

FREYA FORUM

Sons of Norway, Freya Lodge #6-062 Newsletter

October 2022

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Ord fra Presidenten

Mark your calendars for our upcoming events:

- * Friday, November 18, 2022—Anniversary Dinner & Membership Meeting
- * Saturday, December 10, 2022—Julebord
- * January, 2023 (date TBD) - Lutefisk & Meatball Dinner

Cheers to a successful Vikingfest. Hope to see you there!

Fraternally,
Lis Barca

FREYA LODGE, SONS OF NORWAY PRESENTS

VIKING *fest*

October 1, 2022

10am to 3pm

NORWAY HALL
617 W. 9TH STREET
SANTA ROSA CA 95401

Free Admission

**SONS of
NORWAY**

- VIKING REINACTMENTS
- TASTE OF NORWAY LUNCH
- TRADITIONAL BAKERY
- SCANDINAVIAN VENDORS
- FRESH COFFEE & WAFFLES
- RAFFLE PRIZES



Welcome New Members!

Karen Albright
Nicolas Atchison
Stormur Atchison
Thorleif Atchison
Solina Larum

Thanks for Renewing!

Einar Asbo
Liv Asbo
Lis Barca
Marit Barca
Tanya Barca
Zoë Barca
Patricia Bonderud
Pamela Johnson
Marion Larsen
Richard Martin
Ellen Ostern
Johanna Sandev
Dorothy Vonderhaar

Scandia Book Club

White Shadow
Roy Jacobsen

October 18 @ 6:30pm (Tuesday)

<https://us02web.zoom.us/j/81433082734?pwd=NTVoRGd4UjRGeFgzbo0lGL0E4RGNlZz09>

Meeting ID: 814 3308 2734
Pwd: Read

Genealogy Workshop

Saturday, October 8th, 9:30am—12:00pm
Norway Hall, 617 W 9th Street, Santa Rosa

Instructor Kirby Aasen asks us to bring “whatever you use to work on—either electronics or paper”

* \$5 fee

If interested, contact Siri Fenson as soon as possible.

Email sirimax@att.net or call 707-303-7860.

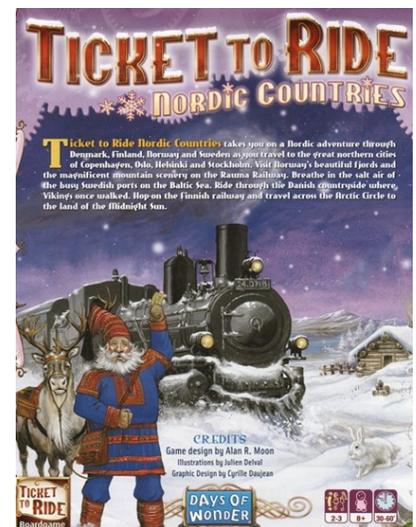
Winter Game

I purchased the game Ticket To Ride Nordic Countries from my local toy store in Petaluma. I thought it would be a fun way to immerse myself in the geography of Scandinavia.

Unfortunately, my husband is not much of a board game player, so when I first opened the box and read the instructions aloud, I could tell this was not going to be very appealing to him. The rules are complex and strategies are multifaceted.

However, the game board is a wonderful map of all the Scandinavian countries, and players must travel all around them by train and ferry, collecting points and trying to block opponents' travels. If you delight in challenging board games, give this one a try.

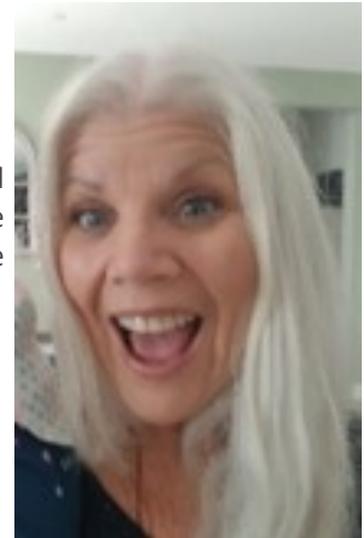
~ Carol Branstad Eber



Social Director

Greetings from the Kitchen!

