FREYA LODGE
SANTA ROSA, CA

Freya Forum

FREYA FORUM

MAY 2011

CULTURAL EVENTS:

- **Syttende Mai celebration May 14**
- **Annual Memorial Day gathering at Camp Norge, May 27-29.**
- **Board Meeting, June 29 at Norway Hall**
- **Midsommer celebration June 25th, salmon dinner, music & dancing**
- **Vikingfest October 8!!!**

2011 OFFICERS

President
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

Ord fra presidenten

May is a celebratory month for Norwegians, and at Freya Lodge we're celebrating.

For local Norwegians, we just had Norway Day in San Francisco, and some of our members were featured at the event. Kristi Jeppesen was the chef on hand demonstrating Norwegian foods. Hans Skalagard had a display of his magnificent oil paintings. I worked in the genealogy room helping visitors explore their Norwegian roots.

The fun isn't quite over as we will be celebrating 17.mai on May 14. This patriotic holiday is a big deal in Norway. The Constitution of Norway was signed at Eidsvoll on May 17 in the year 1814. The constitution declared Norway to be an independent nation; however, it was still under Swedish rule and not allowed to celebrate. All that changed on 7 June 1905 and Norway has celebrated ever since. So will we on the 14th and I hope to see you there!

Another piece of exciting news came from Norway Day. Freya Lodge is teaming up with Sue Sutherland of Bunad Butikken from Ely, Minnesota to hold a bunad making class at Norway Hall in 2012, immediately after Norway Day. Contact me to let me know if you are interested in learning embroidery, construction or both. Class structure and format will be based on member input. All area lodges are invited to participate and planning is underway.

Med vennlig hilsen,

Pamela Stutrud Groth

Road trip to SoCal

Laurel and I recently had great visit with friends and family on our trip to Southern California. We visited a long time friend whom we have not seen for several years. We were only going to visit for one day but, wound up visiting for two.

We made contact with the barber, Joe, who cut my hair when I was in high school. I have kept in touch with him all these many years. We had lunch and a nice visit with him and his son. We then spent two days visiting with my brother and niece.

We went for a walk on the beach in San Clemente and met a couple from England. Then it was off to Rancho Mirage to visit my uncle and cousins.

My uncle told me stories about his uncles which I had not heard before. Adding to the family's oral history is always a good time.

While we were out desert way, I read in the local paper, The Desert Sun, that Solskinn Lodge #6-150 was having a meeting and dinner. We attended and enjoyed our visit with Lodge members. The Kultur program for the evening was Norwegian painters from the 1880's. Solskinn Lodge has several activities planned for its members.

All in all we thoroughly enjoyed our Southern California trip.

Submitted by John Hill, Jr.

Print Issues of Freya Forum

The Freya Forum is our life -line of communication between the officers of Freya Lodge and the members, and thanks to our editor, we have a great newsletter. It is a forum for all the news about upcoming events and happenings within the lodge and its members. It is of vital importance that this information reaches all of the members of Freya Lodge.

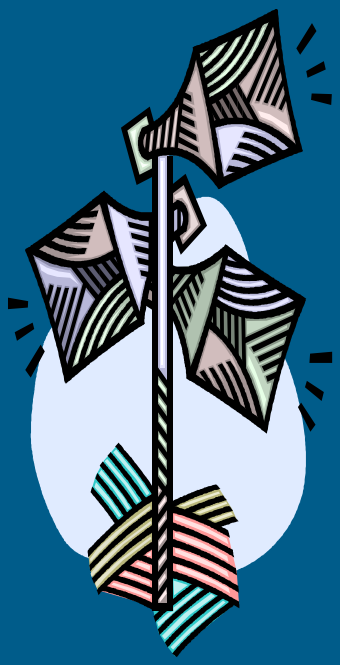
With the increase cost of printing and postage, it now costs the Lodge $1.50 per month for each newsletter that is mailed to a member. With 140 members, we can no longer afford to send newsletters in the mail to everyone. For this reason, the newsletter is sent out electronically to all members who have internet access.

