

FREYA LODGE
SANTA ROSA, CA

CULTURAL EVENTS:

- **Lutefisk and Meatball dinner January 21. Make your reservations early, flyer on page 8**
- **Norwegian Immigration presentation and Pea Soup lunch, February 18. Flyer on page 9.**
- **Stoughton Norwegian Dancers March 31**
- **Other upcoming events, see page 6**

2011 OFFICERS

President

Pamela Stutrud Groth
707-778-8120

Secretary

Claudia Larson/Marne Olson
707-235-0179 / 707-528-1876

VP/Membership

Anne Marie Winterhalder
707-894-1807

Treasurer

Marit Barca
707-495-0448

Social/Cultural Director

Karen Larson
707-996-9889

Hall Manager

Lis Barca
707-495-0448

Freya Forum

FREYA FORUM

JANUARY 2012

Ord fra presidenten

It's the start of a new and exciting year at Freya Lodge, beginning with this month's Lutefisk and Meatball dinner! See the flyer on page 8 for details. We sold out last year and expect to do the same again. Don't miss out!

Over the last several years, we have evolved our lodge calendar in the direction of having more fun and less business. All members are, of course, welcome to attend our separately held business meetings, but we know that many member's interests are first and foremost our cultural and heritage programs.

We've worked very hard to bring our members, and the Sonoma County community, programs of significance and broad interest across the Scandinavian cultures. In 2012 it is my goal for our lodge to carry on with important traditions as well as bring new programs. One new program, and one I am especially excited about, is a visit by the Stoughton Norwegian Dancers, see the article below, coming up in March.

I believe it is these cultural offerings, along with our family friendly atmosphere and focus on our community, that make new members want to

join with us. Look for many more exciting cultural events in the months ahead.

Your ideas for programming are always welcome. Please feel free to drop me a line or come chat with me at a lodge event. Our best ideas have always come from our membership, and with your help and ideas we can continue to deliver the quality cultural programming that Freya Lodge has become known for, both here and across District 6.

Med vennlig hilsen,
Pamela Stutrud Groth

The Stoughton Dancers are coming

In March, Freya Lodge will host a very special event at Norway Hall that should not be missed.

We will be visited by the Stoughton Norwegian Dancers, a high school group from Wisconsin, as a part of their tour of Northern California.

The group began in 1953, performing for their home community at Syttende Mai.

Today, they share their tal-



ents all across the United States, entertaining young and old and leaving all with a warm appreciation for their

Norwegian heritage.

You can see a short video of the dancers in action at their website, stoughtonnorwegian-dancers.net.

Donations can also be made to the group through their website. Look for a flyer in the next issue, and if you can host one of the kids while they are with us, please contact Pamela Stutrud Groth.

Tubfrim Chair Retires, New Chair Announced

In mid-January, Tubfrim chairperson, Knut Karlsen and his wife Svea will draw the winner of the round trip ticket to Norway. With this drawing, Knut will retire as Tubfrim chair, a position he has held for 25 years. Also retiring will be his wife Svea.

During their tenure, Knut and Svea have overseen a phenomenal growth in the program, from 100 pounds of stamps being sent to Norway in 1986 to more than 3,500 pounds this year. Watch Viking magazine for the announcement of the ticket winner, more details about the program, and Sons of Norway's

heartfelt thanks to the Karlsons for their commitment and hard work to make Tubfrim the success that it has become.



While Sons of Norway is sad about the Karlsons' retirement, we are excited to announce the new chairperson. Gene Brandvold, 28-year member, past district and International officer, and enthusiastic and

longtime Tubfrim participant and advocate, has accepted the position of Sons of Norway's Tubfrim chairperson and will begin his duties following the drawing.

Freya Lodge also has a new Tubfrim chair, Claudia Larson, who took over from longtime chair Karin Høy in late 2011. If you are clipping stamps for Tubfrim remember to leave 1/4 of an inch around the stamp(s) in all directions. Stamps should be in one pound lots, a Ziploc bag works well, and each pound you collect qualifies you for an entry in the annual contest to win a trip to Norway.



Gratulerer med dagen

January

Tammy Boen-Marshall
Richard Elken
Hunter Fernandes
Ginger Schecter-Gong
Mike Keller

Jordan Lund
Clyde Nelson Jr.
Gayle Pershing
Taiki Rhodes
Hollis Stavn
Winifred Swanson
Dana Terrell

Bobbie Tveeten
Dorothy VonderHaar
Judith Watten



Ditt og Datt

It is with sadness that we learned of the passing of another Freya Lodge Member before the end of 2011. Dorothy Davison joined us in just the past few years. Her bright spirit and her musical talents helped bring life to a number of events, including Juletreffest for several years. Dorothy also helped us to locate and secure the baby grand piano which she used to fill our Norway Hall with song,

Spotted recently in Marin... Krogstad brand Aquavit. It's distilled in the Portland, Oregon area. May have to try some with Lutefisk.

