

FREYA LODGE
SANTA ROSA, CA

CULTURAL EVENTS:

- **Bunad presentation September 16, 7 PM**
- **Vikingfest is coming on October 8!!!**
- **Officer Elections for 2012 on October 21.**
- **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
707-795-8852 / 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

SEPTEMBER 2011

Ord fra presidenten

I recently met with Marne Olson to prepare for this month's bunad program. Yes, we do love bunads! Marne has an impressive collection of all things bunad, some of which she will be bringing for us to see. It's going to be lots of fun and we look forward to seeing members wearing or bringing their bunads to tell us about theirs.

Our Nominating Committee has been working hard setting up our slate of 2012 candidates. We will be elect-

ing our officers at a lodge meeting following Vikingfest.

We will also be reviewing several by law changes at that time. The bylaw changes must be passed with a 2/3 majority vote of those present. If you want to have an impact on the future of our lodge, please attend.

The following nominations are in place: President-Pamela Stutrud Groth, Vice President-Anne Marie Winterhalder, Secretary-Marne Olson, Assistant Secretary-Claudia Larsen, Counselor and Edi-

tor- Frank Groth, Librarian-Sandi McConnell, Sunshine-Sandi McConnell, Tubfrim-Claudia Larsen, Sports Director- Ginger Schechter-Gong, Trustee Sid Krogstad and Darryl Laxo for Hall Association, 3 year term.

We are headed into our 61st year as a lodge. We are moving forward with fun and interesting programs and many lodge improvements on the part of our Hall Association.

Med vennlig hilsen,
Pamela Stutrud Groth

Oslo's Pricy Parking

A recent study conducted by Colliers International, a real estate consulting firm, sets Oslo and London at the top of the world's most expensive cities to park a car.

The study of 156 worldwide locations and central business districts surveyed parking garage costs on both a monthly and daily basis. While London has the distinction of having the highest monthly parking costs of over \$1,000, Oslo has the highest daily rate of just over \$89.

Study results also showed an almost worldwide increase in parking rates for the last 12 months, excluding the U.S.

The downtown and midtown areas of Manhattan also ranked fairly high on the list, taking 17th and 18th place for monthly rates (\$533, \$541) and 35th and 15th place for daily rates (\$30, \$41).

Highest Per Month:

1. London \$1,084
2. London (West End) \$1,014

3. Zurich \$822
4. Hong Kong \$744.72

5. Tokyo \$744

Highest Per Day:

1. Oslo \$89.04
2. Copenhagen \$73.11
3. Melbourne \$69.53
4. Sydney \$67.42
5. London \$65.97

And we thought we had it bad in California!

From SoN Newsletter Service



Viking Fest Save the Date!

Preparations have already started for the 2011 Vikingfest. Vendors are signed up and plans are in the making for a wonderful event this year. We plan to have more advertising than we have in the past, some changes here and there and we expect a great turn-out. Which means we will need your help!

Set-up and food-prep will start on Friday October 7th, so please put the 7th and 8th on your calendar now. It is not too early to start thinking about how

you can help make this Vikingfest the best one ever.

Before the event you can assist by lining up raffle prizes and make some of your special cookies and other delicacies for the bake sale. On the 7th we need help with set-up, baked goods are delivered and in the kitchen we will need workers for food prep. On the 8th we need everyone! Cashiers, servers, greeters, kitchen workers, BBQ chef, clean-up and support persons etc. etc.

This is our major fund raiser, and an opportunity to show the community what we are all about. And most importantly, working together to make this event a success is great fun!

At the August and September meetings there will be sign-up sheets for workers. You may also call Anne-Marie at 894-1807 or Karen at 996-9889 to volunteer for your favorite job!

Submitted by Anne-Marie Winterhalder

Gratulerer med dagen

September

Edith Anderson

Carole Gerst

Shirley Stevenson

Alfred Lokka

Jeffrey Mathiesen

Kaare Mathiesen

Gary Moen

Wanda Perkins

Nellie Randen

Carolyn Shada

Larry Syverson



Ditt og Datt

Don and Spehanie Bent recently returned from the Rolls Royce Owners Club 60th Annual Meet that was held in Squaw Valley Augst 13-18th. It also celebrated the 100th Anniversary of the "Spirit of Ecstasy" aka the Flying Lady. Don took First Place in the Touring class with his 1997 Bentley Turbo R. Cars being judged at the Meet included everything from a 1911 Silver Ghost limo to a Continental GTC drophead coupe.

In News from Norway, on August 25, Crown Prince Haakon and Crown Princess Mette-Marit celebrated their 10 year wedding anniversary! The couple travelled to Hedmark for several days leading up to the anniversary, and celebrated in Oslo with a church service and a concert.