Out of the dues our members pay to Sons of Norway headquarters in Minneapolis, Freya Lodge receives $5 per year, per member. This is our only income, other than our own fund-raisers, to cover yearly expenses. It was therefore decided at a recent board meeting that we would allow members to subscribe to the Freya Forum, if they prefer to receive a printed copy. As the yearly expense for mailing eleven monthly newsletters is $16.50, we deducted the $5 received from the dues and came to the subscription price of $11 per year.

If you would prefer a printed copy of the Freya Forum, please mail your check for $11 to Sid Krogstad, 917 G St., Petaluma, CA 94952. All subscriptions will start with the June issue and will be due by June 1st of each year.

The main thing is that you receive the Freya Forum, read it, and have a chance to participate in everything that Freya Lodge has to offer!

Submitted by Anne-Marie Winterhalder



Gratulerer med dagen

May

Lis Barca

Donald Bent

Stephen Gospe

Jeannine Harris

Ruth Holmes

Karin Hoy

Eliff Konrad

Ellen Luca

Carolyn Strange

Sue Thue

Rita Wyrick

Ditt og Datt

Zoe Barca proudly represented "Team Norway" in her 6th grade football (soccer) unit in P.E. class. She led her team in creating a presentation board which displayed a historic figure (they chose Leif Erikson), the National Flag, Coat of Arms, a drawing of the country, the team nickname and the history of football in Norway. Zoe and each of her teammates had to make a scarf which included N O R W A Y as well as the flag and Norwegian Football Federation (NFF) coat of arms. Some team members hadn't thought Norway would be a good team, but after reviewing statistics that proved that Norway had beaten Brazil (a football powerhouse) several times the team got interested. After the project was complete, the team was happy with their choice and think that Norway is a pretty great place.

Karen's Column

The months are flying by so fast - I can't believe that we are already in May and June is just around the corner. Our lodge has been very busy this past month. I hope that many of you were able to be at our movie night on the first of April. Wow, what a movie we saw. If you missed the movie night, we are thinking of trying to do it again in the near future. The story of Max Manus was very intense and definitely not a movie for children. It was very good though but I would rate it for adults only. I am glad that the response to our movie night was great and next time we will make it a family event with a movie suitable for kids too.

Our second event for the month of April was again one that I hope everyone enjoyed. I know that I sure did. We had a soup, salad and dessert dinner followed by a fascinating talk and movie on Snowshoe Thompson presented by Sue Knight from Genoa, Nevada and Nina MacLeod from the Tahoe area. They represented an organization formed in Genoa called, "Friends of Snowshoe Thompson." I did not know that legendary Snowshoe Thompson (Mailman of the Sierra) never got paid for his 20 years of service for the U.S. Mail, carrying the mail from Placerville, Calif. to Genoa, Nevada. Nina brought her "long" skis to give us a visual of the type of ski that Thompson used to cross the Sierras on. Her skis were only 10 feet long and she had difficulty getting them under the beams and the fan at the lodge. Snowshoe Thompsons skis were 12 to 16 feet long. Amazing to see. He was one tough and determined Norwegian!

Our next activity for the lodge is 17 Mai. Being a bit untraditional, we are going to celebrate 17 Mai on the 14th of Mai, Saturday, at the lodge starting at 12 noon. Come and join us in celebrating this Norwegian National Holiday with a smorgasbord buffet lunch followed by a flag parade, music, slides and for dessert, we will have the traditional Norwegian bløtkake. There will be hot dogs, ice cream and Viking games for the kids. The cost for this event is $8.00 for adults and kids 12 and under are free. Wear your bunads or Norwegian ribbons and bring your Norwegian flags. Be sure to check out the flyer in the Forum - invite your neighbors and friends and help us celebrate our heritage! Please, to make sure that we have plenty of food, I really would like RSVP's by May 7th.

