

FREYA LODGE
SANTA ROSA, CA

CULTURAL EVENTS:

- **Midsommer celebration June 25th, salmon dinner, music & dancing**
- **Board Meeting, June 29 at Norway Hall**
- **Vikingfest October 8!!!**

2011 OFFICERS

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Pamela Stutrud Groth
707-778-8120

Secretary

Claudia Larson/Marne Olson
707-795-8852 / 707-528-1876

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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

JUNE 2011

Ord fra presidenten

Volunteering is a big part of what fraternal benefit societies are all about, whether it's volunteering at Freya Lodge or somewhere else in the community.

Frank and I have both volunteered through the years and for many different causes. It can be a very rewarding endeavor for the volunteer as well as the recipients of your time. Volunteering opportunities can often be an extension of something you already are doing and enjoy.

Earlier this year, as an extension of my genealogy studies, I became an indexer for the Family History Library. I've been indexing census records, marriage records and draft cards to add to the library's growing catalog of data.

Recently, I've been indexing 1930 California census records. I've had them from Anaheim, Pasadena, Sacramento and Yountville. It's fun to learn about the various areas and the people who make up the population.

In Pasadena, for instance, most households I indexed had maids, cooks and chauffeurs. In Anaheim and Yountville I've found people of Norwegian nationality and heritage. I wonder if their descendants are still there?

Volunteering might seem like just one more thing to do in a busy life; but when you find the right match, it is rewarding and fun.

Med vennlig hilsen,
Pamela Stutrud Groth

Freya Lodge at Norway Day

I was honored to be asked to be the demo chef at Norway Day Festival this year featuring my "Nouveau Norwegian Cuisine with a Wine Country Twist". I did four demos (two each day).

They were "Slammin' Salmon" featuring Norwegian salmon I was able to purchase through Santa Rosa Seafood. This is a fabulous source for seafood and they also make incredible smoked salmon, available in their shop and at many Farmer's Markets in the

area. We laid down and sampled gravlaks, and a sautéed salmon with red pepper béchamel, served with baby potatoes and cucumber salad.

The second demo was lefseruller - sweet and savory - using Lorraine Larson's lefse. On Sunday we started with "Balls" making and sampling Norwegian meatballs with brown gravy with gjetost, hand-made fiskeboller and klubb. They were all a hit. We wound up on Sunday afternoon with pannekaker -

savory crepes served with traditional sides of sour cream, lingonberry and blueberry preserves and "rislapper" from leftover risengrynsgrot served with black currant sauce.

Pia at Nordic House was the source for our Norwegian specialty items. Our attendees were able to sample ekte gjetost and nøkkelost with knekkebrød throughout the samples as well.

Submitted by Kristi Hallamore



Going to Camp Troll Fjell

Five young Vikings were awarded scholarships to attend this year's Camp Troll Fjell language and heritage camp, which will be held at Camp Norge in July.

This event, which many of Freya's adult members have attended, or volunteered at, is a truly special opportunity for our future members to immerse themselves in Norwegian

history, language and crafts.

This year's winners are:

Zoe Barca - whose mother, grandmother, and aunt are members of Freya.

Justin and Lauren Proaps - their mother Laurel Proaps (who went to Camp Trollfjell as a camper), and grandmother Bev Mooney are members of Freya.

Max Leone who is the grandson of Bev Mooney and his aunt is Laurel Proaps.

Cassandra Serrano - is the granddaughter of Freya member Sandra Leithe.

We wish our campers a happy and fun filled adventure, and we'll look forward to hearing their stories at our August social event.

Gratulerer med dagen

June

Nathen Bent
Dorothy Davison
Thora Fawcett
Frank Groth
Susan Kuehn
Barbara Lund
Marne Olson
Lee Rossavick
Ken Satrom

Larry Storbo
Gro Tomasini

July

Jim Berkland
Betty Dixon
Jane Eide
Mike Fairchild
Peter Fernandes
Stan Halversen
Valerie Hiatt

John Hill, Jr.
Sid Krogstad
Anne-Marie Larsen
Robert Larsen
Aase Martinsen
Ragnhild Pedersen
Erika Perkins
Jennifer Petersen
Jonathan Reed
Anne-Marie Winterhalder

Ditt og Datt

Karl Christian (KC) Hal-lamore-Jepesen is graduating from Sonoma Valley High School Friday, June 3rd. He was in the top 4% of his class and will be attending UC Davis, with a major of civil engineering in the fall. His brother, Frederik Hans (Freddie), who has attended Camp Norge and helped at many of Sons of Norway events, will be a sophomore at SVHS next fall and will be spending the summer on the Fire Explorer program

at the Schellville Fire Dept. in Sonoma.