A huge THANK YOU to Janice Shipley & Kerrily Beaton for coming forward and helping me make the lefse for Viking Fest. Without their help there would be no lefse for anyone to enjoy. We made 23 dozen for the lodge that day!



The next events we have for 2022 are:

November 18th (Friday) Anniversary Dinner:

I will need help in the kitchen with:

set up: setting the tables and decorations for each one.

Kitchen help: cooking and serving of the food

clean up: Clearing and washing of all the dishes, pots, and pans. Cleaning the hall from all food stuff.

December 10th: Julebord Dinner: Please ask Marit or Else if you can help as I will be out of town.

Traditional Norwegian Cooking Class will be held at my home in Petaluma.

1st meeting on zoom: 01/15/2023

From there we can meet during the week: Day or Night, that will be determined in the zoom meeting.

If you are interested in the 2023 class, please email me at: michele.dawn.edler@gmail.com

See you in the Kitchen!

Michele Edler
Social Director

Norway Hall was bustling on September 10th



In the hall - Rosemaling Workshop with Karen Larson and Julie Cebula as instructors.

Fr. left: Siri Fenson, Karen Albright, Karen Humber, Solina Larum, Kathy Hannon, Julie Cebula and Karen Larson.

In the kitchen - Kerrily Beaton, Michele Edler and Jan Shipley baking 23 dozen LEFSE for the Viking Fest

FRILUFTSLIV Outdoor Life and Recreation

Last month the Hiking Vikings explored the Laguna de Santa Rosa Trail that runs from Highway 12 to Occidental Road. Although the trail runs between Santa Rosa and Sebastopol, the open spaces there ensure a tranquil and easy hike. At the end of the trail there are benches and tables under oak trees, so do bring a picnic lunch or coffee and pastries in the Norwegian tradition. The other option would be to take the western extension of the trail and head to The Barlow for beverages and food.

This trail is lined with vernal pools, riparian woodland, and valley oaks. It is a rich habitat for wildlife and birds. The trail loops around Kelly Pond, which offers an overlook for great bird-watching. We saw egrets or herons in the distance fishing in the pond as well as other small water fowl. You might bring along some field glasses to get a better view. Along the trail you pass Balletto Vineyards adjacent to the trail. Balletto is a wine commonly found on the wine lists of local restaurants.

No Hiking Viking excursions are scheduled for October. Your Sports Director will be off hiking with family in Brandstad, Norway. You can find Brandstad (my maiden name) in the Møre og Romsdal region on Google maps. If the weather permits, perhaps we can gather in the following winter months. In the meantime, head for the outdoors and enjoy the autumn.



Carol Brandstad Eber, Sports Director
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707-364-1564

How to Behave in Norway: Five Tips

As when traveling anywhere in the world, you may find some of the social norms in Norway are different than what you are used to. Here are some tips that will help you make the most of your trip to Norway:

1. Don't get too close! Norwegians really value their personal space. Even when you're standing in line, try to stay at least an arm's length away from others.
2. Avoid too much eye contact. Otherwise, you will make your newfound Norwegian friends uncomfortable. A good rule of thumb is to use the same amount of eye contact as the person who you are speaking to does.
3. Be punctual. If you are a few minutes late, it's forgivable, especially if you call ahead to let the host/hostess know. To arrive any later than that is considered extremely rude.
4. Never compare Norway unfavorably to Sweden—especially when it comes to winter sports! Norway was the country with the most medals in the last Winter Olympics, after all.
5. Notice your surroundings. Norwegians are understandably proud of their stunning landscape, and appreciate it when visitors admire it, too.

From Sons of Norway Newsletter Service

Karen Albright – welcome to Freya Lodge!