Our activities continue in June so mark your calendar now for Saturday the 25th, our Midsummer Night, or St. Hans Eve, gathering. We will be gathering at the lodge at 5 PM for a delicious traditional Salmon dinner with a Norwegian dessert. We will try to have the bar up and running too - think that would be great with a salmon dinner! To round off the evening, we will be entertained by the bluegrass band, Colgan Creek. If you like to dance the night away, they will be ready to get you hopping! And for those who just like to listen, their songs will get your foot a tapping! The sounds of the fiddle, bass, guitar, mandolin, and banjo and the wonderful singing will be a great way to celebrate a Midsummer Night, Come and join us for an evening of fun, dinner and dance. This is a family event and kids 12 and under are free. Hot dogs will be served and Viking games will be played. For those who do not like fish, we will be offering hamburgers.

You must RSVP for this event and let us know then if you prefer burgers instead of fish. Cost for this event, meal and show, is $20 for adults and remember kids 12 and under are admitted free. If burgers are preferred cost of dinner and show will be $12. Remember, that cost includes both food and entertainment. I am anxious for our members to hear this group as my husband, Terry, is the stand-up bass player.

I want to thank everyone who helped at the last event. Thanks to our wonderful soup makers, Anne-Marie Winterhalder for a great Minestrone, and Sandi and Helene Mc Connell for a great traditional Norwegian yellow pea soup. They even made one that was vegan so my husband Terry, could enjoy too! Thank you to Jane Eide for coming to my aide and helping to serve dessert. What a great lodge we have!

For those who wanted the recipe for the fish soup from our April event, you can find that on page 6 in this issue.

Med vennlig hilsen,

Karen Larson

Find us on Facebook

Celebrating 17.Mai

17. mai is a wonderful celebration in Norway, a celebration which means many things to many people.

For everyone, it is a celebration of spring. May is a month when everything is bursting into life after the coldness of winter.

It is usually the first day that children can wear summer clothing without a jacket. I say usually, because two years ago it snowed on 17. mai in southern Norway.

It is a festive occasion when those that have bunads definitely put them on.

All the school children participate in the "barnetog", the children's parade, all the bands join in the march and everyone waves the Norwegian flag.

In Oslo the parade goes in front of the Royal Palace and the royal family is on the balcony waving back.

For the teenagers finishing high school it is a celebration that the exams and finals are almost over and they can go on to the University or into the job market. They dress in red coveralls, and a red cap, drive red cars and generally party till the sun comes up.

As people get older they think more about the historic significance of 17. mai. About how the celebration is really because the Norwegian constitution was signed on 17. mai, 1814. So even though we shared a king with Sweden, Norway had its own constitution and government.

But total freedom didn't come until 1905, when the union with Sweden was dissolved, on friendly terms, and Norway got its own king, Kong Haakon VII.

This year that freedom is appreciated even more because 70 years ago Norway was occupied by German troops. For five long years Norway struggled to regain its freedom.

During that time it was against the law to fly the Norwegian flag or sing the national anthem, so you can imagine the joy in spring of 1945, when the war was finally over.

I was seven years old on that beautiful spring day and even though I didn't quite understand what it meant, I was dancing around, chanting with everyone else "The peace has come, the peace has come!"

So you can see that there are many reasons why Norwegians both in Norway and abroad celebrate 17. mai. Thank you for coming to help us celebrate today!

Submitted by Anne-Marie Winterhalder

Membership

Welcome new member:

Jo Ann Cipra

Thank you for renewing:

Gloria Keller

Erik Oehm

Lee Rossavick

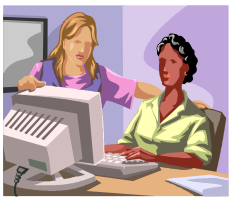
Ken Satrom

Carolyn Strange

Stacy Stjern

Raymond & Judith Watten

Richard & Anne-Marie Winterhalder



Remember to tell a friend about Freya Lodge.

Staff needed for Camp Troll Fjell

Be a part of the "Camp Troll Fjell Team" that teaches our young people about their Heritage and Culture plus ensures their health and safety at Camp Norge.

We are in need of the following staff members:

-Assistant Director for Food Services

-Food Buyer

-Cook

-Assistant Cook

-Assistant Director for Personnel

-Nurse—licensed to practice in California

Please visit www.campnorge.com and link to Camp Troll Fjell to access the complete Manual in pdf under Counselor Application or CIT Application. For more information and details regarding salary scale, contact Mary Beth Ingvoldstad mbingvoldst@aol.com 707-987-2404 or toll free at 866-834-1932

Royals Head for Wedding in London

King Harald and Queen Sonja travelled to London last week to attend the lavish royal wedding of the heir to the British throne, Prince William, and his former schoolmate Kate Middleton. Crown Prince Haakon and Crown Princess Mette-Marit weren't invited.