Jane Eide has had heart surgery and is recovering at home. Lorraine Larsen is healing from a broken arm. We hope to see them at our June meeting.

Pamela & Frank Groth enjoyed a seven day cruise to Alaska, in celebration of their silver wedding anniversary, which included whale watching and a trip to Glacier Bay. Frank has posted some photos to

[Facebook](#).

Darryl Laxo reported that the hall flagpoles were restored to full operation in time for the 17.mai event with US and Norwegian flags flying proudly.

Unni & Lester Hoel recently donated \$1000 to the kitchen remodeling fund. *Mange takk* for this very generous gift.

As Karin Hoy is still laid up, the lodge is looking for a Tubfrim coordinator. If interested, please contact Pamela Stutrud Groth.



Karen's Column

Greetings to all! As I sit in my sunroom writing this article, I am looking at dark clouds above - can't believe that this is the end of May, Memorial weekend ahead and it looks more like early spring. Heard from my daughter Valerie who lives up near Chico that they spotted a tornado yesterday from their home. They were on alert but everything went fine thank goodness!

I would like to recap our last event at the lodge. On May 14th, we had a wonderful 17 .mai celebration. To start the activities for the day, we all gathered in front of our lodge and raised the American Flag and the Norwegian Flag on our restored and beautifully finished new flag poles. Thanks Darryl and the Hall Association for the nice flag poles. As the flags were raised, all joined in singing the American and Norwegian anthems. Thanks to Anne-Marie for providing the words for the Norwegian anthem.

After the flag raising, we gathered in the hall for lunch. Even though we did not have very many reservations, our turn out was great. I am glad that we had purchased plenty and all were served. Topping off the lunch were special cakes, (Bløtkake) made by Anne-Marie and Marit. Great lunch and thank you to our dessert bakers for a delicious ending to our lunch. Kids enjoyed barbequed hot dogs and finished with ice cream treats.

Following lunch, the children participated in a flag parade and finished the day with games. Thank you to the weather that

threatened rain but held off just for us! Thank you too to all of my great helpers, Anne-Marie Winterhalder, Marit Barca, Darryl Laxo, Laurel Powers, and all of the others that made this event a success. I even heard that it really felt like 17 .mai in Norway. Wow, that is a great accomplishment.

Now, onto our next event. We will gather on June 25, 2011. Mark your calendars now and plan to be at the lodge on Saturday the 25th of June at 5 PM. We will be celebrating St. Hans Aften with a salmon dinner and all of the fixings. For those of you who do not like fish, we will be serving up barbequed hamburgers too, but I need RSVP's to make sure everyone's wishes are taken care of. Please RSVP to me by June 18th at the latest. With your help, this will be a fun party to attend. In Norway, this is the brightest and longest day of the year. Let's celebrate and maybe we can usher in nice warm weather too.

Besides a salmon dinner, we will have entertainment provided by "Colgan Creek", a bluegrass band. My husband, Terry, is the bass player in the band. Come and hear them play! There will be dancing music and music to toe tap to for those of you that enjoy listening. We are planning to have a bar at this occasion so, yes, there will be beer and wine for sale. To help with the planning for this event, please RSVP. It makes it so much easier for those in the kitchen. Invite your friends, neighbors, relatives! Come and enjoy Mid

Summers Eve at the lodge. Cost for the dinner will be \$20 for the salmon dinner and \$12 for the hamburger dinner. For kids 12 and under, we will have hot dogs and the cost will be \$2 for each child. Come and enjoy the fun and put on your dancing shoes! See you then and don't forget to RSVP by June 18th.

A short note, I was asked if we are having a bon fire at the Mid Summers Eve event. I don't think that the fire marshal would approve and we don't have that much room in the back as parking takes most of the room. If someone does have a small fire pit, a portable one, let me know and we will see if we can use something like that. Yes, it would be nice to be able to sit around a fire and have a glass of wine or two! Anyway, these are just thoughts of mine that I want to share with you. Let's welcome in summer and hope that everyone enjoys the summer days ahead! See you on June 25th and don't forget to RSVP by the 18th.

Anyone who would like to help to prepare for the June 25th event would be greatly appreciated. I will be needing some help in the kitchen before and after to clean up. Please contact me and let me know if you can help. It is our members helping that make our events work smoothly. Thank you to all who volunteer.

