were submitted by Pat and Greta and then judged… and approved.

Michele herself, having taught five persons the ropes, was presented with a Level 1 Mentor Pin on December 11th. Tusen takk, Michele and **Gratulationer til dere alle!**

Speaking of awarded pins… Laurel Laingen of Sonoma has received a **Golden Member** pin for having been a Sons of Norway member for 30 years (and being 65+ years-of-age). **Congratulations, Laurel!**

Sports Medal and Cultural Skills Pins recipients.

From L to R:
Cheryl Malseed, Kerrily Beaton, Michele Edler, Siri Fenson, Sandra Smith, Greta Olson and Pat Bonderud

Siri Fenson, Cultural Skills Director

Membership Report

Sons of Norway, as of October 31, had 62,489 members. A Recruitment Challenge has been going on all through the year and lodges that brought in at least 4% of their January 1, 2021 membership count, will receive $125.00. Freya Lodge has fifteen new members, so **Congratulations to us** and a warm welcome and **Thank You** to you fifteen.

Siri Fenson, Membership Secretary

Rosemaling Class, February 4, 2022

Lotte Sather, a Rosemaling instructor, a Zone 2 Director and member of Victory Lodge in Fairfield, will be at our Norway Hall on Friday, February 4th, to teach us the basics of the beautiful Norwegian art form. We will gather at 9:30am at Norway Hall and work for three hours, not including time to eat and socialize during a bring-our-own lunch. There will be coffee available and maybe some sample cookies brought by ourselves?

Cost is $10, which covers all materials. By finishing a plaque, size 3.5" x 4.5", we will qualify to earn a Level 1 pin… provided some paperwork and writing an essay are finished at home.

There are five of us signed up at this point, but there is plenty of room for more. Anyone who would like to join us, I hope to hear from you soon. Any questions? Contact Siri at 707-303-7860 or sirimax@att.net

Kyi (Kai) Robinson has joined Freya Lodge

Kai's grandfather Olav Loftesnes, came to the bay area from Kallarberg/Ubergsmoen (area of Risor), Norway around 1928. In San Francisco, he met and married Julia Robinson who was of Irish/Native American ancestry. The Loftesnes' had five children, of which three survived childhood. Kai's father is Rickey Loftesnes and his uncles and an aunt are Thor, Jeffrey and Barbara. The family later moved to Forestville, Sonoma County, and joined Freya Lodge.

Kyi's last name at birth was, of course, Loftesnes, but his dad changed it to Robinson as he felt Kyi would have an "easier time" with it.

Kyi lives in Napa County and is a fruit tree pruner and also works in construction. He is in his mid-thirties and very interested in learning about his heritage. He has already signed up to be part of Cathan Potter's Hall Maitenance Committee. Thank you, Kyi, for volunteering.

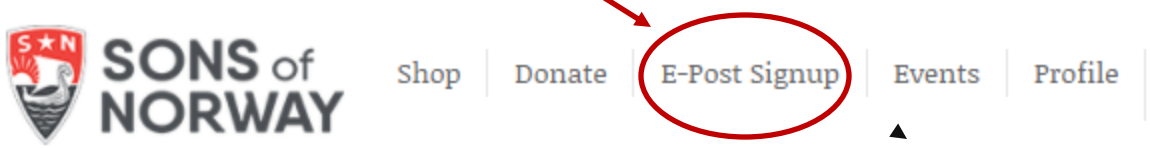
Uncle Thor Loftesnes, who lives in Santa Rosa, joined our lodge back in May.

Velkommen Kyi!

Siri Fenson, Membership

Sons of Norway E-Post

Be sure to sign up for the monthly Sons of Norway E-Post. It's an informative publication to help stay in touch with one's heritage and to learn a bit about modern Norway. The link to sign up can be found at the top of the Sons of Norway website sofn.com.



