


The Runestone: Voice of the Asatru Folk Assembly

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**Baldrshof**  
Third Hof of the Asatru Folk Assembly

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## Words from the Alsherjargothi



August was a great month for us! Our numbers are growing and Baldrshof hosted their annual District event, Freyfaxi. I look forward to seeing how our hofs develop and beautify over the years and this trip did not disappoint. The fine folk at Baldrshof have outdone themselves making this a beautiful and special temple to bright Baldr. I would be remiss if I didn't mention all the hard work Dan and Paul have put into remodel and beautification work at Óðinshof. Well done all around!

At Freyfaxi, we oathed in the Clausens, Christian Penner, and Steve Mundy as

Folkbuilders. We also ordained Nathan Erlandson as a Gothi. It is worth noting that it is quite a challenge to make it to ordination and few who start the journey make it to completion. We also had the very special honor of performing 2 baby namings!

Things are looking bright going into the fall. One thing that is amazing is the consistent weekend work being put in at Sigrheim. Things are slowly taking shape and there are amazing things in store. It is worth noting that we are hosting the national Winter Nights at Sigrheim for the first time this year so I would encourage you ALL to sign up and come celebrate with us!

I look forward to seeing you all there!

Hail the Gods!

Hail the Folk!

Hail the AFA!

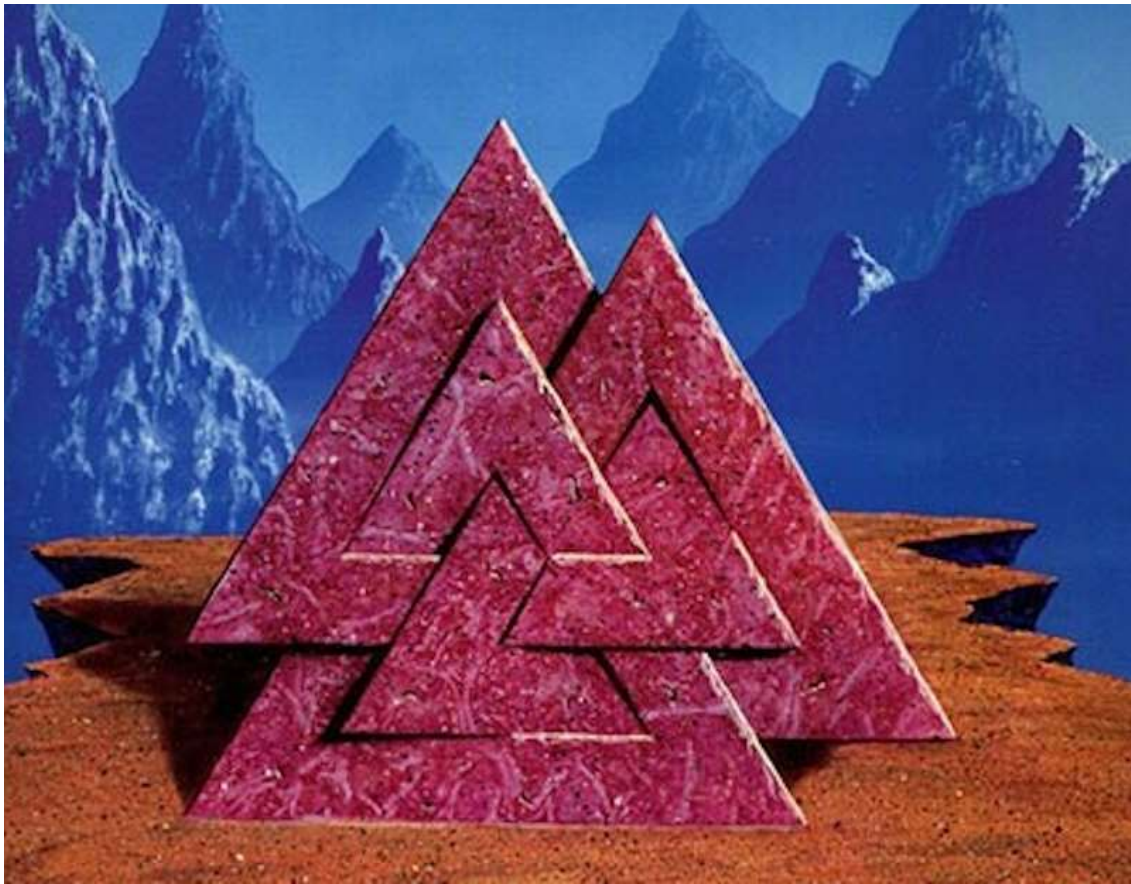
And remember to watch Victory Never Sleeps weekly at 6 PM Pacific Wednesdays.



Matthew D. Flavel  
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## Words from Our Gothar

### *Synchronicity*



An experience;

Many years ago, while just recently aware of our Elder Traditions, I came across Edred Thorsson's books about Runes. The book that I became really interested in was, "Nine Doors of Midgard". In that book I started to incorporate his 'Hammer Rite' into my exercise schedule of jogging about two miles every few days. I found that exercise and using the Hammer Rite in meditation after the run was really helpful with stress and fitness of mind and body.

After a while I decided to find a place for my Vee in the forest, found a good place in a grove of redwood trees next to a stream and was pretty much doing a regular program of exercise and meditation.

I was still reading and leaning more of our heritage so, I was searching for a god or goddess that seemed to be one of more interest than others to follow. Then while coming back from running one day I find some small holes or "nests" in my Vee dug out of the tough intertwined roots of the redwood trees, like a mat of fiber. You see the redwood trees in my chosen Vee were in a circle around me and while looking up I could see a small bit of blue sky and the other thing of notice was the sound of the stream, no people or obvious reason why these holes were 'clawed' out of the soil. Puzzled, I search for sign of animals, and there it was...a large wild boar had taken it's

tusks and ripped up a fallen tree to look, I suspect, for food, such as mushrooms or other fungi. So, later at home this wild animal came to my home and tore up my hard gravel driveway again I assume looking for food. This happened but once and stopped.

Reading other works of Thorsson, he expresses his ideas of power animals or animals that our ancestors said follow Clans, such as wolves, bears and boars. What to think, so this started me looking into any heritage such as heraldry, coats of arms etc. After many searches, some years later, I find my ancestry is connected to Freyr through a chieftain in Norway who was descended from Harald Fairhair who claimed descent from Freyr.

In the Voluspa, Odin said, to paraphrase, while searching one thing led to another in his quest for knowledge. So, what to think, of this rather strange occurrence, odd workings of an animal or something numinous, a sign or signal from the unseen world? For me I am no one to just pass it off as superstition.



Gothi Thorgrun Odden  
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### *A Thousand Excuses*



"Show yourselves men this day, for tomorrow will be too late. There is no safety for you but in victory!"

-King Totila of the Ostrogoths

In any real endeavor, we must consciously decide between action and inaction, between will and weakness. This sounds simple because, in reality, it is, even if it may not always appear to be so.

As men and women living in the Wolf Age, our lifestyles are extremely sedentary when compared with those of our ancestors. Obesity, diabetes, heart disease, etc. are at a staggering all-time high. This is not our fault directly, but it is up to us as individuals to fight this and to be worthy of the names and blood borrowed from our noble forebears.



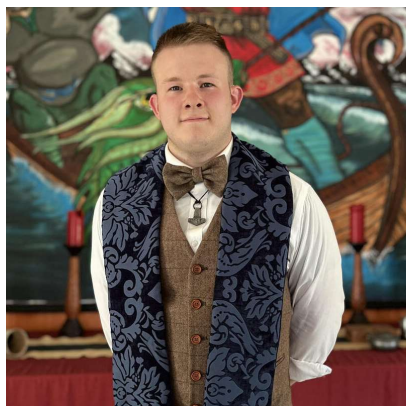
“Energy is always a choice.”  
-Napoleon Bonaparte

As the Alsherjargothi often says, the hardest distance to cross is the one from the couch to the front door. This may sound silly, but consider this: how many times do we talk



ourselves out of some healthy undertaking, using a thousand excuses that we know could be swept away if we simply acted rather than continuing to overthink?