Helene McConnell is recovering from a recent fall and a broken hip.

It was wonderful to see Karin Høy at Juletreffest, having made a recovery from a nasty fall earlier in 2011.

The things you find out when you research genealogy... Pamela Groth reports that in studying the 1865 Norwegian census she found that Donald Bent and Karen Larsen each had a great grandparent living at the Høinæs farm in Skudenes, Rogeland.

Ginger Schecter-Gong has recently become a certified Zumba fitness instructor.

Karen's Column

Godt Nyttår! Yes, this is a great new year and many new and exciting venues are scheduled for our lodge ahead. I have started the New Year out a bit slow as I have had my two granddaughters staying with us after the Christmas gatherings. It is not easy to have time on the computer with two little girls around. We spent the New Year up in Butte Valley with my daughter and her family and now the girls are at home and I am back and have the computer all to myself.

Before I begin with the new schedule of events, I want to thank all who helped make the Juletefest celebration so much fun. Thank you to Darryl, Sandi, and my husband Terry, for setting up the Christmas tree and getting the lodge ready for Juletefest. Thank you to those who helped in the kitchen, Sandi, Pam, Frank, and to the Barca family for bringing cookies, and to Marit and Zoe for helping with the crafts. Thank you Anne Marie for being our greeter. Also, thank you to Ginger Schechter-Gong's mom, Dorothy Schechter, for playing the piano for us. And, last but not least, a big thank you to Santa Claus – we are so lucky to have such a wonderful lodge Santa who makes the special trip just to bring smiles and gifts to our children at Juletefest.

I hope everyone has January 21st circled on their 2012 calendar, the date of our Lutefisk

and Meatball dinner. Get your paid reservations in now as we are limiting the seating to 90. Reservations must be made by January 6th. Check your flyer in the Freya Forum for the menu, pricing and time. If you love Scandinavian meatballs and lutfisk, this is a dinner that is a must to attend. This event heralds our Scandinavian culture and traditions so don't miss out. Invite your friends and family. Don't delay; get your reservations in now.

This dinner requires many hands so I am calling on those who would love to learn how to make meatballs or to cook lutfisk. In other words, I am looking for volunteers to help with the dinner. Help is needed the day before and the day of the event. On Friday, January 20th, we will be making the meatballs for the dinner and getting the lodge set up and ready. Saturday, the day of the dinner, help is needed in the kitchen both in the morning and afternoon. We also need lodge volunteers to help serve and clean up. Your help and participation is vital in making our events happen. If you can help, please call me and volunteer. This is a great way to meet lodge members and actually have fun working together. If I don't get calls, I will be calling on you.

Besides being the month for Valentines and love, February will bring a wonderful cultural

event to our lodge. On February 18th we will be having a Norwegian pea soup luncheon. Mary Beth Ingvaldstad, a past officer of Freya Lodge and now a member of Vikings of Lake, will present a talk about Norwegian immigration to the United States. Along with Mary Beth, our own Kaare Stjern will be telling us of his immigration to the United States and his involvement with the underground movement in Norway during WW2. Mark your calendars now for February 18th at 1PM. Join us for a pea soup lunch and a great opportunity to hear more about our Norwegian history and see how our relatives traveled to this country.

This is just the beginning of our activities for 2012. The key to an active lodge is participation of its members and the support of members who volunteer to help. We have a great lodge, one to be very proud of. Thank you to all who made 2011 such a great year, full of activities, new members and lots of fun and fellowship. Lets ring in 2012 with the same enthusiasm. Stay tuned, there's lots more to come at Freya Lodge.

Med vennlig hilsen,

Karen Larson



Find us on
Facebook

By Law Changes to be voted

From time to time, and for the good of the order, a lodge will need to make minor amendments to the by laws which govern it's operation.

Freya Lodge's by laws were last changed in 2008. and the Board of Directors is proposing a total of four resolutions to be voted on at our February meeting. In accordance with the Sons of Norway's constitution and by laws members must be noticed of proposed changes at least one month before a vote on those measures is to take place.

The first resolution proposed amends Article III of our by laws by adding two new sections. These empower the Board and the Hall Association Committee to be able to make a loan of funds from one entity to

the other in the event of an emergency.

The second resolution amends Section 2 of Article III by making a requirement that the Treasurer will present a report of all matters for which the Treasurer is responsible at every meeting of the Board.

The third resolution further amends Section 2 of Article III by adding a requirement that if the Treasurer is unable to attend a scheduled Board meeting, that the Treasurer shall provide their report to the Lodge President prior to the meeting.

