

FREYA FORUM

Ord fra Presidenten

I want to thank those who joined us for our Fårikål dinner. I was remiss in my hosting duties (I blame it on being out of practice) and didn't properly thank and acknowledge Else Bratlien for her cooking skills nor the crew that helped with set up, serving and everyone who assisted with clean up. It takes a village.

It was nice to welcome the Vikings of Bjørnstad back to the lodge. I thought their presentation on Viking Women was very interesting and always enjoy their display and visiting with them.

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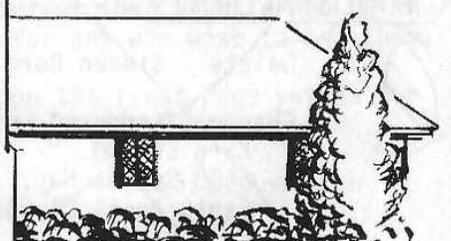
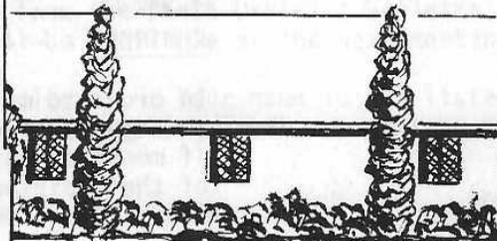
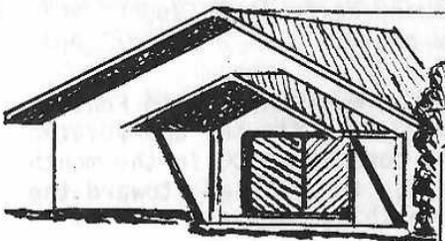
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Our Scandinavian Brunch is scheduled for April 23. Please join us for open-faced sandwiches and potato soup. We will provide info on Sons of Norway and answer any questions you may have. The link to purchase tickets is available on page 3.

Save the date for our Syttende Mai picnic. Flyer on page 8.

Stay safe and well.

Lis Barca
President



Welcome New Members!

John Hiatt

Thanks for Renewing!

Elisabeth Gallagher

William Gallagher

Barbara Ginsky

Barbara Hauge

Lester Hoel

Unni Hoel

Pamela Johnson

Peter Meirik

Laurel Powers

Randi Reiremo

Dolores Scott

Carolyn Strange

Gro Tomasini

Insurance News

Do You Have Retirement Insurance?

Insurance helps replace a financial loss when the unexpected happens. Life insurance helps us make ends meet when we lose a loved one. But what about when the market takes an unexpected downturn?

Annuities can be viewed as a kind of retirement insurance—they offer the stability and predictability of income you can always count on. Call your Sons of Norway Insurance Professional today to find out how you can add a safety net to your retirement plan.

If you're interested in more information, let me know and I can get proposals for you.

I can be reached at 530-263-6565.

Your Financial Advisor,
Adrienne Lincoln

Adrienne Lincoln

E: alincoln2048@comcast.net

License # OF63907

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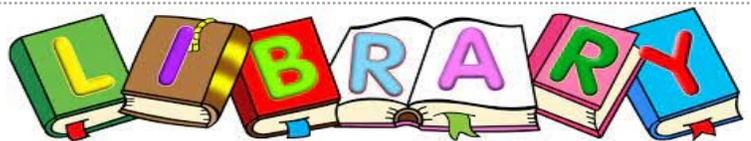
Scandia Book Club

The Darkness
Ragnar Jonasson

April 19 @ 6:30pm (Tuesday)

<https://us02web.zoom.us/j/81433082734?pwd=NTVoRGd4UjRGeFgzY0lGL0E4RGNIIdz09>

Meeting ID: 814 3308 2734
Pwd: Read



Librarian Heidi here!

I've taken on looking after the books in our humble library.

Please stop in to browse anytime you're at the lodge! Sign in and out books, picture and children's books, tapes, magazines... There may also be some 'freebies'!

See you in the stacks!

Heidi Hochrein, Vice President

Social Director



Greetings from the Kitchen!

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, michele.dawn.edler@gmail.com.

April 23rd- Saturday:

Scandinavian Brunch, I will need help in the kitchen, setup, breakdown, decorations and serving. Let me know if I can count on you for my kitchen team on this day.