There are countless resources on physical fitness and dietary health, so I won't bore everyone with a long list of steps in that regard. However, I will urge you to take that first step- to stand up and go to the gym, to get outside and climb a mountain, or even to get in the car and drive to one of our events so you can meet other people to help motivate you.



Gothi Trent East

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### *Mimisbrunnr, Mimirs' Mystical Well*



Beneath the roots of the world tree Yggdrasil is a well whose water contains much wisdom and intelligence, and the master of which is Mimir, and it is known as "Mímisbrunnr." Mimir is a giant, son of the first conscious being, Ymir. He is the most intelligent and wise as he drinks daily from the well.

Óðinn in his constant quest for knowledge traveled to Mímisbrunnr to drink from the

well and its knowledge of all things, but Mimir demanded that Óðinn give his eye for such wisdom. The All-father plucked out his eye and cast it into the well for a drink, and now it lies at the bottom of the well. He is forever connected to the knowledge contained there.

Óðinn is the cleverest of all, and from him all others learned their arts and accomplishments; and he knew them first and knew many more than other people. It was from the drink he received from Mimir's well that he gained such wisdom. Wisdom and knowledge required sacrifice, Óðinn sacrificed himself to himself and hung on Yggdrasil for 9 days without food or drink, and nearing death he learned the secret of the Runes. He is the Allfather, and we must emulate him to raise our own consciousness.

Some of us are content with honoring the Gods and ancestors as it is the right thing to do, and they in turn help guide us in our daily life. Others must know more, and Óðinn is our God, and following his example we embark on a quest where no stone is left unturned until we learn the answers of why am I here? Why do we exist? What is my purpose? What is life?

It has been two years since I have held meetings wherein, we discussed Gods, Spirits, Magic, Runes, and the otherworldly things that we have no clear understanding of in hopes that we could make some sense of it all. Near the end of our discussions the things that were revealed to me became almost impossible to convey and I needed time to evolve. It is at times like those that the Allfather will provide the next step to take, and we need to be open to accepting that guidance. AFA founder Steve McNallen gave me several recommendations, and through these I discovered the rigid practice I needed to take that next step.

On August 31st we held our first episode of Mímisbrunnr, a bi-weekly series of meetings where we discuss raising our consciousness through the lens of Asatru', our native European spirituality in this modern world. Why would we want to raise our consciousness and what does that mean exactly? It has taken me 7 years of intensive spiritual development and investigation to get a glimpse of what the answer is. We want to raise our consciousness because good things happen when we do, and if we collectively do it, we all benefit.

How do we raise our consciousness? Through connecting with that immortal part of us, the Fetch, in old Norse known as the Flygia. We all have a purpose, some part to play in the web of Wyrð that was written at the time of our births. We have free will to choose whether to rise to the occasion and live this purpose or not. In our lives there are many

distractions; alcohol, drugs, sex, television, food, an infinite number of things that our ego uses to create drama and keep our consciousness from rising. The ego exists only here in this world, and it does not want to leave.

Through a spiritual practice that harnesses the ego and strengthens the connection to the Fetch, your purpose in the web of Wyrð will be revealed and you will be given exactly what is required to perform your duty here in this world of Midgard. This in turn will lead to a fulfilling existence and a happy life. We are all at different levels of evolution and no two people are the same, thankfully our Gods and Goddesses are here to guide us and they will help you in becoming the absolute best that you can be.

So, join us on September 14th at 7:00 PST as we continue our journey to enlightenment and discuss the Gothic runes with AFA author Fritz Maes.

Hail the Gods,  
Hail the Folk,  
Hail the AFA.



Gothi Joe Rozanek  
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***Oaths, their Importance, Impact, and Implications***



For many of us, it is a foreign concept that our word has meaning. For our ancestors, over many millennia, an individual's word was their bond and would not be broken. If one did go against, or break, their word, there would be significant consequences, up to being outcasted from the Folk. Trust, honor, and integrity are all terms that directly correlate with one's word and Oathing. Granted, there are occasions where breaking an Oath could be understood—these rare occasions do not include one's own feelings about a matter or just not comprehending the Oath at the onset. It is not just the individual that is bound by their Oath, the Folk present when the Oath is made are then made part of it as well. The Gods and your Ancestors also hear your Oath, and then to break it due to some superficial circumstance where your feelings get hurt or you get mad about something will certainly tarnish any relationship you may have with your Gods and Ancestors. Oaths are not simply taken and then discarded because you want

to.

It takes a tremendous amount of courage these days, which is absurd, for an individual to stand by their word whereas it was automatic for our ancestors, and it was never given a second thought, in keeping one's word. This is part of the soul sickness of our Folk. Why do so many want to become AFA leadership, taking on the responsibility of that position, knowing that there will be an Oath involved, then simply discard their Oath as if it never meant anything. In these cases, which we've seen a handful recently, the latter is true, whereas since it was so easy to walk away from their Oath when things didn't go their way.



An Oath is a bond that is to be taken very seriously. It is not something that is done when things are convenient and easy, it is something that one holds themselves to when things don't go the way they'd like, when things get difficult, and when one's loyalty, honor, and integrity are tested.

So, what does taking an Oath mean to you? Is it something to be discarded when it is inconvenient like throwing out an old pair of socks? Are you someone who will talk the talk when it suits you? Or are you someone that walks the walk, bound to your word with the strength of iron, and have the honor it takes to see an Oath as a testament to

your strength of character?

As leaders in the AFA, the Folk look to us to be that beacon, that example of conduct and becoming. Do not enter into an Oath with any doubt or reservation. Be courageous and brave, be upright with right action, speak the truth always, even if it leads to your death. Safeguard those that need protection and do no wrong. This is the task I give you to contemplate and if you are strong enough, to implement in your lives.

HAIL THE FOLK!  
HAIL THE GODS!!  
HAIL THE AFA!!!