Freya Board Contact Info

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

Vice President: Heidi Hochrein
707-578-8911 hhochrein@rocketmail.com

Secretary: SandraSmith
415-898-0244 sandrasmith007@comcast.net or

Social Director: Michele Edler
707-762-8665 michele.dawn.edler@gmail.com

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

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

Youth Director: Kerrily Beaton
707-752-7035 beatonchat@gmail.com

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

Membership/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

Dena Allen

Doris Andersen

Waylon Buckle

Ginger Schechter Gong

Molly Lundstrom

George Oehm

Andrew Ragnes

Madeline Reighard

Randi Reiremo

Felix Rodriguez

Logan Shipley

Sandra Smith

Roy Thuestad

John Tomberlin

Dorothy Vonderhaar

GRETE ÅSHILD (SKJØNSBERG) MORALES

Grete Morales passed away on Monday, November 29, 2021, at the age of 83. Grete had lived for nearly seven years in the skilled nursing facility at Spring Lake Village in Santa Rosa, California, where she was given care, respect, and love by the wonderful staff. She faced the merciless progression of Parkinson's disease and dementia with the same strength of character by which she lived her life: calm stoicism, boundless curiosity about everything, and a razor-sharp wit. She died standing tall, of a heart attack while (with the expert help of her physical therapist) doing what she loved: walking.

Grete Åshild Skjønsberg was born March 21, 1938 in Romedal, Norway, the second of the ten children of Hans Skjønsberg and Oloug (Skogly) Skjønsberg. Her siblings were Kirsti, Per, Harald, Linda, Berit, Anne Lise, Helge, Else Torill, and Erik. Grete's early family life was deeply affected by the German occupation of Norway beginning in 1940 when she was only two years old. She grew up and attended school, then worked as an archivist in Norway until emigrating to the United States in 1963 at the age of 25 to work as an au pair—first in Ohio and later on Whidbey Island, Washington. It was there she met her future husband, Louis Morales, who was in military service and stationed at Naval Air Station Whidbey Island. They married on May 6, 1967 in Idaho and Grete became a U.S. citizen two years later in Martinez, California. The couple lived happily in the San Francisco Bay Area for many years, before moving to the country home they built together in the Sierra Nevada foothills near the small town of West Point, California.

Grete loved getting to know people and would readily do favors for anyone who asked, especially friends and neighbors. She was a skilled knitter, seamstress, and cook, a gracious hostess, and had a musical laugh. She loved jazz music and Chinese food. Grete and Louis had several good dogs while living near West Point, and Grete enjoyed taking them for long walks in the beautiful rolling hills and oak woodlands.

Grete worked at many jobs over the years and was active throughout her life with Sons of Norway and other charitable organizations. Louis had a distinguished military career in the Navy. The couple had no children of their own but were both deeply family-oriented and regularly visited or hosted their parents, siblings, nieces, nephews, and cousins. Grete visited her family in Norway many times over the years.

Grete is survived by her brothers Per, Harald and Erik; her sisters Kirsti, Linda and Torill; many nieces, nephews, and grand nieces and nephews; as well as her "kids" from Whidbey Island (Gretchen, Anne, David and Sarah); their kids, Grete's "grandkids" (Lucas, Carlie, Gaela, Emrys, Little Bear, and Casey); and one "great-grandchild," Camden. She lost her beloved husband Louis in 2008 and was predeceased by her parents, several siblings, and her in-laws.

A memorial service celebrating Grete's life was held at the Spring Lake Village Chapel on Thursday, December 9, 2021. In gratitude for their dedication, love and care, we ask that in lieu of flowers, contributions be made "In memory of Grete Morales" to the SLV Employee Appreciation Fund, and mailed to Spring Lake Village, Attn: Accounting, 5555 Montgomery Drive, Santa Rosa CA 95409.

Nordic Myth Turns Pop Culture Icon

Described in the Icelandic Sagas as lurking off the coasts of Norway and Greenland, the giant, ship-devouring Kraken has recently re-emerged as a darling of popular culture. Sightings of the mythical tentacled beast are everywhere!

- On ice: The Seattle Kraken are a new NHL hockey team for the 2021 – 2022 season. Their logo is a sea blue 'S' with a menacing red eye.
- At the pub: Kraken Rum was launched in the UK in 2010. Contrary to urban legend, giant squid ink is not among its rich, spicy ingredients.
- At the (virtual) bank: Do you have some bitcoin to trade or exchange? Kraken.com is a cryptocurrency exchange based out of San Francisco.
- On screen: Starring as Davy Jones' deadly pet in Pirates of the Caribbean: Dead Man's Chest, the Kraken continues its reign of watery terror with appearances in several Disney video games and theme park attractions.

As you can see, the Kraken is making quite a stir in popular culture today! Where will it pop up next?

Learn more Nordic myths and legends here: https://www.sofn.com/blog/mythical-creatures-of-scandinavia/

From Sons of Norway Newsletter Service

Julebord - December 11, 2021

Fun in the kitchen (L to R): Michele Edler, Sandra Smith, Linda Roa and Kerrily Beaton

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

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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.