

FREYA LODGE
SANTA ROSA, CA

CULTURAL EVENTS:

- **Vikingfest is coming on October 8!!!**
- **Officer Elections for 2012 on October 21, look for slate in this issue.**
- **Save the Date Freya Lodge 60th Anniversary November 12th, catering by Café Europe**

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

OCTOBER 2011

Ord fra presidenten

Freya Lodge is continuing on an upward path, and Freya's members are getting noticed!

Hans Skalagard was recently a profiled subject on the television series 'This Is Us', which airs on PBS and features local artists and artisans. It has aired in the Bay Area on Channel 54, and is also available as a linked video on our lodge Facebook page. We'll keep you posted of future airings as we hear of them as well as upcoming exhibitions of the maestro's work.

We've also learned that both Hans Skalagard and

Kristi Hallamore have recently been interviewed for upcoming issues of Viking magazine. Look for those stories in your mailbox soon.

It's the members of a lodge that make it vital. Each of us brings something special and together we make the lodge a place where we can share our culture, talents and friendship.

Both Hans Skalagard and Kristi Hallamore have helped make our lodge a better place. Hans has given of his time, his work and the stories of his fascinating life at lodge meetings and as an Adopt a School volunteer. Kristi has

lent her culinary talent not only to lodge events, like Vikingfest, but to other major events like Norway Day. Their willingness to give back to their community is an example of the best our order has to offer. We congratulate them on the recognition their talents have brought them.

So what can you share with the lodge? What talent, story, history or craft brings you closer to our culture?

We want to hear from you.

Med vennlig hilsen,
Pamela Stutrud Groth

Election Season

On October 21, all active members of Freya Lodge are invited to attend the annual election meeting. We will vote on the officers to lead us for 2012. Nominations may be made from the floor for any office, and particularly for offices where there is no incumbent or nominee already.

The nominating committee reports the following slate: President, Pamela Stutrud Groth

Vice President, Anne Marie Winterhalder

Secretary, Marne Olson
Assistant Secretary, Claudia Larsen

Treasurer, no nominee

Social Director, no nominee
Counselor, Frank Groth

Trustee, Sid Krogstad
Hall Association, 3 year term,
Darryl Laxo

Librarian, Sandi McConnell,

Tubfrim, Claudia Larsen
Sports Director- Ginger Schechter-Gong
Editor, Frank Groth
Foundation Director, John Hill, Jr.

Sunshine, Sandi McConnell
Adopt a School, John Hill, Jr.

Be sure to attend... your voice matters.

Films from Norway

Two contemporary films from Norway will be screened at the upcoming Mill Valley Film Festival.

A charming fantasy adventure based on a popular Norwegian television series for children, *Magic Silver* is about a community of gnomes discovering the secret power of a shimmering silver liquid that bubbles deep within their mountain-top home.

Magic Silver became a big success after its domestic premiere in Norway in 2009 with over 350 000 admissions. The movie, which is suitable for ages 6+, will be screened twice during the festival:

Saturday October 8 at 4:15 pm
142 Throckmorton Theatre - Mill Valley

Saturday October 15 at 12:30 pm
Smith Rafael Film Center - San Rafael

A more adult themed film, *Turn Me On, Goddammit!* examines the tenuous social structure of teenagers and embraces the intricacies of a young woman's sexuality in a way that no film in memory has.

A humorous, bittersweet and tender tale of teen angst and budding sexuality set among the mountains and fjords of Norway, this

film is a complicated and perfectly executed tone balancing candid sexual content with a certain earnest awkwardness. *Turn Me On Goddammit!* is an apt evocation of the particular complexities of teen girlhood.

This film will also be screened twice during the festival:

Saturday October 8 at 7:00 pm Sequoia Theatre - Mill Valley

Monday October 10 at 4:30 pm Smith Rafael Film Center - San Rafael

Adapted from the Norwegian Consulate Newsletter



Gratulerer med dagen

October

Myrna Bellovich
Ruth Carlson
Charles Christianson
Linda Dehzad
Tom Elken

Mark Fahey
Elisabeth Gallagher
Helen Gilstrap
Marla Hall
Pat Hansen
Derek Macchia-Grover
Sandi McConnell

Richard Winterhalder



Ditt og Datt

Barbara Lund let us know that her husband John, who has been ill, was recently transitioned to hospice care at Windsor Care Center in Petaluma. The address is 523 Hayes Lane, 94952. John is in room 205. We wish him the best.