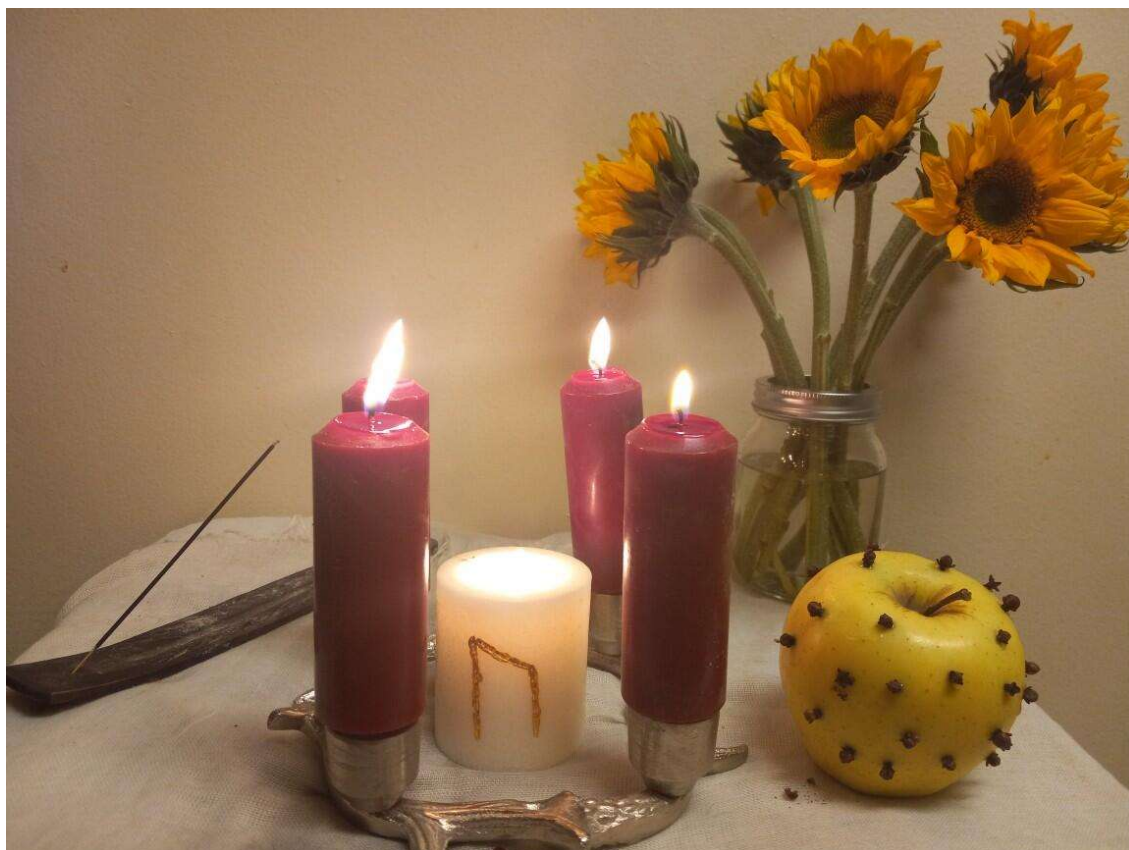


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*Eir Ritual*



This is a simple ritual to connect with the goddess Eir. Eir is connected to healing, whether that be recovery from a physical ailment or an emotional one. Said to be the best of doctors, we bring the names of those in need of healing to her.

I put this ritual together in late 2020, and have been using it ever since.

You will need an apple, some whole cloves, and a small offering. I often use a shot of aquavit.

Begin by pushing the cloves into your apple, and saying or thinking the name of the individual and what they need healing from. Repeat as many times as you need to. I say a simple prayer upon completion.

"Hail Eir, the best of doctors.  
May those in health retain it  
May those in need regain it  
For the wellness of the Folk, Hail Eir!

You can place the apple and offering wherever you feel is appropriate, I'm a big fan of flowing water for this one in particular.

Hail the Folk!  
Hail Eir!



Gythia Anna Plourde  
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*Frigga's Secret Garden*





Grimm’s fairy tales, as well as the classic book by Frances Hodgson Burnett, *The Secret Garden*, taught me as a child that some gardens come with surprises and strange enigmas. Our “garden” at Óðinshof is a bit wild and overgrown, but it’s still our special place. And it comes with gifts, as we learned at Family Camp.

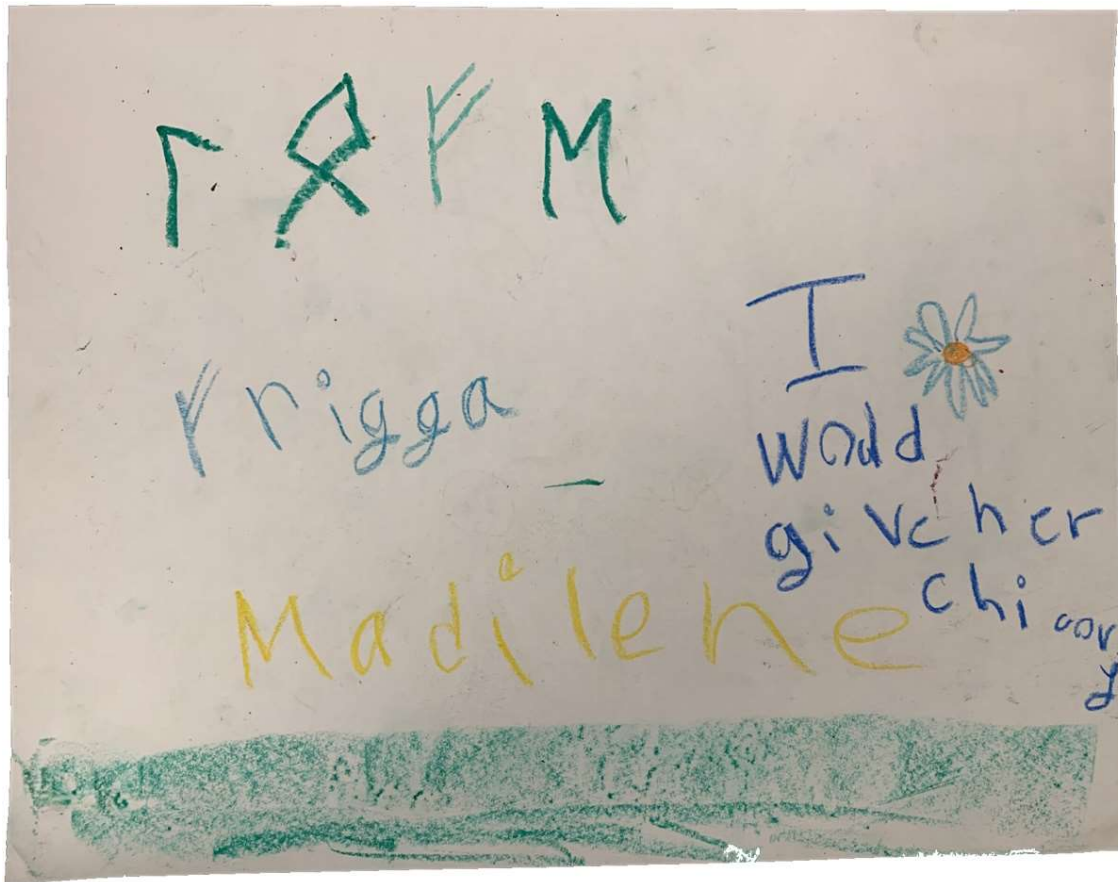
The true tale begins...

A young girl, named Madilene, came to Óðinshof with her family. She was already wise in her knowledge of the Gods for her parents had left books of lore by her bedside since she was little. At ten years old, she already knew much about Odin and his wife Frigga.

One afternoon, all of the parents and children filed into the sacred circle beneath the pine trees. They offered Blot to Frigga, led by Gythia McNallen. From heart, to hand, to horn, gifts were given to All-Mother. Upon leaving, it was suggested that each child draw a picture of Frigga’s home. Her garden was the chosen topic.

Gythia McNallen asked, “What gift would you have for Frigga if you could visit her at Fensalir?”

Madilene quickly said she’d bring blue flowers, because Frigg is known to wear blue. Blue flowers... What are some blue flowers?



“How about wild chicory?” said Gythia McNallen. “It’s a wild plant that grows along roadsides, with small, bright, blue flowers.”

Madilene’s mother, Olivia, showed up photos of chicory and everyone agreed it was a good choice. Madilene finished her drawing with chicory flowers. Aaron sketched a long picket fence green plants for Frigga. Both were lovely pictures.

The next morning, tents and sleeping bags were put into cars for long journeys home. Gythia Mc Nallen went outdoors to announce breakfast was almost ready. As she walked around a fence, she was startled by what she saw. There was a large bed of blooming chicory plants!

She ran indoors to share the news. Olivia came outside, and agreed it was quite miraculous. “The children should pick a few flowers for their journals before they leave,” Olivia said.

Breakfast was over and cars were packed. Gythia McNallen and Olivia led the children on the short walk to surprise them with the chicory flowers. But the chicory was gone!

The stems were there, but all of the flowers were missing! Where did they go? Eaten by deer? Noisy children and busy adults would scare away deer. And none of the

adults knew how special the flowers were.

So, who took them then? The Landvaeter? Lady Frigga herself? This is just one of the mysteries of Óðinshof, from our own secret garden.

May this tale be passed down for generations to come.



Gythia Sheila McNallen  
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Thank you



Hello,

I just wanted to write a quick thank you to the AFA and all the folk who helped me and my family obtain our new van. Thank you to everyone who donated. Here is a pic of the van. It is home now. I have never had anyone help me and my family the way y'all did. Words could not express how grateful we are to all of you. Thank you so much.