Also of note, Princess Martha-Louise will celebrate her 40th birthday on September 22.

You might not know it but the reality TV series *Survivor* has spawned imitations all over the world. Norway's take on it, titled [Alt for Norge](#) is entering it's second season. In this uniquely Norwegian game, contestants from the US, who all have family roots in Norway, compete in various scenarios with the winner getting the chance to meet the Norwegian family that they didn't know they had.



Karen's Column

Summer is winding down and the kids are back in school, but for Freya Lodge, the fall activities are really lining up to go! This fall, our lodge is planning many interesting events.

We just finished up August with our potluck dinner and ice cream social. Our program provided by our CampTroll Fjell campers was terrific. Our camp performers for the evening were Zoe Barca, Justin and Lauren Proaps, Max Leone, Cassandra Serrano, Emma and Tyler, grandchildren of Lester and Unni Hoel. Thank you again for a great performance and thank you to the parents and grandparents for bringing your children and grandchildren to perform for us. Also a big thank you goes out to Sid and Beverly Krogstad for filling in again for greeters for the evening. Thank you also to Marit Barca for the beautiful flowers for our memorial table. I want to also thank the Scandinavian Club for joining us and hope that they will be able to attend many more of our events.

Now onto the exciting coming events which are many. To start the fall activities, we will be hosting a Bunad Show which will be at our lodge on Friday, September 16th at 7PM. This event will be presented by our President Pamela Stutrud Groth and Secretary Marne Olson. Come and learn about the traditional Scandinavian Bunads. I have heard that Marne has a wonderful collection of bunads to share. We have been asked to wear our bunads if we have

them. Children are encouraged to come and wear their bunads too. Bring your stories about your bunad and the region that they represent. Dessert and coffee will be served. Be sure to see the flyer in this issue of the Freya Forum.

Next on our busy lodge schedule is our Vikingfest which is on October 8th at the lodge. Now is the time to start preparing for our bake sale for Vikingfest. Start digging out your favorite Norwegian recipes as we will be looking for donations for our bakery. I will also be looking for volunteers to work in the kitchen for the day before and / or the day of the Viking Fest. Please see me at the next meeting to volunteer. Your help is so important to make this event go smoothly and make it a success. Be sure to invite your friends to our Viking Fest. Come and see the live Viking re-enactments, our cultural demonstrations, and enjoy a taste of Norway lunch. Visit our vendors and start your Christmas shopping a bit early. 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. Round off your day at Vikingfest with coffee and fresh Norwegian waffles. The admission is free so be sure to pass the word around about Viking Fest on October 8th., 10 am to 3pm.

Our calendars are getting full as we near the holidays but be sure to put save this date. On November 12th, our lodge will celebrate our 60th anniversary. We will be

having a catered luncheon by Café Europe at the lodge at 1pm. The cost for this event is \$26 per person. Please see the attached flyer in this month's edition of the Forum. With having a luncheon, we are trying to make this an event that will not require you to be out late at night. I know that it is difficult for many of our members to drive at night so, with this in mind, we have decided on a luncheon. Herbert at Café Europe has provided a wonderful menu with two choices for lunch. No one will have to volunteer for working or clean up! Wow, is this a first or what!!!! This event will require PAID RESERVATIONS by NOV. 6th. Please contact me if you have any questions.

Last but not least, our last meeting for 2012 will be our Juletefest which will be held on December 10th from 12 to 3pm. Come and join in as we sing around the juletre and enjoy a tasty Julebord with cold cuts and Christmas cookies. Hard to believe that Christmas is just around the corner. Yes, our social calendar for our lodge is really filling up, so please be sure to put these dates on your calendars now. It has been so nice to have so many of our members participate recently. I can't thank you enough! This is what makes our lodge fun, and with that, lets bring on fall with the same participation. There is lots to come so be sure not to miss out. See you on September 16th for our fall Bunad show.

*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

Freya Lodge Wants You

The Board of Directors of Freya Lodge is looking to fill key roles on the board, as well as non-executive roles to help support our lodge in 2012.

The following positions are now available and the duties involved:

Treasurer - Receives all monies due to the lodge, receives all bills against the lodge, keeps a book of accounts of receipts / disbursements, prepares annual budget and financial statement .

Social Director - Plans and supervises social activities, selects the social committee/lodge meeting songs, creates and implements yearly social program

Cultural Director - Plans and implements yearly cultural programs, coordinates cultural skills program,

arranges cultural activities: e.g., folk dancing, singing, craft, language and food preparation classes, etc.

Trustees - Act as custodians of lodge property, updates list of all the property owned by the lodge, (annually).