Freya Lodge extends its condolences to Wanda Perkins, and her daughter Erica, on the recent death of Wanda's husband Paul.

Margaret Kram reports that her recent cataract surgery went well, and she's 20/20 now.

Darryl Laxo reports on behalf of the HAC that, just in time for Vikingfest, Norway Hall has a fresh coat of paint, some minor repairs all around and that all the new signs are installed outside. Also the HAC has procured a new microwave

for the kitchen to replace the old unit.

Kudos for the spruce up of the hall started to come in promptly... Ginger Schechter Gong posted to Facebook that the hall looked wonderful and thanked the HAC for all that's been accomplished this year. We thank the HAC, as well, for their leadership and efforts.



Karen's Column

I just wanted to thank Pam and Marne again for such a great presentation on Bunads at our September meeting. If you missed this meeting, you missed a great showing of beautiful bunads, bunad jewelry and dolls dressed in bunads from different areas of Norway. What a treat it was to see Marne's collection of bunads and bunads brought by Marit Barca and Anne Marie Winterhalder. Also on display were bunads that belonged to Margaret Phinney, a past member of our lodge. Thank you to all who wore their bunads. Thank you too, to Nancy Pieraccini for bringing the bead work which her grandmother made in Norway for her bunad when she was just fourteen years old. The bead work was incredible. What a fascinating evening it was. I hope that we can do it again for those who did not get to see it this time. Maybe we can schedule the bunad presentation again for next year. This is one presentation you do not want to miss!

Now onto our next big event, the Vikingfest on October 8th from 10am to 3pm at our lodge. Be sure to invite your neighbors and friends to see live Viking re-enactments, cultural demonstrations, and enjoy a taste of Norway lunch. Visit our vendors and get a head start on your Christmas shopping. Imported Scandinavian foods and gift items will be available for purchase. Lefse, made by our own Lefse Queen, Lorraine Larson, will be for sale in our bakery. The admission is free so be sure to pass the word around about our Viking Fest.

Attention bakers! If you have a favorite Norwegian cookie recipe or specialty that you like to make, now is the time to dig those recipes out and start baking. Our Vikingfest Bakery will be looking for donations. It would be wonderful if you could bring your baked goods on Friday the 7th to the lodge or early on Saturday morning before the event. The Bakery is a very popular spot at the Viking Fest and many people shop there for their favorite Norwegian specialties.

The Vikingfest is one of our biggest fund raisers for our lodge and your participation is vital to make this event a success. We are looking for volunteers for set-up, kitchen help the day before, and the day of the event, servers, and clean up after the event. Participation in this event is fun and it is a great way to share your Norwegian heritage. Come and see the live Viking re-enactments, our cultural demonstrations, and enjoy a taste of Norway Lunch. Please call me or Anne Marie Winterhalder as soon as possible and volunteer to help.

It is hard to think beyond the Vikingfest right now but right around the corner, on November 12th., is our 60th anniversary celebration for Freya Lodge. We will be having a wonderful catered luncheon by Cafe Europe at the lodge at 1pm. The cost for this event is \$26 dollars per person and I will need paid reservations by Nov.6th. Remember, no one will have to volunteer to work in the kitchen or stay late for

clean up. Everything will be done for us! Save this date now on your calendar now, Nov. 12th, 1pm at the lodge for our 60th anniversary celebration. Please see the attached flyer for the menu choices provided. Again, this luncheon will require paid reservations by Nov. 6th. Please contact me if you have any questions.

To end our calendar for the year, we will be hosting a Jule-trefest which will be held on December 10th from 12 to 3pm. This is a family event and I will have more on it in the next Freya Forum. So for now, we will see you at the Viking Fest on October 8th and remember to get your paid reservations in by November 6th for our 60th Anniversary Luncheon which will be held on November 12th at the lodge.

*Med vennlig hilsen,
Karen Larson*



Claudia Walen is our new Tubfrim Director. She will accept your used clipped postage stamps at Norway Hall. Thank you, Claudia!



Find us on
Facebook

North Sea Oil Reserves Growing

The size of the oil discovery made at the Avaldsnes field in the North Sea earlier this year has grown once again and now is believed to rank as the third-largest ever struck in Norwegian waters.