With love and respect,

Richard Stoddard

## The Quest for Freyshof

*“Njördr in Nóatún begot afterward two children: the son was called Freyr, and the daughter Freyja; they were fair of face and mighty. Freyr is the most renowned of the Æsir; he rules over the rain and the shining of the sun, and therewithal the fruit of the earth; and it is good to call on him for fruitful seasons and peace. He governs also the prosperity of men.”*

– Gylfaginning



[Freyshof Fund – Asatru Folk Assembly \(runestone.org\)](https://runestone.org/freyshof-fund)

This sacred quest has had a great start so far! The generosity has been amazing, as always!

This is the list of things that need to happen before we can make Freyshof a reality:

1. We need to pay off Njörðshof.
  - The first of 2 loans have been paid off!
  - We now owe \$105,372.28 on our remaining loan.
2. We need to raise our monthly donation average by 3.1%.
  - This is membership dues/Hoftollar plus other donations.
3. We need to locate a suitable property.
4. We need to find lenders and build a war chest.

This is not a "quick" process so stay patient and resolute. As we progress, I will keep you all updated on our progress!

Hail Freyr!



Matthew D. Flavel  
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## Sigrheim: Home of Victory

*Sigrheim—Past, Present, Future*



Sigrheim. Some made their first trip in the starkness of a gray winter day. Others came to celebrate the first annual Sigrblot at the height of summer. Our adventure preceded a conference in Tennessee where my husband, Stephen McNallen, was scheduled to speak the next day. It was impossible to come so far and miss the future headquarters of growing Asatru Folk Assembly. We put aside an extra day just for this trip.



It did feel like a remote corner of America as we left the east-west freeway and headed north on a road that meandered like a river. Past old barns and filling stations; past well-kept farms with corn and tobacco fields, there was always a mosaic of green from the tree covered slopes that hugged the road



Turning left onto a one-lane dirt road, we drove deeper into the vale where we were hailed by Folkbuilder Nicholas Rice who lives nearby. Nick was ready for us, with grilled hotdogs, chips, and drinks. On this hot and muggy day, we sought the shade of the shed already in place at Sigrheim, and that is where the storytelling began. Nick pointed out the Sigrheim borders and mentioned the knee-deep grasses were mowed just three weeks before. As we ate and chatted, there was an incessant buzzing of cicadas, another reminder of the strong life force in this valley. Neither Nick, nor our friend Glen, were able to do a hike, so we decided to explore the property on another trip. It was clear that the brambles at the edge of the meadow led to some intriguing spots on the hillside and ridge. We were sorry to miss the old pioneer cemetery where Janet Flavel, mother of our Alsherjargothi, was laid to rest during her memorial at Sigrblot.



On this day, the intense blue of the sky and green of land beckoned us to stay, but it was time to head back into the “other world.” Huge thanks go out to our host, Nicholas Rice, whose preparations made us feel welcome and at home. Lucky us, to see this in its primal form -- this time year called Freyfaxi. In my lifetime, I hope to visit our new AFA headquarters, the grand meeting and dining hall, the cottages and gardens, and Tyrshof -- a beacon for our Folk and Gods up on the ridge. Let us all raise a horn to that!



Gythia Sheila McNallen  
[sheila@runestone.org](mailto:sheila@runestone.org)

*Putting in the Work*





Before I moved to Tennessee to steward Sigrheim, I was a proud leader in the Baldrshof district. There's a saying over there... "Nothing comes easy at Baldrshof," and I fear I might have brought that down with me south of the Mason-Dixon.



As the Alsherjargothi has said a few times now, Sigrheim is a generational project. It'll get better every month and every year from here on. It's ours. One step at a time; rarely is anything easy worth having.



Right now, one of the main projects has been taming the "jungle" that is the 10 or so acres of cleared field that mark the road-line of our property. Without any sort of a consistent mowing schedule this Summer, it's gotten tall, and it's gotten *thick*. As man tames beast and man conquers all, we shall tame and conqueror this foe too.



We've also got a couple other ongoing projects in the works, doing our best to make way and prepare...as we're hosting Winter Nights this year, and it's gonna be awesome.



If you can make it out at any point (during official work days or otherwise), please feel free to reach out. We could always use a hand.

*Amazon Wishlist*

Help Sigrheim get stocked  
and ready for our Folk!

Donate Supplies  
from our  
wishlist ✨ ✨ ✨  
amazon

Thank You!

[Check out our Wishlist to see how you can help!](#)

*Upcoming Events*



**SIGRHEIM  
WORK DAY**

**OCT. 7-8**

**Contact  
Folkbuilder  
Tyler Bethea**

Join us as we prepare the land for Winter Nights! Bring whatever hand tools you think appropriate, and plan to tent camp on-site. We'll have a great time working the land by day and enjoying each other's company by night under a million stars. Contact Folkbuilder Tyler Bethea at [tbethea@runestone.org](mailto:tbethea@runestone.org)



Folkbuilder Nicholas Rice

[nrice@runestone.org](mailto:nrice@runestone.org)

## Victory Never Sleeps

The Asatru Folk Assembly Presents

Victory Never Sleeps!

Wednesdays at 6PM Pacific / 8PM Central

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entropystream.live/app/MattFlavel

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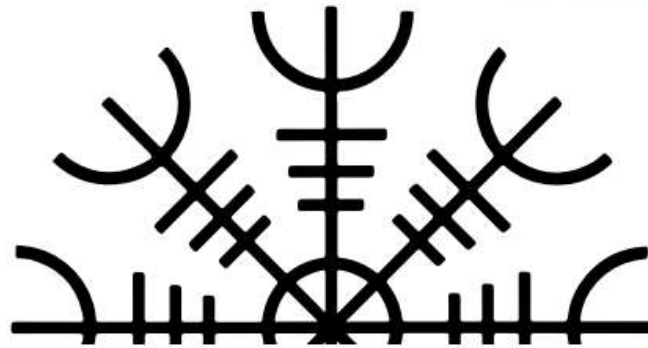
## AFA Homeschool Program



Check out the Asatru Academy at [AsatruAcademy.org](https://AsatruAcademy.org)

*School's in Session*





## Baldr & Nanna Word Search

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| D | E | O | I | E | R | A | E | D | L | T | S | R | R |
| E | W | A | T | O | R | D | L | O | Y | A | L | T | Y |
| M | I | N | A | T | I | I | H | M | S | U | E | T | M |
| I | S | E | C | R | B | E | A | L | I | G | H | T | A |
| S | D | N | L | I | R | Y | E | S | Y | L | T | I | M |
| L | O | O | L | F | E | A | B | O | A | D | N | A | O |
| E | M | I | O | O | I | A | E | I | I | F | O | T | E |
| T | H | B | V | R | D | A | D | T | Y | T | R | A | A |
| O | A | A | E | S | A | E | M | B | Y | I | S | E | B |
| E | S | L | E | E | B | K | O | S | R | A | E | S | E |
| I | A | D | L | T | L | L | T | E | E | A | E | I | A |
| I | T | R | N | I | I | K | H | A | E | R | A | R | U |
| T | R | L | O | E | C | B | E | N | A | N | N | A | T |
| O | U | S | I | B | K | T | R | R | C | D | U | T | Y |

- LIGHT
- NORSE
- NANNA
- BREIDABLICK
- WISDOM
- LOVE
- FORSETI
- AESIR
- MISLETOE
- MOTHER
- BALDR
- BEAUTY
- LOYALTY
- ASATRU

My name is Sara Ault and I'm a secretary with the Academy. Our first year of the Academy has proven to be successful. As this issue of the Runestone reaches you, we will have started our second school year with 32 students enrolled! We are offering K - 3rd grade this year. This is an exciting time!

Thank you to the parents who have put their children into our program. We care about each of our students and want them to succeed. We will be doing the majority of our communication through the AFA Academy Parents page on Mewe. New this year will be bi-weekly student meetings through Teams, which will allow the students to interact with other students. We will also be setting up virtual parent meetings to get parents talking and supporting each other. Watch for emails about these meetings. As always,

the staff is here to support the parents in any way, please feel free to reach out to any of us.