We start early for this as brunch is served @ 11:30am.

May 14th – Saturday:

Syttende Mai, BBQ and Picnic: I will need help in the kitchen, setup, breakdown, decorations and serving. Let me know if I can count on you for my kitchen team on this day.

The Traditional Norwegian Cooking Class is nearly complete with 4 more members earning their Cultural Skills Pins for Cooking!

There will not be a Fall 2022 Traditional Norwegian Cooking Class as I have too many obligations in November and December.

We will resume in late spring of 2023.

See you in the Kitchen!

Michele Edler
Social Director

Scandinavian Brunch

Saturday, April 23, 2022. 11am.

\$15 per person

Please join us for

Open-faced Sandwiches and Potato Soup

All about Sons of Norway

Let us answer any questions you may have about membership, cultural skills, foundation and more.

[Scandinavian Brunch | April 23rd | Freya Lodge](#)

FRILUFTSLIV Outdoor Life and Recreation

Congratulations, Susan Potter! She earned a silver medal in *Gangmerke*, Susan was out walking about 6 days a week to earn this medal. And now she is walking to earn a gold medal.

Let's do something new for spring! How about coming together as *Hiking Vikings* in April? Let's meet at Ragle Ranch Park in Sebastopol for a 1- 2 mile walk in the woods.

Saturday, April 16 at 9:00

The park address is 500 Ragle Road, just west of downtown Sebastopol. Meet at the Gazebo in the park. See the red arrow on the map. We can decide how far we want to walk. I will bring maps. You bring snacks and water. And wear good walking shoes. You can take a look at the park map at this website: <https://parks.sonomacounty.ca.gov/Visit/Ragle-Ranch-Regional-Park/>
Parking is \$7 or free if you are a Regional Parks member.



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



Upcoming Nordic Center Events

Friday, April 8, 2022 - 1:00pm to 2:00pm

Robert Strand on Is the American Dream a Nordic Reality?

Nordic countries boast some of the highest levels of prosperity, democracy, equality, and sustainability performances in the world. Which may explain why they routinely top lists of the happiest places on earth. **Join us on Friday, April 8, from 1–2 PM (PT)** for a presentation by [Robert Strand](#), Director of Berkeley's new [Nordic Center](#) and Director of the Center for Responsible Business at Berkeley Haas, on how the American dream is a nordic reality — and how we can make it a reality in the U.S., too. This online event is free and open to all. [RSVP to attend](#).

Friday, April 29, 2022 - 8:00pm

Danish String Quartet

The dazzlingly gifted Danish String Quartet returns for its second Berkeley concert this season, pairing a Schubert string quartet with a newly commissioned work as part of its *Doppelgänger* project, a four-season initiative co-commissioned by Cal Performances. Schubert's thrilling *Death and the Maiden* quartet, one of the pillars of chamber music repertoire, is matched here with its musical twin, a new quartet by Finnish composer Lotta Wennäkoski—"a composer with ideas and a distinctive way of voicing them" (*The Guardian*)—whose music combines a melodic sensibility with percussive techniques and timbres.

One of the best quartets before the public today" (*The Washington Post*), the Danish Quartet has rapidly become a Berkeley audience favorite, with performances selling out quickly—so get your tickets early!

[Danish String Quartet | Cal Performances](#)

Items that are Frequently Rosemaled in Norway

Inspired by the artistic styles of Baroque, Regency and Rococo in the mid-1700s, the art of rosemaling, or “rose painting” began in Norway. Since the painters began by painting the interiors of churches (Norwegian winters were a disadvantage to stained glass windows) and the homes of the wealthy, we find a lot of rosemaling on the interiors of these buildings. Interiors of rooms including walls and paneling, ceilings, beams, doors, cupboards, cabinets, knobs, pulls, etc. were adorned with stylized images of the rose depicting flowers, leaves, stems, tendrils, etc. that developed into scrollwork. Regional styles developed throughout Norway. Among those still in existence today, are Telemark, Rogaland, Hallingdal, Hordaland, Os, Nordfjord, Setesdal, Gudbrandsdal, Valdres, Nemudal Osterdalen, Oppdal, Trondelag, Nordmore, Aust Adger, and Vest Adger. Materials indigenous to specific areas were used to create pigments—off-white, dark yellow, red, dark green, brown, sea blue and other colors.