Finally, a fourth resolution would further amend Article III by adding two new sections. The first addition provides the power for the Lodge President to act on financial matters in the ab-

sence of the Treasurer and with the consent of the Board. The second addition empowers and requires the board to select an auditing committee which will audit the lodge's finances semi-annually.

The Board believes that each of these amendments will drive transparency and accountability in our lodge's financial affairs and are built upon a foundation of sound corporate governance. The board encourages a yes vote on all four resolutions.

Members who receive a hard copy of the Freya Forum will receive a printed copy of the proposed resolutions with their newsletter. Members receiving the newsletter electronically will receive a link to a web posted copy.



Tromsø Rated Top Cruise Destination

Bestselling travel guidebook series, Frommer's, just rated Tromsø as the top cruise destination for 2012.

What makes Tromsø such a popular cruise stop? Guidebook author of "Frommer's Norway," Roger Norum, calls Northern Norway a

"winter (and fall, and summer, and spring) wonderland." Norum also points out that wildlife is abundant in the coastal area, with cliffs full of nesting puffins, kittiwakes and cormorants. Tromsø is also one of the best locations for viewing

stunning light phenomena.

For more on beautiful Tromsø, visit www.visittromso.no/en/ or to check out many other great Nordic destinations, visit www.frommers.com/destinations/norway/.

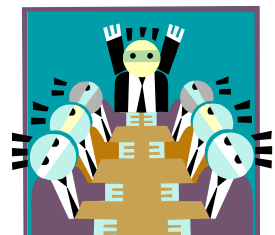
From SoN Newsletter Service

Membership

Welcome new members:

Grete Engebretsen Reighard
Mary Brown

**Remember to tell a friend
about Freya Lodge.**



2012 International Convention

Happy New Year to all Sons of Norway members and lodges! This is going to be an exciting year for the whole organization and there's going to be a lot of new and interesting things to learn about in the 2012 Newsletter Service.

Not least of which is that this is a convention year! This means over the coming months each district will host its own convention and then towards the end of summer Sons of Norway will host the 2012 biennial International Convention.

This year the convention will be held in Fargo, ND from Wednesday, August 22nd through Saturday, August 25th. During the event, Sons of Norway will be hosting the usual International Lodge Meeting,



where delegates come together to chart the course of our organization for the coming biennium. This year, however, Sons of Norway is adding something brand new, called the Innovative Leadership Conference!

Based on member research, we learned there was great interest in an event that would be of a wider interest, help strengthen the leadership skills of members and, above all, be open to ALL members. In re-

sponse Sons of Norway is excited to present this new event on August 22nd and 23rd as part of the International Convention!

During the day-and-a-half conference attendees will learn leadership, communication and creativity skills that will benefit them in their roles as Sons of Norway members as well as their professional lives.

This is going to be a great event and Sons of Norway hopes you'll consider joining us in Fargo for the first ever Innovative Leadership Conference! To register or learn more about this event, visit www.sonsofnorway2012.com or call 612-821-4623.

From SoN Newsletter Service

Calling all Artisans

Now is the time to start a project creating a work of art for the Folk Art Competition and Exhibition for the 2012 District 6 Convention to be held June 6 – 10 in Mesa, Arizona. I like to think of this part of the Convention as our Heritage Show-case.

Many people enter marathons knowing they won't come close to winning; but they enter the event, none-the-less. It is an accomplishment to simply finish the race. Likewise, it is an accomplishment to create traditional Norwegian Folk Art. Don't be discouraged because you're not the best rosemaler, or an accomplished knitter, or weaver, or woodcarver. Enter your art or craft to showcase that you're learning, that you are progressing, and that you

enjoy the art/craft and want to share your heritage with others. Promote this Convention Showcase of our heritage to your lodge, and encourage others to create and share. The categories for the Folk Art are: Rosemaling, Weaving (Norwegian design), Hardanger embroidery, Other traditional Needlework with a Norwegian theme, Hand Knitting (Norwegian design), Crocheting and Tatting, Figure Carving (Norwegian motif), Relief Carving (Norwegian motif), Chip Carving, Bentwood, Other Woodcarving (Norwegian motif), and Other Media, including Photography, which has a Norwegian motif or theme.

Lodge Cultural Directors should give recognition to the Folk Art participants during a

lodge meeting after the Convention. You might even want to have your own Lodge Showcase featuring the participants from your lodge.

*Submitted by Zone 6 Director
Nancy Madsen*



*Membership in
Sons of Norway
brings so much
more than
monthly lodge
meetings.*

Upcoming Events

Vikings of Lake Lodge #6-166 will celebrate it's seventh anniversary with a salmon dinner on January 18, beginning at 6 PM. They'll also install their 2012 officers that evening. Tickets are \$10, for more information contact Carl or Mary Beth at 987-2404.