It is also not too late to get your child enrolled. If you are interested in homeschooling and have children in kindergarten through 3rd grade age level, visit [asatruacademy.org](http://asatruacademy.org) to enroll today!

I will mention this school is only open to current members of the Asatru Folk Assembly. If you'd like more information about the AFA and applying for membership, I can help you with that. Just send me a message and I can answer any questions you may have.

Looking forward to an amazing year.



Folkbuilder Sara Ault  
Assistant Dean of Admissions  
[sault@runestone.org](mailto:sault@runestone.org)

### *Words from the Dean*

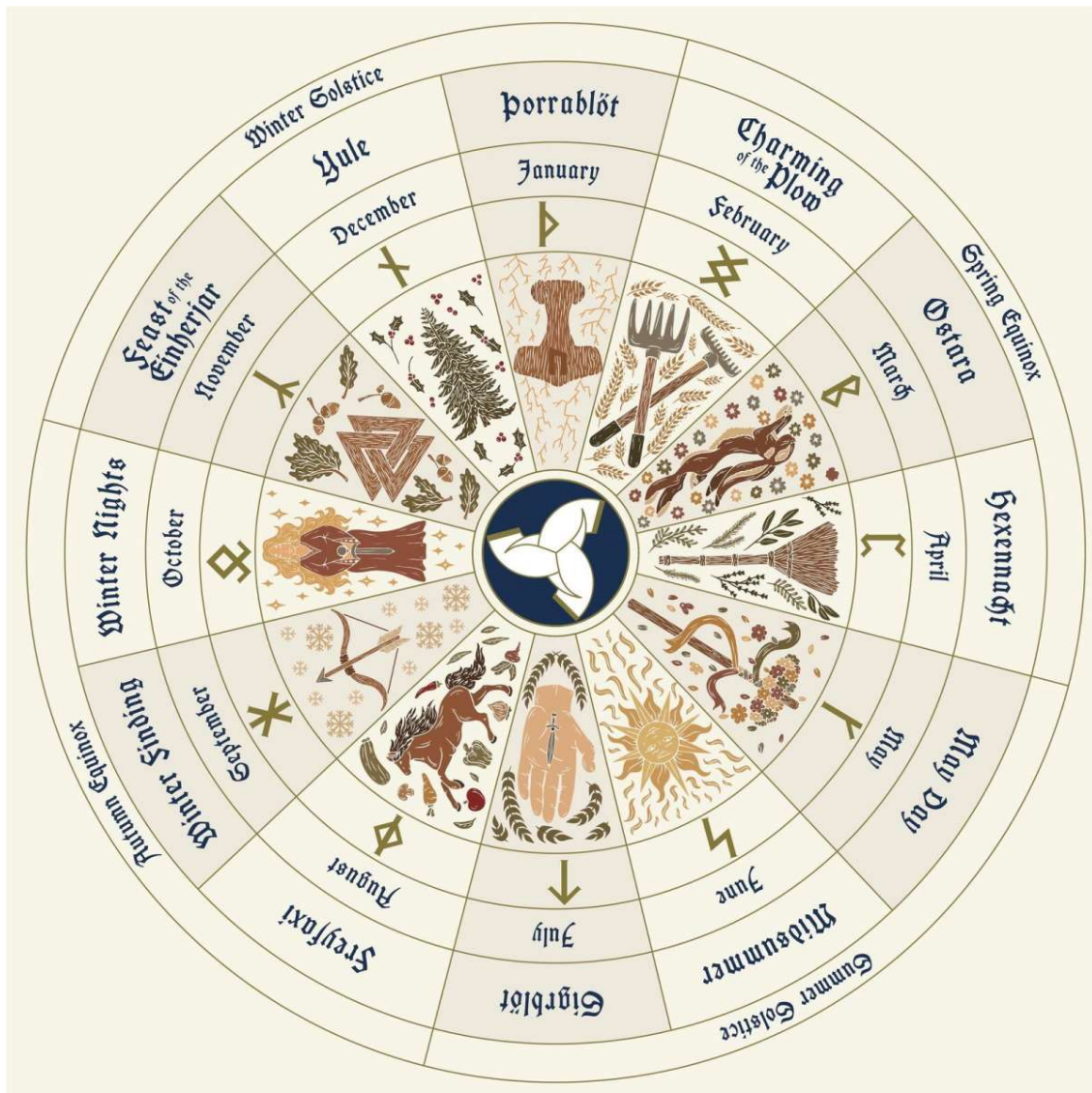


I'd like to welcome all our new students and wish you all a very successful year! We are all very excited to get started.



Gothi Rob Stamm  
Dean of AFA Academy  
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## Remembrance and Holy Days



[Calendar – Asatru Folk Assembly \(runestone.org\)](https://runestone.org)**2023**

| <b>Date</b>                        | <b>Observance</b>                                     |
|------------------------------------|---|
| January 9                          | Day of Remembrance for Raud the Strong                |
| January 21                         | Þorrablót   |
| February 9                         | Day of Remembrance for Eyvind Kinnrifi                |
| February 18                        | Charming of the Plow                                  |
| March 9                            | Day of Remembrance for Olvir of Egg                   |
| March 21<br>(observed on 18th)     | Ostara  |
| April 9                            | Day of Remembrance for Jarl Haakon                    |
| April 22                           | Day of Remembrance for John Gibbs-Bailey “Hoskuld”    |
| April 28<br>(observed on 15th)     | Hexennacht  |
| May 9                              | Day of Remembrance for Else Christensen               |
| May 1<br>(observed on 20th)        | May Day   |
| June 9                             | Day of Remembrance for King Athanaric of the Goths    |
| June 21<br>(observed on 17th)      | Midsummer   |
| July 4                             | Day of Remembrance for Sveinbjorn Beinteinsson        |
| July 9                             | Day of Remembrance for Alexander Rud Mills            |
| July 15                            | Sigrblót  |
| August 9                           | Day of Remembrance for King Radbod of Frisia          |
| August 19                          | Freyfaxi  |
| September 9                        | Day of Remembrance for Prince Hermann of the Cherusci |
| September 22<br>(observed on 16th) | Winter Finding  |
| October 4                          | Day of Remembrance for John Yeowell “Stubba”          |
| October 9                          | Day of Remembrance for Meister Guido von List         |
| October 15                         | Birthday of Founder Stephen McNallen                  |
| October 21                         | Winter Nights   |
| November 9                         | Day of Remembrance for Queen Sigríð of Sweden         |
| November 11<br>(observed on 18th)  | Feast of the Einherjar                                |
| December 9                         | Day of Remembrance for Egill Skallagrímsson           |

| <b>Date</b>                          | <b>Observance</b> |
|--------------------------------------|-------------------|
| December 20                          | Mother's Night    |
| December 20-31<br>(observed on 16th) | Yuletide          |

## Day of Remembrance

*Prince Hermann of the Cherusci - October 9*



Prince Hermann of the Cherusci, or Gaius Julius Arminius, was born to the Chief of the German Cherusci Tribe, Segimer in 16 BCE. Segimer was a Roman sympathizer and both of his sons, Hermann and Flavus, were raised in the Roman empire under Roman “guardianship”. Hermann proved to be equal to the task and it did not take him long to excel as a soldier in the Roman Legions. He earned both roman citizenship and the rank of a Roman Knight before distinguishing himself in His exploits in the Great Illyrian Revolt, after which he was sent to Germania to aid in finishing the conquest of the Germanic Tribes.

Once in Germania again, Hermann was able to quietly unite five Germanic tribes with the intention of overthrowing the Roman occupation of his land. His deep knowledge of Roman warfare and his sharp tactical mind led to the historic Battle of Teutoburg Forest, and Rome's most devastating defeat. Despite backlash from his Roman sympathizing father and brother and the loss of his wife and then-unborn son, Hermann continued to fight against the Romans and their retaliatory attacks.