“I am Karen Albright. I was born and grew up in the great city of New York, specifically Queens. I am single and happy to share my short biography with you. My mother, Frieda, was a loving and caring mother of full German ancestry. She lived in Brooklyn before marrying my dad, Kenneth. He was a finish carpenter by trade and the first child born to Inger Nansen , my grandmother. She was born in Norway in 1901 and brought to America at age three. My grandfather, Otto, was a German American, born in Queens and a builder in the early 1920s. I have one sister, Deborah, living in Queens.

I hold a BA degree in business/finance from Hunter College, NYC. For over 30 years I worked in the banking industry as a retirement benefits administrator for large corporate pension plans. I also worked on Wall Street before moving to Marin Co. in the 1980s where I worked for Irving Trust Company California. I moved back east in the early 1990s to Massachusetts where for 23 years I worked in Blackstone as the Community Center Director overseeing more than 80 volunteers. I was also an Assistant Activities Director for Lydia Taft House, a long-term care facility in Uxbridge.

In 2012 my parents, nearing their 90s and living in Rohnert Park, were needing daily assistance. I decided then to go live permanently in California. They have since passed. I am currently employed full-time in Petaluma for Senior Advocacy Services HICAP program as a Medicare HICAP volunteer coordinator/counselor.

My active social life includes going to concerts and theater, walking with friends and my dog, Annie. I also like gardening, bird watching and learning to play the ukulele. I attend SGI-USA Buddhist meetings and activities and also enjoy creative arts like cooking, painting, jewelry-making and... someday...dancing. I attend Spirit Rock Insight Meditation Center’s on-line offerings.

As I near retirement, I will travel the world making Norway, Germany and other European countries my destination to immerse myself in their culture. Another aspiration is to learn about my Norwegian and German ancestry by attending the Freya Lodge Genealogy workshop. Also, to give back to future generations by mentoring a young child through a tutoring program.

In closing, I am thrilled to be a member of the Sons of Norway Freya Lodge and look forward to partaking in the events, gatherings and getting to know you all”.

Siri Fenson, Membership Secretary



Freya Lodge to Recognize Those Members Celebrating Sons of Norway Anniversaries

Here are listed those who will have a pin waiting for them if planning to attend the November 18th Anniversary Dinner at Norway Hall. If not able, but would like a pin, please let Siri, our Membership Secretary, know by e-mailing sirimax@att.net or calling 707-303-7860.

5 years—2017

Donald Bent
Michele Edler
William Gallagher, Jr.
Kenneth Johnson
Kristine Murphy
Pamela Ragnes
Lars Richardson

10 years—2012

Donald Moe

15 years— 2007

Merete Bendtsen
Ginger Schechter Gong
Stanley Halverson
Marne Olson
Philip Rhodes

20 years—2002

Peter Meirik
Janice Shipley
Carolyn Strange
Dorothy Vonderhaar

25 years—1997

Mark Fahey
Rich Sandvick

30 years—1992

Michael Block
Mike Fairchild
Douglas Lund
Lori Lund
Sidsel Moller
Sandra Smith (Nov. 1991)

40 years—1982

Katja Kallick

45 years—1977

Barbra Hauge
Arthur Indenbaum
Elisa Skarveland

50 years – 1972

Ellen Ostern

55 years – 1967

Sandra Mc Connell

65 years – 1957

Jon Arild



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Youth Director: Kerrily Beaton

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707-303-7860 sirimax@att.net

Sunshine: Sandi Mc Connell

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Norway Hall Maintenance Committee

President: Cathan Potter

707-843-0033 cathan.potter@gmail.com

October Birthdays

Tor Allen

Thor Loftesnes

Zoe Barca

Sandra Mc Connell

Oliver Beaton

Sidsel Moller

Myrna Bellovich

Linda Roa

Michael Block

Dorothy Schechter

Joan Byrd

Elisa Skarveland

Ashley Eib

Colt Thompson

Mark Fahey

Theodor Toennesen

Elisabeth Gallagher

Richard Winterhalder

Beth Lewis

Annika Wolfe



<https://www.timetraveler.company>



Johanna Sandev
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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.*