The 37th annual Ski for Light International Week will be held February 5-12, 2012, at the Soldier Hollow Cross-Country Ski resort near Midway, Utah. This very special event pairs blind, visually and mobility impaired adults with experienced skiers to promote fitness and positive life lessons for the challenged participants. To learn more please visit www.sfl.org.

Snørre Lodge #6-061 will hold their annual Crab Feed

on January 28, 2012 at the Hill and Valley Club, 1808 B Street in Hayward.

If you happen to be in Las Vegas on January 28, head out to Boulder City for the Vegas Viking #6-152 Lutefisk & Meatball dinner. Call 702-869-5775 for more information.

Valhall Lodge #6-28 will celebrate it's centennial with a gala at the Kona Kai Resort in San Diego on March 17, 2012. For more information contact Tam Stautland or call 619-299-9237.

Olav Lodge #6-82 will host their annual Smørgåsbord on April 10, beginning at 6:30 PM at the Lucas Valley Home-owners Association Center, 1201 Idylberry Rd. in San Rafael.

Coming in 2012, Freya

Lodge will help sponsor a Bunad making class at Camp Norge. This event will be held in May, following Norway Day and will be led by Sue Sutherland of Bunad Butikenn. Cost and dates are still being worked out, but space will be limited to 12 participants. This is a rare opportunity to learn the fine art of bunad making. For more information please e-mail Pamela Stutrud Groth at clothcrafter@sbcglobal.net.

Not too early to plan for District 6 convention, which will be held in Mesa, Arizona June 6-10, 2012.

As always, you can learn more about social, cultural and heritage events in our area and around the district by visiting our web site: <http://www.freyalodge.org/events.html>



Insuring the Future

Whatever stage of life you're in, Life Insurance can help secure your family's financial future!

If you are like most people, you probably don't know how much Life Insurance you need or what kind you should buy. Because everyone's needs are different, the best way to develop a plan that's right for you is

to talk to your Sons of Norway Financial Benefits Counselor. Proper planning can generate a secure financial future for you and your loved ones, no matter what happens.

"Sign Me Up!" That is what I said when I heard Sons of Norway is 116 years old, financially strong and



has very competitive life insurance and annuity rates. Carl P. Ingvaldstad Toll-free at 1-866-834-1932 (cingvaldst@aol.com)

Juletefest Photos



Our annual Juletefest was a big hit, from learning how to make traditional decorations, to a wonderful Julebord, from gathering with friends and family for songs and dancing around the tree to welcoming Santa. Look for more photos on our Facebook page.



January 21, 2012

Time: 4:00 pm

Norway Hall
617 West Ninth Street
Santa Rosa, CA 95401

RSVP Karen Larson: 707-996-9889

FREYA LODGE SONS OF NORWAY

Lutefisk and Meatball Dinner

January 21, 2012 @ 4 pm.



The traditional Norwegian menu will include the very famous Lutefisk (cod), as well as delectable meatballs in brown gravy and all the trimmings, lefse (potato flatbread), almond cake, and coffee.

Cost

- Adult member \$22.
- Adult non-member \$25.
- Children age 6-14 \$6.
- **ONLY 90 TICKETS TO BE SOLD**

Mail paid reservations by January 6, 2012 to

Sons of Norway—Lutefisk Dinner
P.O. Box 6558
Santa Rosa, CA 95406
www.freyalodge.org

Make checks payable to Sons of Norway



SONS OF
NORWAY

Freya Lodge 6-062

Soup and Stories



Time: 1:00 PM

Date: 2/18/12

\$5 per person, kids are free!

Dessert/coffee included

Warm your heart and soul will yellow pea soup and heartfelt stories of emigration. Mary Beth Involdstad will be presenting a moving presentation on the emigration experience of a young Norwegian woman as she prepares to leave her family and her homeland.

Lis Barca: 707-836-1681 to leave msg

Questions? 707-495-5808

**Norway Hall
617 West Ninth Street
Santa Rosa, CA**

Please RSVP to Lis by February 10.



Freya Lodge 6-062



Freya Lodge, Sons of Norway

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Culture, Community, Camaraderie

**Lutefisk and Meatballs
at Norway Hall
January 21 at 4 PM**

Anne Marie Eskilsson
REALTOR®, SRES

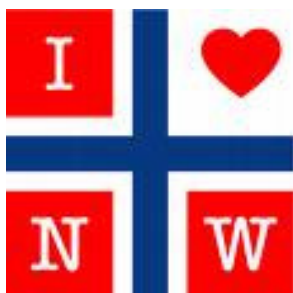


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