Ultimately, Hermann was assassinated by tribal leaders who were frightened of his great power, in 21 CE. Even so, it was his crucial victory in the Teutoburg Forest that forever changed the face of Germania and the Roman empire.

So, what can we learn from this story?

We no longer have the ancestral homeland to fight for as our ancestors did. We live too scattered and the countries of our ancestors are not what they once were. However, we still have families, we have ideals and we have Asatru. Every day is a battle to hang onto those ideals that no longer have a proper place in our modern society. Every day is a battle to make our world a little better, a little stronger for those who we leave behind when we die. Patience and fortitude will get us far. So will the knowledge of how to best fight for what we want. With the knowledge of how to do things the right way, it might take that one decisive victory to reshape the future of our Folk.



Gythia Catie Erickson  
[cm.erickson@runestone.org](mailto:cm.erickson@runestone.org)

## Holiday

*Winter Finding - September 22*



The ancient calendar only recognized two seasons. There was summer, and there was winter. Just as May Day was their first day of Summer, Winter Finding was their first day of winter. The temperature slowly begins to fall, the days get shorter. Those who grow their food begin preparations for the final harvests. The larders are growing full with the fruit of earlier efforts. Now it's time to begin the hunt, to kill enough game to finish winter's preparations.

Today, many of us don't have the same connection to the need for food and preparation that our Ancestors experienced. Food has become easy to access, and therefore not so vitally important. Those who hunt, usually do it for sport not because without it they don't have the food to survive the Winter. This doesn't mean, however, that we cannot take the time to think and reflect. Thus begins the Winter season. Thus begins the death of the "world" too dark and cold. We can all see and feel the change in the world around us. Our days are shorter, the nights grow colder. The leaves change and begin to fall.

Get outside and find someplace to sit and feel the changes. Make a hearty meal to share with your family and with the Gods. If you hunt dedicate, your first kill to the Gods and Ancestors, to Ullr. Share a choice cut with them. Now is time to begin the "closing in."



Everyone begins to gather closer to home, sticking close to push away the wintry drear. Take time to remember what's important.



Gythia Catie Erickson  
[cm.erickson@runestone.org](mailto:cm.erickson@runestone.org)

## Upcoming National Events

*Freyr's Harvest Feast in Montana | September 22nd-24th*



> [Get your tickets HERE!](#) <

We are fast approaching Freyr's Harvest Feast, and I'd like to give everyone an update on those preparations.

This weekend a group of us will be hauling over kitchen equipment for the feast as well as fifty pounds of fish that have been caught for this event by one of our Washington members. This trip involves members from three states and over 2000 miles of driving, but the result means a more successful event for years to come.



Our members have spent the year working hard and have had great yields from their labor. Some of these have been donated to the table for the feast, while others will be available at the Folk Fair on the last day of the feast. This will include signed books, music, crafts, candles, knives and more goods made by the folk. It is an excellent opportunity for attendees to get access to high quality goods made by the right people, to directly contribute to our people's growth, and to join in the rest of the activities of the feast.



From blots to workshops, from the feast to the telling of Freyr's Proposal, Freyr's Harvest Feast has so many reasons to attend, but there is one that stands out the most to me. That is spending time amongst each other. From names we all know like the McNallens to new members, the conversations to be had at the feast will forge bonds and friendships that last far beyond the feast itself. The true value of the feast is being able to come together and celebrate our triumphs.

Don't regret not coming out to our homestead to feast and celebrate amongst our

people. The yields of our labor are in; come celebrate the harvest!

> [Get your tickets HERE!](#) <



Folkbuilder Tyler Heinlein  
[theinlein@runestone.org](mailto:theinlein@runestone.org)

*Winter Nights 12 at Sigrheim | October 27th-29th*



> [Get your tickets HERE!](#) <

The Asatru Folk Assembly's Annual Winter Nights will be held from October 27th - 29th, at Sigrheim near Whitleyville, Jackson County, Tennessee!

Since 2012, this long-running AFA festival has been dedicated to our ancestral mothers, the Disir. When the harvest is in, the summer plants have died off, and the winter is quickly approaching the veil between the living and dead is said to be at its thinnest. Again, we will gather to worship our Gods, Goddesses, and Ancestral Mothers. We

build upon the success of the Asatru Folk Assembly by making new friends and renewing old friendships.

We look forward to seeing members and friends!

Your registration fee includes all workshops, lectures, meals, tenting, and of course our holy rituals. Only AFA members and vouched-for guests will be admitted to this event. If you are not an AFA Member you should confirm with the member who is vouching for you that they will do so when asked about your registration.

Things to know:

- Children 17 and under attend for free!
- Meals are included with all passes.
- You will need to bring your own bedding and it can get chilly at night, so plan accordingly.
- Accommodations are on-site tenting. Campers welcome.
- Please contact Witan Clifford Erickson if you will attend.
- Guests, please include the name of the AFA member who is vouching for you.

Member Family - Weekend: \$120

Member - Weekend: \$80

Member - Daypass: \$40

Guest - Weekend: \$100

Guest - Daypass: \$50

Child - Weekend: Free

Child - Daypass: Free

If you have any questions or concerns please email [cerickson@runestone.org](mailto:cerickson@runestone.org)



Asatru - Winter Nights & the Disir

Don't miss out! Visit the Home of Victory for Winter Nights!

> [Get your tickets HERE!](#) <



Witan Clifford Erickson  
[cerickson@runestone.org](mailto:cerickson@runestone.org)