Phone Tree Coordinators - makes calls to members to invite them to monthly lodge events.

Greeters - (formerly inner guard and outer guard), Notify president of guests and visiting dignitaries, Greet all members and guests, Introduce guests to others.

Historian/Publicity Director - Takes pictures of and records lodge activities, maintains custody of lodge historical records, compiles an annual history scrapbook, prepares and sends

press releases to local media, sends lodge news to District 6 Publicity Director.

Foundation Director - Informs lodge of SON Foundation news, coordinates lodge fundraising activities in support of Foundation.

Auditor and Assistant Auditor - See that financial statements as well as treasurer's books of accounts and financial transactions are true, correct and complete. This is done annually and completed in time for annual financial reporting to International.

Members interested in any of these roles should contact President Pamela Stutrud Groth. Nominations for any office may be made from the floor at out election meeting in November.

Design a Fana

The District 6 board is encouraging all lodges to have a lodge banner, known as a fana. 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 fana. 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

Thank you for renewing:

Else & Harald Bratlien

Inger Crump

Marion Larsen

Marne Olson

Remember to tell a friend about Freya Lodge.



News from SoN Foundation

October is designated as Foundation Month throughout Sons of Norway.

As you know, Thor Lodge 4-067 in Minot, ND, had many families affected by the severe June flooding of the Souris River. We are currently in the process of mailing out \$38,000 in \$1,000 Helping Hands to Member Grants to all of the Sons of Norway families that have been affected by the floods. This will help them in their clean-up and recovery efforts to purchase much needed cleaning supplies, bottled water and other basic necessities. To help our members in their time of need is the true meaning of fraternalism. This is

the purpose of the Humanitarian Fund.

This year we are asking for something special. We ask that donations collected during October, Foundation Month, be given to the Humanitarian Fund. This will insure that the Humanitarian Fund stands ready to assist our members during the next disaster. For every individual \$250 donation to the Humanitarian Fund the donor will receive a King Harald V medalion as a sign of their support.

Email foundation@sofn.com for more information. You may also go to the Foundation section of the Sons of Norway website to view our scholarship and grant offerings, see what

we have funded for 2011 and to donate on-line.

The Sons of Norway Foundation is our members Foundation. You are the financial supporters as well as the grant and scholarship recipients.

Tusen takk!

*Submitted by Cindy Olson
SoN Foundation*



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

Olav Lodge #6-82 will host a cultural presentation on the immigration to America on September 9th. This event, to be at the Lucas Valley Home-owners clubhouse in San Rafael, will feature District 6 VP Mary Beth Ingvaldstad. A DVD program on Norwegian women's preparations to emigrate in the mid 19th century will be presented, as well as Mary Beth's trunk of her own family's heirlooms.

The Scandinavian Consulate Cup Soccer match will be held on Saturday, September 17 at Piper Park in Larkspur, Marin County. The first ball drops at 10:30 AM. Admission is free so come cheer on the teams.

Andrew Furseth Lodge #6-49 will hold a Western Picnic on September 17 at Johnson Ranch in Rodeo. RSVP by 9/14 to 510-245-8323.

Peer Gynt Lodge #6-22 will celebrate it's centennial on October 1, 2011 at the Doubtree by Hilton Hotel in Culver City. A social hour will kick off the evening at 5 PM, followed by dinner service at 6 PM. For more information contact Carolyn Peterson at 805-496-9353.

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 ap-

proach your goals and concerns 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 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
(cingvoldst@aol.com)



We Love Bunads



- *Friday, September 16th at 7pm*
- *Presented by Marne Olson and Pamela Stutrud Groth, students of Sue Sutherland of Bunad Butikken*
- *Wear your bunad*
- *Dessert and coffee will be served*
- *Free admission*



All About Bunads

Bunad is an umbrella term encompassing, in its broadest sense, a range of both traditional rural garments (mostly dating to the 19th and 18th centuries) as well as modern 20th century folk costumes. In its narrow sense the word Bunad does only refer to garments constructed in the early 20th century very loosely based on tradition. The word Bunad in itself is a 20th century invention.

The Bunad movement has its root in 19th century national romanticism, which included an interest for traditional folk garments not only in Norway, but also in neighbouring countries such as Denmark and notably Germany. However, in Norway national romanticist ideas

had a more lasting impact, as seen in the use of folk inspired costumes.



Contact Karen: 707-996-9889



Freya Lodge 6-062

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.frevalodge.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

Freya Lodge, Sons of Norway

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Culture, Community, Camaraderie

All About Bunads!
September 16, 7 PM

Anne Marie Eskilsson
REALTOR®, SRES



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