Royal watchers in Norway were somewhat surprised that the younger generation wasn't included in the British royal preparations, but newspaper Aftenposten reported that only reigning monarchs were invited. So King Harald and Queen Sonja were to represent Norway's royal family at the wedding on April 29.

There was at least one exception from Scandinavian royalty. Since Swedish King Carl Gustaf and Queen Silvia declined their invitation, Crown Princess Victoria and her new husband Prince Daniel will attend the wedding in London in their place.

The Norwegian royal couple flew to London on the afternoonof the 28th and were expected to attend a large party for foreign guests that evening at the Mandarin Oriental Hotel in Knightsbridge, according to Aftenposten. Queen Elizabeth and her husband, Prince Philip, were the hosts but it remained unclear whether the father of the groom, Prince Charles, would attend. He opted for an extended Easter holiday in Scotland, delaying his return to London.

King Harald and Queen Sonja of Norway

King Harald and Queen Sonja planned, as usual when in London, to stay at the home of Norway's ambassador to Great Britain, at Palace Green in Kensington. It's located close to the former residence of the late Princess Diana, the mother of the groom Prince William.

Adapted from www.newsinenglish.no

Norway Best for Moms

The best place in the world to be a mom is Norway, where maternal and child mortality rates are low, women's life expectancy and years in school are high, and the average maternity leave is about one year, a new study measuring the well-being of mothers and babies shows.

In the recently released annual survey by Save the Children, Norway is the world's best place to be a mother, and eight of the 10 top-ranked countries are in Western Europe. The remaining two are in the southern hemisphere, with Australia ranking second and New Zealand eighth.

The worst place in the world to be a mother is Afghanistan. One in 11 Afghan women will die from pregnancy or childbirth complications in her lifetime and only 14 percent of mothers in the country give birth with help from any kind of skilled health worker. In Norway, by comparison, the risk of maternal mortality is only 1 in 7,600 and nearly all births are attended by skilled help.

The survey noted that the United States came in at 31 mainly because its maternal mortality rate of 1 in 2,100 is among the highest of any industrialized nation.

Adapted from Save the Children

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 opportunities 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 Recruitment 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.

Norwegian Fish Soup

Many people asked at our April event for this recipe from Scandinavian Cooking Made Easy. It's delicious and easy to make, hope you enjoy it!

Norwegian Fish Soup

Serving: 4

2 tbsps butter
1 tsp. black pepper
2 leeks, sliced into rings
1 1/4 quarts water
4 med. red potatoes, diced
1 pound fish fillet, fresh or frozen
1 stalk celery, diced
(I used flounder and tilapia)
2 tsps. salt
1 tsp. dried dill weed

In a large heavy skillet or pot, melt butter; saute leeks, potatoes and celery about 5 min. over low heat. Add salt, pepper, and water; bring to a boil and cook about 10 to 15 minutes or untl the vegetables are tender. Cut fish filets into 1 inch pieces and add to soup - cook about 10 minutes or until fish is done. Before serving, we added half and half to taste - you could use cream. Just gave a richer flavor. Sprinke with dried dill weed before serving. Enjoy!

Submitted by Karen Larson

Helping to Support our Lodge

Many members have indicated that they have enjoyed the meetings, dinners and events that Freya Lodge have put on recently, and we owe our Social Director, Karen Larson, a huge debt of gratitude for all the work that she has put in.

These events do not happen by themselves. There is planning, organizing, shopping, preparation, set-up, decorations, in some cases cooking, clean-up etc. It is just too much for one person to do, and while we often have members who assist, we feel that if we are going to continue to have these kinds of events, we need a Social Committee of three or four people, rather than just a Social Director. AND, in addition, we need the help of any member who is able to assist, especially with clean-up after the events.