*Feast of the Einherjar in South Dakota | November 10th-12th*

# FEAST OF THE EINHERJAR

GET YOUR TICKETS AT RUNESTONE.ORG

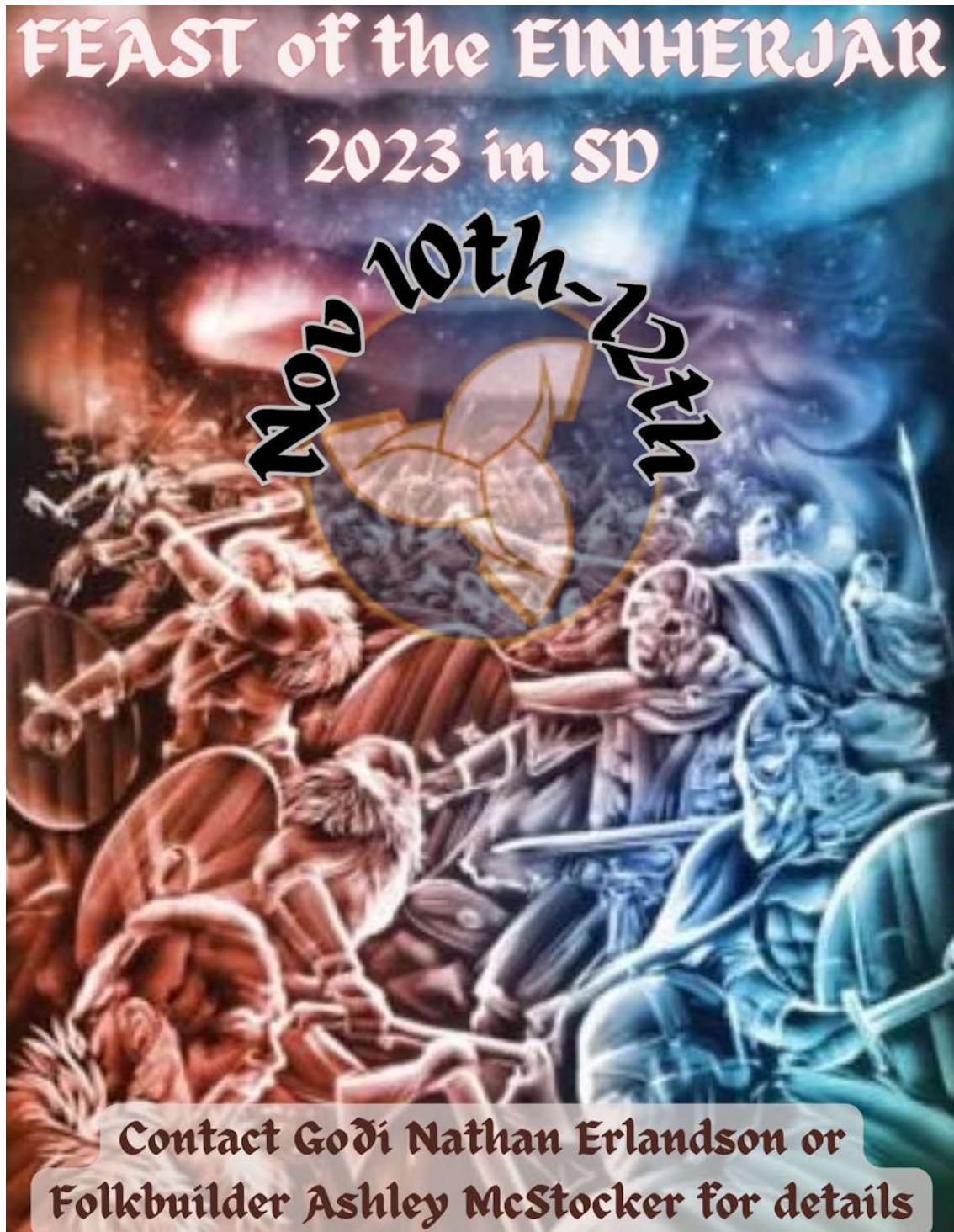


**SOUTH DAKOTA**  
**Nov. 10 - 12**

Contact Goði Nathan Erlandson or Folkbuilder Ashley McStocker for more info [nerlandson@runestone.org](mailto:nerlandson@runestone.org)  
[amcstocker@runestone.org](mailto:amcstocker@runestone.org)

> [Get your tickets HERE!](#) <

Join your Folk in honoring our warrior ancestors and those that still fight for the folk today! Veterans Day weekend in South Dakota November 10-12.



Ticket includes all meals, lodging, Folk activities, and ceremonies. Tickets \$100 for individual, \$125 for family.

> [Get your tickets HERE!](#) <





Gothi Nathan Erlandson

[nerlandson@runestone.org](mailto:nerlandson@runestone.org)

## Folkbuilder Spotlight

*Apprentices Jace and Amber Cameron of Georgia*



Jace and Amber Cameron are not only two of our best Apprentices at this time, they are also good friends of mine and I'm honored to work alongside them!

The following is a short Q&A with both of the Camerons:

How did you find Asatru?

Amber - I was raised to be fairly folkish so I've always had that outlook on life. However, when my mother passed away in 2018, I really delved into practicing Wicca. In practicing Wicca, I found myself learning more about our Gods which eventually brought me to finding Asatru.

Jace - I was brought up loosely Christian. However, my parents were open to many

other faiths and thought good could be found in most of them.

Personally, I would trace back to my exploration into Cosmotheism, then Ben Klaussen's work. I felt they were close, the late Dr. William Luther Pierce quoted Hávámál 77 often. Feeling they were reinventing the wheel led me to Odinism and the Odinic Rite's work. While great work, I wanted something more interactive with less academics.

During that, I was recommended a YouTube video by the Guardian. Which led Amber and I to meeting Goði East and his wonderful wife. Y'all know the rest.

How did you find the AFA?

Amber - The Guardian Video...

Jace - Definitely the Guardian video.

What made you want to Folkbuild?

Amber - We are living in hard times and, sadly, many enemies are targeting the Folk. I want to be a shoulder to lean on.

Jace - My wife is on point. We are a people of doers. There should be less idle chatter and more action. I love my Folk and want all of them to be fulfilled in the great deeds they do.

How has your life changed since stepping up?

Amber - A lot of positives! Every day it seems I am meeting new Folk and building new relationships.

Jace - Stepping up has allowed me more access to be there for our Folk. The country around us beats us down constantly. For the color of our skin and our faith.

The role of leadership should be making peace among the Folk and leading all of us forward. Only the Gods truly know how many of our enemies lurk.

Gothi Trent East

[teast@runestone.org](mailto:teast@runestone.org)



## Expectant Family Needing a Little Help



One of our long-time members and his family are asking for a little help. Giving up his jobs in construction and as a firefighter in order to help his family get ahead, Dave

Green is currently waiting for his approval into the lineman union. The Green's Daughter turns 1 in just a month, and they are expecting a new baby in the upcoming year. They had a pay cut in the transition from Firefighter to Lineman and they are asking for a little help to stay afloat.

Please help this wonderful family as they get ready for baby number 2!

[Click here to lend a hand.](#)

## Be A Doer



### **We need you to volunteer for the AFA!**

Yes, you. We have work to do and need folk who are artists, editors, writers, accountants, lawyers, publicists, reputation managers, professionals of all manner, technical support, web developers, system admins, tradesmen, craftswomen, and more. See the list of amazing projects we have below. We will find a way for you to help our Folk.

Please email [volunteer@runestone.org](mailto:volunteer@runestone.org) to help us make a difference in our world.

## Baby Blanket Project

The Women of the AFA are proud to be continuing this fine and noble work we call the Baby Blanket Project! We're committed to ensuring all new babies born within the AFA are gifted a handmade — knit, crocheted, or woven — baby blanket! It's just our little way of celebrating each new addition to our folk!

This project has been going strong for nearly a year now, and has been a rousing success! The Ladies of the AFA have knitted, crocheted, and sewn beautiful baby blankets for over 20 of our littlest folk, with more on the way. They've been delivered everywhere from Alaska to Florida, California to Sweden!

If you are a member of the AFA who is expecting a baby, please let your Folkbuilder know so we can get a blanket to you. If you would like to contribute, either financially or by volunteering as a baby blanket crafter, let your Folkbuilder know about that as

well, so he can get you in touch with the right people. It's so rewarding to see your handicraft being loved by our little heathens!

Would you like a blanket for your newborn, or to donate and help with yarn costs (yarn is expensive!)? Please email [babyblanket@runestone.org](mailto:babyblanket@runestone.org) today!



## Folk Services



For some, it may be a natural disaster. For others an unexpected change in health, and for some just an unforeseen chain of events. Whatever the case may be sometimes we find ourselves in a sticky situation, and although we try and to work and do our best to pull ourselves out, sometimes we may need the help of our Folk community to give us a hand up...

That's when our folks Services Program comes in. We give one-time monetary grants to those members in need. These folks are so grateful and we know that once they get back on track they will contribute to this fund. For those that are able, we are in need of funds so we can be prepared for when these situations arise in our community. If you're able please place a donation today. Even a small donation adds up in the grand scheme of things and even \$5 or \$10 can help if enough people pitch in. If even a fraction of the folks who like the page did that each month, imagine the possibilities!

AFA Folk Services is intended to provide modest, one-time monetary grants to AFA members in dire need of basic services. It is also to be a source for referrals and information to help members get help beyond what the AFA can directly provide. For more information, please email [folkservices@runestone.org](mailto:folkservices@runestone.org).

Your contributions are earnestly solicited and of course, are tax-deductible! Please donate to Folk Services or one of our other AFA Fundraisers at <http://www.runestone.org/donate/>.

Thanks in advance!

## Photo Donations

We have a real need for hi-res photographs of our members' gathering, being active in their kindreds, and showing what it means to live Asatru!



If you are willing to donate some hi-res photos for use in promotions such as the AFA Calendar, the AFA website, our publications, and more please email them to the AFA at [photos@runestone.org](mailto:photos@runestone.org). The larger the resolution the better, so please email them from the device where the photo was taken.

## Eir's Blessings



Everybody needs a little extra help sometimes. Women, being the frithy creatures that we are, are uniquely suited to the task of manipulating energy for the purpose of healing. Magic, you could say.

Do you have a health concern and need a little extra energy? Are you battling with a mental illness like depression or PTSD? Is your baby having a hard time with teething? If you've answered yes at all, reach out to us. Once a month women of the AFA will get together to perform healing rituals all across the globe. If you would like to be included, please send a message to let us know!