“This discovery will probably be one of the largest on the Norwegian continental shelf and surely the largest made since the mid-1980s,” said Ashley Hellenstall of Lundin Petroleum in a press release from the company on Friday.

Lundin’s updated estimates for the Avaldsnes discovery now lie between 800 million and 1.8 billion barrels of oil, much more than the 100 million to 400 million barrels reported earlier.

When combined with the preliminary estimates for Statoil’s Aldous Major discovery, which is connected to the Avaldsnes field, the two companies are looking at extractable resources

to around half of Norway’s sovereign wealth fund that has been built up by years of oil revenues from the North Sea. Despite the heavy costs of extraction and operation, the discov-

ery will yield a huge new source of revenue for the Norwegian state and further strengthen Norway’s economy.

Statoil, meanwhile, “sees a considerable resource potential in Aldous Major South and the Avaldsnes area,” said Gro Haatvedt,

Statoil’s head of exploration on the Norwegian shelf. “And our understanding of the area is getting steadily better.”

Adapted from newsinenglish.no



estimated at 1.2 billion to 2.6 billion barrels of oil or oil equivalents.

Given today’s oil price and dollar conversion rate, the value of Aldous Major and Avaldsnes would amount

Design a Fane

The District 6 board is encouraging all lodges to have a lodge banner, known as a fane. These banners are great marketing tools for displaying when a lodge appears at community events. And, of course, the district board would love to see every lodge’s banner displayed proudly at the 2012 District convention.

Our board has decided to hold a design contest to create a fane. Members should design with both our Sonoma County location and our lodge’s values of Culture, Community, Camaraderie in mind. At left is the design used by Vegas Viking #6-152, as an example, which incorporates a number of design elements to identify the lodge.

The deadline for entries is November 30, 2011 and all entries must be submitted to the board. The design chosen will be crafted into a banner that will be displayed at lodge and community events. The winning designer will be awarded dinner for two at the 2012 Lutefisk dinner.



Membership

Welcome new member:

Melissa Luth

Beverly Torres

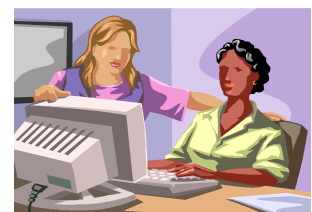
Thank you for renewing:

Lill Ann Folger

Marian Kelly

Hollis Stavn

Remember to tell a friend about Freya Lodge.



Cultural Key to Happiness

As Sons of Norway members, there are many benefits that we enjoy on a regular basis, from travel discounts to Viking magazine and all the cultural programming in-between. But, did you know that your membership might in fact do much more?

A recent study conducted by the Journal of Epidemiology and Community Health of 50,000 Norwegian men and women uncovered an interesting link between culture and happiness. Participants who attended and engaged in cultural activities were more likely to report a higher satisfaction with life and better health than participants who did not engage in cultural activities. What types of activities you may ask? Study examples included both "receptive"

activities like visits to museums, art exhibits, concerts, films and plays, along with attending church and sporting events and "creative" activities like playing sports, dancing, singing, fitness and physical activity and social clubs.

Men in the study saw particularly high benefits, as men who attended cultural activities were 9% more likely to report better health and satisfaction with life than other less engaged men. These same men were also 13% less likely to have anxiety and 12% less likely to be depressed. Women also saw marked benefits in the study, however the results were less pronounced.

Overall, those who either participated in or watched five or more cultural activities per

month reported a 91% satisfaction rate with life compared to 84% for those who participated in just one activity per month.

Koenraad Cuypers, Norwegian University of Science and Technology researcher and the study's lead author, says it is possible that these activities may provide a positive effect on the brain and the immune system. It is also suggested in the study that cultural activities may enhance overall health by reducing stress levels.

If you're looking for ways to take advantage of these hidden cultural benefits within your lodge, contact membership coordinator, Joe Eggers, at jeggers@sofn.com or (800) 945-8851 ext. 697.

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. That gives you almost a year to work on a project. I like to think of this part of the Convention as our Heritage Showcase.