In addition to decorating the building themselves, the objects typically housed within a home could also be rosemaled—trunks, tables, chairs, beds, benches, clocks, dressers, quilt racks, Bible boxes, boxes of all types, drinking vessels, bowls, plates, spoons, plaques, etc.



Rosemaling also decorates other than household items such as earrings, necklaces, pins, cards bird houses, musical instruments, Christmas ornaments and masks, to name a few. The traditional designs can now even be found in metal jewelry, embroidered items of clothing, handbags, etc.



Due to its beautiful designs and universal application, I believe the art of rosemaling will be carried into the future with us in its current form and in ways we haven't thought of. How it can be adapted is only limited by the imagination.

Written by Patricia Bonderud as an elective for her Cultural Skills Level 1 Rosemaling pin

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Susan Olsen

Cathan Potter

Susan Potter

Laurel Powers

Pamela Provenzano

Elena Ragnes

Rich Sandvick

Dolores Scott

Janice Shipley

Ann Strom



<https://www.timetraveler.company>

Scholarship Opportunities for District Six Youth

District Six offers up to 4, \$1,500 scholarships per year for students ages 16-23. These scholarships are available for students attending an accredited post-secondary school or training institution. The deadline for this scholarship is May 1, 2022

District Six offers a \$1,000 scholarship to the Concordia Skogfjorden Language Camp. The deadline for this scholarship is April 14, 2022.

Applications are available on the District Six website at www.sofn6.org. Please send completed applications to c/o Luella Grangaard, PO Box 832, Morongo Valley, CA 92256 or e-mailed to morongo2@verizon.net.

In addition there are many scholarships offered by the Sons of Norway Foundation at www.sofn.com.

Please take advantage of this District Six Member opportunity.

Påskekrim and the Milk Carton Mysteries

It wouldn't be an Easter holiday in Norway without the tradition of reading gripping crime novels. This unusual combination dates back to 1923, when publisher Gyldendal pulled a media stunt to boost spring book sales. The ploy worked, and a national ritual was born.

Many Norwegians head to the *hytte* (cabin) over Easter break, and their laid-back vacation days pair well reading by the fire. Each spring, various publishers release special collections of novellas called Påskekrim along with many full-length novels. Other media channels have followed suit, producing crime radio plays, tv shows, films and podcasts.

Since 1997, TINE dairy cooperative has printed family-friendly whodunit comics on their milk cartons for Norwegians to solve over breakfast during Easter break. Private detective Ulf Ulvheim (*en ulv* – a wolf, naturally) has been a recurring character in the Easter-related detective strips. Famous crime writers such as Jo Nesbø, Anne Holt and Gunnar Staalesen and others have authored the storylines. As of 2021, the milk mysteries went digital, to the consternation of many citizens.



Whether you are visiting a hytte, reading mysteries, or enjoying milk, *God Påske!* Happy Easter!

From Sons of Norway Newsletter Service

Come and Celebrate
NORWAY'S NATIONAL DAY

“SYTTENDE MAI”

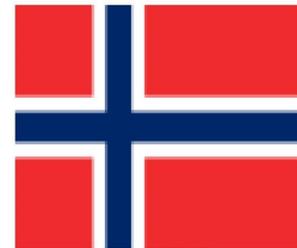
on May 14th, 11AM - 1PM
on the back lawn at
NORWAY HALL
617 West Ninth Str., Santa Rosa



Dress in red, white and blue
and, if available, bring your
Norwegian flags



**CHILDREN AND
ADULTS
are gathering to
PARADE,
PLAY
and EAT**



11AM - Socializing, games, music
11:30AM - May 17 Proclamation, singing of
the National Anthem, Syttende Mai parade
Hot dogs, potato salad, chips and Norwegian
Bløtkake (Cream Cake)
Sing-a-long
Folk dancing
More games for children and adults



Payable at the event...
\$5.00/adults. \$8 non-member adults.
\$3.00/children under 14.
RSVP by May 10 via email at
RSVP@FreyaLodge.org or calling
Siri Fenson - 707-303-7860
e-mail sirimax@att.net





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District News

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Culture, Community, Camaraderie

Freya Lodge, Sons of Norway

Lis Barca, Editor

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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.*