As one eloquent member put it at the last board meeting: "If you stop giving, you eventually stop receiving". If we don't spread out the work and do it together, our Social Directors will suffer from "burn out" and we won't be able to share our heritage, food and culture through these enjoyable and exciting events.

If you would like to work with Karen on the "Social Committee", please give her a call at 996-9889. Or, call her if you would like to work on a specific event. We have two more events before the summer hiatus, the Syttende Mai Celebration on Saturday, May 14th and the Midsummer Party and Salmon Dinner on Saturday, June 25th.

You get out of an organization what you put into it. Working together on these events is really fun and a great way to get to know each other better. Let us work together so that we can continue to have a strong and vital Freya Lodge!

Submitted by Anne Marie Winterhalder

Events around District 6

Our president, Pamela Stutrud Groth, will reprise her presentation 'Diggin' Nordic Roots' for a lunch meeting of Olav #6-82 on Saturday, May 7, 2011 at Rickey's Restaurant in Novato. All who missed this presentation at our February meeting should plan to attend this luncheon. For more information contact Marline Arild at (415) 454-3910.

The Recreation Center Board welcomes you to Camp Norge for a three-day camping experience at your own recreation center on Memorial Day Weekend. If you do not have a tent or RV, call the Manager at (530) 389-2508 for a room. Pre-Registration for meals is necessary. A registration form is available on the camp web site, www.campnorge.com.

Vikings of Lake Lodge #6-166 will present "The Knut Experience" with acclaimed Norwegian pianist Knut Erik Jensen on Saturday May 22 at the Galilee Lutheran Church, 8860 Soda Bay Rd. in Kelseyville. A reception with the artist will follow, with Smørbrød, cookies and coffee. A suggested donation of $10 is appreciated, benefitting SoN Adopt a School programs.

Snørre Lodge #6-61 will celebrate it's 60th anniversary on August 19. For information or reservations e-mail Jeannie Thompson or call 510-656-3549

You may not know it, but there is a Scandinavian Dance Class, on Tuesday evenings 7:15 to 9:15pm at Hermann Sons Hall in Petaluma.

Anyone interested in Scandinavian dancing is encouraged to come, beginners especially. No partner needed. Call (707) 996-8300 for more information.

For more about these events, and many others around our area and across Northern California, please visit our lodge web site at www.freyalodge.org/events.

FREYA LODGE, SONS OF NORWAY

17.mai at Norway Hall

May 14, 2011
12:00 pm
A traditional family event with a parade and games for the kids.
$8 per person
Kids are free!

FREYA LODGE, SONS OF NORWAY

Norway Hall
617 W. Ninth Street
Santa Roas, CA
www.freyalodge.org

Karen: 707-996-9889
rsvp by May 7, 2011

Culture, Community, Camaraderie

Join us to celebrate 17. mai, the Norwegian National Holiday, at Norway Hall on Saturday, May 14th.
A smørgåsbord buffet lunch will be served at 12 Noon, followed by a flag parade, music, slides and for dessert, the traditional Norwegian bløtkake.
There will be hot dogs, ice cream and Viking games for the children. This is the day to celebrate our Norwegian heritage, so wear your bunads or Norwegian ribbons and bring your Norwegian flags! Cost $8 for adults, children 12 and under are free.

SONS OF NORWAY

Freya Lodge 6-062

VISA MasterCard

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.

Freya Lodge, Sons of Norway

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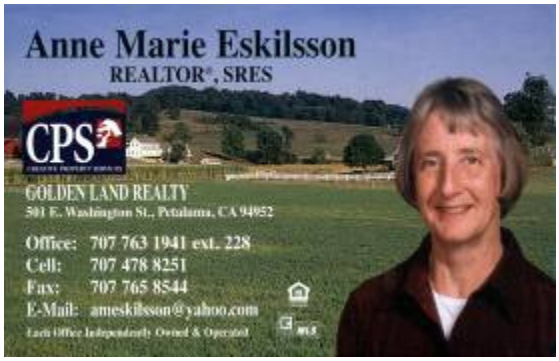
Culture, Community, Camaraderie

Hurrah for 17.mai !!!
May 14, 12 noon



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