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.*

Events Around District 6

The 28th Annual Sacramento Scandinavian Festival will take place on Saturday October 15th at Divine Savior Catholic Church 9079 Greenback Lane Orangevale, CA 95662. This event will run from 10 AM to 4 PM. Themed as "A Celebration of The Nordic Heritage" all of the Nordic cultures are represented. Admission is \$4 for adults, kids under 12 are free. For more information call 916-451-3853 .

Camp Norge Folkedans Stevne will take place November 4-6 featuring dances from Rogaland. Instructors will be Ginny Lee and Mikkel Thompson for dance and Toby Weinberg fiddle and hardanger fiddle, and Bill Likens ac-

cordion and torader. For more information visit [Camp Norge's web site](#) or see the flyer on our lodge web site.

Olav Lodge #6-82 will host their annual 'Best in the Bay Area' Julebord on Saturday, December 3 at the Lucas Valley HOA Center at 1201 Idylberry Road in San Rafael.. Festivities will begin at 6:30 PM. For more information, contact Barbara at 415-472-1200 or by e-mail at bjlayton@comcast.net

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 [Patricia Becker](#) or call 619-583-1076.

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.

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

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 concerns by applying the follow-

ing 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 re-assess 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)



FREYA LODGE, SONS OF NORWAY PRESENTS VIKINGFEST

October 8, 2011

Saturday, 10 am to 3 pm

*Culture, Community,
Camaraderie*

VIKINGFEST

Norway Hall
617 West Ninth Street
Santa Rosa, CA 95401

- Taste of Norway Lunch
- Live Viking Reenactments
- Traditional Bakery
- Scandinavian Vendors
- Imported Foods
- Fresh Waffles and Coffee
- Raffle Prizes

More information: 707-579-1080

www.freyalodge.org

Free Admission



Vikingfest is Freya Lodge's annual celebration of Norwegian heritage and all things Norwegian: from Viking era reenactments to modern art and pottery, Nordic arts and crafts, traditional foods, heritage keepsakes, cultural displays and demonstrations, and remembrance of Leif Erikson.

Come be a Viking for the day!

Date: 11/12/11

Time: 1:00pm

Freya Lodge 60th Anniversary

Join us for our celebratory luncheon

Catered by Café Europe of Santa Rosa

Menu Includes:

Sonoma Mixed Greens with cherry tomatoes, croutons and Café Europe house dressing.

Freshly baked bread and butter.

Choice of *Salmon Filet* seasoned, poached in Gewürztraminer wine, lemon caper sauce, with rice pilaf, baby carrots, apple red cabbage.

Boneless *Pork Chop Vienna* seasoned, panko breaded, baked, creamy mushroom sauce, mashed potato, baby carrots, apple red cabbage.

Black Forest Torte, Coffee.

FREYA LODGE, SONS OF NORWAY

NORWAY HALL
617 W. NINTH STREET
SANTA ROSA, CA 95401

\$26 PER PERSON

MAIL PREPAID RESERVATION TO
SONS OF NORWAY
PO BOX 6558
SANTA ROSA, CA 95406
BY NOVEMBER 6, 2011

Rsvp by November 6, 2011

Contact Karen: 707-996-9889



Date: 12/10/11

Time: 12:00 pm-3:00 pm

Freya Lodge Juletrefest



***SANTA CLAUS will arrive with
presents to all children.***

***(Please bring a small, wrapped gift for
Santa to give to your child, with child's
first and last name CLEARLY printed on the
gift. There may be more than one Erik!)***

- Singing around the juletre.
- Julebord, cold cuts, cookies and coffee.
- \$8 for adults, kids under 12 are free.
- RSVP by December 3

Contact Karen Larson: 707-996-9889



**SONS OF
NORWAY**

Norway Hall
617 W. Ninth Street
Santa Rosa, CA 95401

Freya Lodge 6-062

www.freyalodge.org

Freya Lodge, Sons of Norway

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Web site: www.freyalodge.org

Culture, Community, Camaraderie

**Vikingfest October 8
10 AM—3 PM
Election Meeting
October 21**

Anne Marie Eskilsson
REALTOR®, SRES

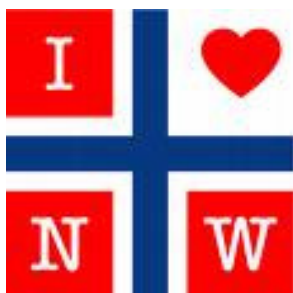


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