Med vennlig hilsen,
Karen Larson



Measuring Happiness

Norway is once again making news throughout the world for coming out on top of a rather interesting study—a study measuring happiness.

While ranking the happiness of a country may seem like an overly subjective endeavor, an independent London-based think-tank called the Legatum Institute did just that with the Prosperity Index. The study weighs a variety of both subjective and objective criteria in determining happiness/prosperity. For instance, factors such as health, education and the economy are all measured by both the statistical data supporting them and the perceived quality and confidence of the public.

So what makes Norwegians so happy? Norway has the world's highest per capita GDP of \$53,000 a year. But Norway's high rank isn't just about money, Norwegians also have the second-highest satisfaction

with their standard of living, with 95% saying that they are satisfied with the freedom to choose the direction of their lives. Survey data also shows that an unmatched 74% of Norwegians believe other people can be trusted.

The index also provides a few key markers of a prosperous country. For instance, only two (Singapore & Hong Kong) of the top 25 countries in the ranking do not have an electoral democracy. It also may be beneficial to be small, as countries with smaller populations tend to have a more homogenous population. This idea is easily illustrated when considering the rank of the United States, the only country with a population over 150 million to place within the index's top ten. A positive outlook on hard work is also a vital element to a prosperous country. According to the index, Denmark and Sweden rank 1st and 2nd in entrepreneurship but only 77% of

Swedes and 84% of Danes think that working hard will get them ahead. In contrast, 9 out of 10 Americans believe that hard work will pay off.

Visit prosperity.com for additional details on the Prosperity Index rankings. You can also download a copy of the report or take your own personal prosperity quiz.

2010 Prosperity Index

Top Ten

1. Norway
2. Denmark
3. Finland
4. Australia
5. New Zealand
6. Sweden
7. Canada
8. Switzerland
9. Netherlands
10. United States

From SoN Newsletter Service



Membership

Welcome new members: Anne Marie Eskilsson
Michael Block
Patricia Stutrud Groth
Jo Ann Cipra

Thank you for renewing: Jennifer Inden
Merete Bendtsen
William Jacobson
Don & Stephanie Bent
Daniel Needham
Nathan Bent

Remember to tell a friend about Freya Lodge.



From SoN International

You may be aware of a recent letter sent to some members within the organization from a company called "Good News" with a salutation of "Dear Fellow Sons of Norway Member" that solicits members for a \$2.00 payment for "materials".

This message is to inform you that there is no connection between Sons of Norway Headquarters and the aforementioned

company. Also, we neither support, nor endorse, their business ventures. We are currently contacting the company to request they stop contacting members in a manner that suggests any relation between our companies.

In the meantime, we would appreciate you sharing this information with your lodge members at a lodge meeting or

through your lodge newsletter. Also, please tell them that if they should receive a letter from "Good News" they can either disregard it entirely or, if there are questions or concerns, contact Sons of Norway headquarters by calling (800) 945-8851.

Fraternally,
Sons of Norway Headquarters

17.mai at Norway Hall



Member's Corner

Malselv Idrettslag is an athletic club my grandfather founded in 1906 the year he was married.

The club celebrated its 100 year anniversary in 2006 and does a lot to support the Olympics in Norway and internation-

ally. My wife and I were in Norway in 2007 visiting relatives and doing genealogy when we found out about this.

For this trip we traded houses in Sortland, which is close to my grandparent's place of birth. I remember my grand-

parents very well from a 2 week vacation in 1959 when I was 13. They lived in Levanger at the time which is one hour north of Trondheim. My parents divorced when I was a baby and my mother and I immigrated to the US when I was 3.

Submitted by Peter Meirik



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

Recruit to Win in 2011!

Oslo. Bergen. Coastal Norway. Holmenkollen. The Flam Railway. Hadeland Glassworks. All this and more could be yours if you recruit to win in 2011!

This year, when you recruit new, dues-paying members you are entering yourself into the 2011 Norwegian Experience Recruitment Contest, courtesy of Borton Overseas and Sons of Norway. The prize, which will be awarded in January of 2012, is a free trip of a lifetime for the winner and one guest that includes airfare, meals, exclusive travel opportuni-

ties and upscale accommodations!

Just imagine taking a 10 day land-tour of Norway enjoying some of the most beautiful scenery that Scandinavia has to offer! The best part is that the winner gets to choose their own adventure! Whether you prefer an active trip full of sightseeing and touring, or a more laid-back vacation, it's up to you!

To enter this year's Norwegian Experience Recruit-

ment Contest all you have to do

is recruit one new, dues-paying member and make sure your name is listed in the "Referred By" field. It's as easy as that! Entries are taken from members recruited between January 1st and December 31st, 2011. Also, remember that you can enter as many times as you recruit throughout the year, which increases your chances of winning!

To learn more about the contest or its rules, contact Sons of Norway at 800-945-8851.



Insuring the Future

The last phrase of the Sons of Norway Mission Statement is to "provide quality insurance and financial products to our members".

To do this, your Financial Benefits Counselor (FBC)-me-needs to sit down with you to identify your financial goals via a FREE financial review!

Financial goals are unique and everyone seeks advice for a different reason. As your FBC, I promise to approach your goals and con-

cerns by applying the following five-step process that will be unique and tailored to your situation:

1. Preparing for Retirement: Simplify the process and find you the best path forward.
2. Planning for life changes: Navigate through all of life's changes.
3. Making a plan: Meet your goals and make sure you're ready for WHAT-EVER.
4. Taking action: Put your PLAN into action.

5. Reviewing your progress: Meet regularly to reassess your progress and adjust your PLAN to keep you on track.

Call me today to put Sons of Norway to work for you and to learn more about your FREE financial review! Help me help yourself—"Have car, Will travel!"

Carl P. Ingvaldstad
Toll-free at 1-866-834-1932
(cingvaldst@aol.com)



Kon-Tiki, the Movie

Norway's film industry seems to be humming. After Freya Lodge's April screening of 'Max Manus', we found a new film currently in production that may interest our members.

Filming of the new movie about Norwegian adventurer Thor Heyerdahl and his Kon-Tiki expedition attracted Heyerdahl family members to the set in Lillehammer this week, while the producers finally revealed who will play the important part of Heyerdahl's wife at the time.

Norwegian actress Agnes Kittelsen, shown at right with her co-star Pål Sverre Valheim Hagen, was tapped for the role of Liv Coucheron Torp, who married Heyerdahl on Christmas Eve 1936 in Larvik. She left with him for the South Pacific

the following day.

Liv Heyerdahl was a major source of support for her husband. She lived with their two sons in the Lillehammer area during the period that Heyer-



dahl sailed Kon-Tiki on it's voyage of discovery. Their son , Thor Hyerdahl Jr. still lives near Lillehammer.

Kittelsen has become one of Norway's most popular actresses, after playing the sweetheart and then wife of resis-

tance hero Max Manus in the recent smash film of the same name.

She called the role of Liv Heyerdahl "special, because you must have respect for someone else's life and history." Kittelsen said it was "easy" to do research, though, because there are so many Heyerdahl family members and acquaintance to call upon. After her divorce from Thor

Heyerdahl, Liv went on to marry into the Rockefeller family in the US.

Kon-Tiki is scheduled for release in the fall of 2012.

Adapted from newsinenglish.no

Events Around District 6

Vikings of Lake Lodge #6-166 will host their Midsummer Night event on Saturday June 18, beginning at 6 PM. The menu will include Pølser med lompe (hot dogs in thick lefse), Peel 'n Eat Shrimp with bread, fruit, beans, drinks (wine for sale) and dessert—\$5.00. Directions to this event can be had in the latest Vikings of Lake newsletter on their web site at <http://www.vikingsoflakelodge.org/newsletters/June2011Newsletter.pdf>.

If your June travels take you to the Los Angeles area, Nørrona Lodge #6-50 will be throwing an old fashioned BBQ on June 11 complete with Western music

and Line Dancing. Their lodge is at 14312 Friar St.reet in Van Nuys.

Victory Lodge #6-43 will host a hot dog and ice cream social on June 18th at 12:30 PM. RSVP to Marge at 707-265-8373.

Camp Norge is a great place to spend the July 4th weekend. No pre-registration is required for participation in the old fashioned small town parade at Dutch Flat. Fireworks are not permitted at camp but you can catch the firework displays in Colfax and Auburn. You can call Camp Norge at 530-389-2508 for reservations or visit the [Camp Norge web site](#) for more information.

The Northern California Kretsstevne for 2011 has been announced. Held as usual at Camp Norge over the Labor Day holiday weekend, September 3-5. A flyer for this event is on page 9 of this issue of the Freya Forum. You can learn more by calling Lillie or Marvin Hanson at 707-279-0974 or by e-mail mnlhanson@att.net.

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>



FREYA LODGE, SONS OF NORWAY PRESENTS ST. HANS AFTEN

June 25, 2011

Saturday, 5 pm

*Culture, Community,
Camaraderie*

ST. HANS AFTEN

Norway Hall
617 West Ninth Street
Santa Rosa, CA 95401

*Enjoy a night of Dining and
Dancing to the bluegrass music of
Colgan Creek*

Salmon dinner, \$20

Hamburger dinner, \$12

*RSVP is required by June 18 to
Karen Larson*

RSVP : 707-996-9889

www.freyalodge.org



This holiday is named after a bible character, but its roots date from pagan times. St. John's Eve is midsummer's eve and is the brightest (and longest) day of the year, it's the day when the sun "turns".

The old, pagan tradition of gathering around bonfires on this night is now the only mark of this day. For a while, until 1770, it was a religious holiday, but today it's all about the bonfires and parties with traditional food and drink. In addition there are often competitions and games for the children, lotteries and barbequing.

There are many superstitions connected with the Eve of St. John. For instance, the bonfire was believed to give protection from evil spirits and to keep witches away.

Another superstition was that herbs and plants had magic powers on this night. Also, if a girl on this day picked seven different kinds of flowers and put them under her pillow, she would dream about her future husband that night.

**Northern California Kretsstevne (NCK)
Labor Day Weekend at Camp Norge
September 3,4,5—2011**



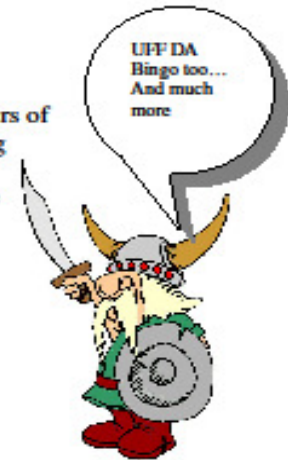
The Northern California Kretsstevne Committee invites the members of all Sons of Norway Lodges in Northern California, and surrounding areas, to join them in a weekend of fellowship, friendship and fun. Whether you come in your RV, stay in the dorms or bring tents, we know you will have a great time



Planned Activities:

- Good Food—Horseshoe Tournament
- Meadow Faire
- Games for all ages—Swimming
- Dancing—Raffle—Karaoke
- Barbecue

Check out www.campnorge.com for more information



Camp Norge Room Accommodations? The rooms fill up quickly so please call ASAP: 530-389-2508. (No reservations required for RV's and Tents.)

Meal Packages will not be available at the event. Meal Registration Deadline is **August 26, 2011**. Questions? Call: Lillie and Marvin Hanson at 707-279-0974 or email at mlhanson@att.net

Cut here and return
Northern California Kretsstevne (NCK) 2011
Meal Preregistration Form
Make checks payable to: NCK
Send to: The Hansons, 5701 Live Oak Drive, Space 26 Kelseyville, CA 95451

Lodge Name & # _____ Name _____

Address: _____ City _____ Zip _____

Phone _____ Email _____

(Note: Children are kids 12 and under, those 5 and under are **FREE**)



Meals:	
Saturday Breakfast	# of Adults _____ X \$6.00= _____
Saturday Lunch	# of Adults _____ X \$6.00= _____
Saturday Dinner	# of Adults _____ X \$11.00= _____
Sunday <i>Frokost</i>	# of Adults _____ X \$6.00= _____
Sunday Lunch	#of Adults _____ X \$6.00= _____
Sunday Potluck	Donation Requested
Saturday Breakfast	# of Children _____ X \$4.00= _____
Saturday Lunch	# of Children _____ X \$4.00= _____
Saturday Dinner	# of Children _____ X \$7.00= _____
Sunday <i>Frokost</i>	# of Children _____ X \$4.00= _____
Sunday Lunch	#of Children _____ X \$4.00= _____
Sunday Potluck	Donation Requested

Monday Breakfast is a free smorgasbord of leftovers!

Meal Package	# of Adults _____ X \$30.00= _____
" "	# of Children _____ X \$18.00= _____

Total \$ _____
Meal Package includes Kretsstevne Pin

Freya Lodge, Sons of Norway

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Culture, Community, Camaraderie

**Midsommer Salmon
Dinner
June 25, 5 PM
RSVP by June 18!!!**

Anne Marie Eskilsson
REALTOR®, SRES

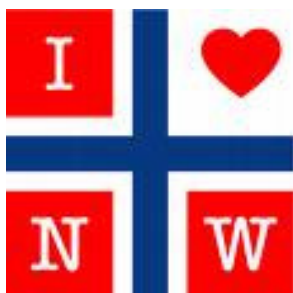


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