At the same time, Women of the AFA! If you are interested in helping to create a frithful, healing magic, let us know! It's easy, but it makes a huge difference to those in our community who need our help!

You can reach us at [EirsBlessings@runestone.org](mailto:EirsBlessings@runestone.org)

## Last Will and Testament

Recently, several members of our AFA family have passed beyond the veil. One was an old man in ill health, two were young men in the prime of life... all died with no legal will on record. Sadly, in two of these cases, our dead AFA members did not have their wishes respected regarding their funerals nor the final resting places of their remains.



We never know when tragedy will strike. We have a responsibility to our loved ones, we have a responsibility to our own legacies, to plan for our passing, and to make our wishes known. Planning for and contemplating our death is uncomfortable. Hopefully, we all have plenty of time for that down the road, but we can't count on that. Maybe we worry about expenses or hiring a lawyer. We all have excuses to put things off until later, unfortunately, sometimes the clock runs out before "later" happens.

We have found an amazing resource for our U.S. members to make legally binding wills in minutes online for **free**. This site also has resources to make Advanced Medical Directives and Powers of Attorney. It takes only **minutes** at <https://www.doyourownwill.com/>.

Please make your will **today**.

The AFA would like to collect signed original copies of wills for all our members and store them. We want to ensure that when members of our AFA family die, their wishes are honored. Please send these to:

Allen Turnage  
PO Box 16027  
Tallahassee FL, 32317





Witan Allen Turnage  
[aturnage@runestone.org](mailto:aturnage@runestone.org)

## Introducing the Newest AFA Kindreds

### *Nordic Folk Kindred of Ohio*



Please welcome the Nordic Folk Kindred of Ohio as the newest Official Kindred of The Asatru Folk Assembly.

Hail the Doers!

Hail the Nordic Folk Kindred!!

Hail the Asatru Folk Assembly!!!



Folkbuilder Jason Gallagher  
[jgallagher@runestone.org](mailto:jgallagher@runestone.org)

## Cooking for our Folk



# Calling all Chefs

We are looking for recipes for a cookbook. We ask that the recipes were served to the folk at a Hof or moot. Please include where and when it was served.

[cookbook@runestone.org](mailto:cookbook@runestone.org)

Cooking from the Heart. One of the first chefs I worked for told me that there are two main rules to cooking.

1. ALWAYS cook from the heart!
2. You must know the why of the rule before you can think about breaking it.

To this day, I still believe that number one is the most important; but two is the most

valuable lesson. So, for example: why would you add flour to the mix when are you making Fried Potato balls? It doesn't add anything to the dish overall and in fact, it takes away flavor and disrupts texture. The reason is that what flour takes away: is moisture. It adds to the binder and liquid consumption.

So, what does this mean for the folk? Plan and simply don't take shortcuts. Whenever I pick up the knife and began cooking for the folk, I think of it as channeling the ancestors. Cooking reminds me of that age-old musing "I don't measure seasoning; I wait for the tap on the shoulder from the ancestors to tell me that's enough."

When you cook from the heart, people can tell. Don't cook out of spite or obligation. Cook for the folk because you want to! Find new recipes. Test them. Make them better. And when your heart tells you it is right...time to serve. If you have never made cookies from scratch...make them. Why not? Use the best ingredients you can afford (don't take out a second mortgage for this) but be proud to feed the folk.

When the recipe is right and you feed the folk, please send the recipe to [cookbook@runestone.org](mailto:cookbook@runestone.org) with details of when and where it was served (Hof/moot).



Folkbuilder Mike Joyner  
[mjoyner@runestone.org](mailto:mjoyner@runestone.org)

## Ancestral Food and Culture

*A Fall Specialty for Autumn Celebrations*



For our last two Winter Nights celebrations here in Illinois, I have prepared a dish that sounds strange at first, but which everyone has found to be quite good - Pumpkin and Beef Stew. It would also suit the season for a Winter Finding get-together. I thought I would share the recipe if anyone else would like to give it a try.

The ingredients are as follows:

- 3 pounds of ground beef
- One large onion, chopped
- 6 cups pumpkin puree (4 cans if you are buying premade from the store)
- 5 cups beef broth
- 3 large potatoes, chopped into chunks
- 6 cloves of garlic
- 1 tablespoon thyme
- 1 tablespoon cumin
- ½ cup sour cream
- 2 or 3 tablespoons of milk
- 3 or 4 sliced jalapenos (optional, if you want to add a little extra heat)

Preparation is pretty simple:

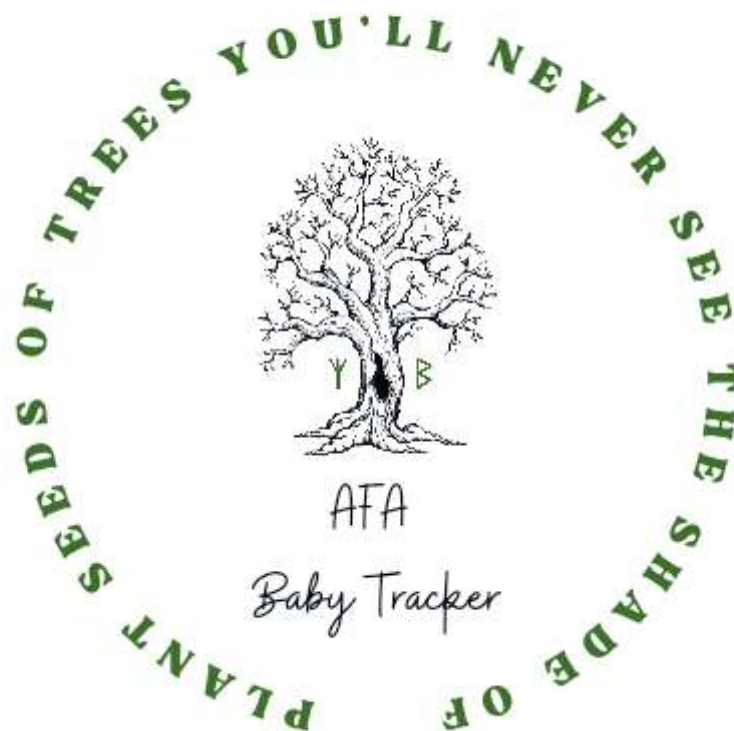
1. Brown the ground beef and chopped onion
2. Add the ground beef, onion, and all the other ingredients except the sour cream and milk, to a pot
3. Bring to a boil, then reduce heat to low
4. While the stew simmers, stir in the sour cream and milk
5. Let simmer for a minimum of 20-30 minutes (make sure the potatoes are fully cooked)
6. Serve with a hearty, buttered bread. You can also add other ingredients, to your taste, such as tomatoes.

Give it a shot! And may you all have an enjoyable celebration of this harvest season.



Folkbuilder James Cummings  
[jcumings@runestone.org](mailto:jcumings@runestone.org)

## Baby Tracker



To show the growth of our folk we present to you an ongoing baby tracker. We will be keeping track of how many children have been and are born within the AFA from 2022 and forward. The ongoing tracking is proof that we are building something sustainable for the future of our folk, which is a place for these children to grow up within and a place where they can feel proud of who they are!

Total babies born in 2023: 22

## Virtue Recovery Meeting

A circular logo featuring a runestone design with various symbols and characters around the perimeter.

*Virtue recovery  
meeting*

Thursdays at 7pm CST;  
5 pm PST; 6 pm MST;  
8 pm EST

With Ashley Mcstocker  
amcstocker@runestone.org

Saturdays at 9 am CST;  
7 am PST; 8 am MST;  
10 am EST

With Jaclynn Duffy  
jduffy@runestone.org

**VIA ZOOM**

**MEETING ID: 885 2917 0746**

**PASSWORD: Virtue**

## Virtual Events

### **Ladies Book Study**

**Thursday Nights at**

**7 pm CST**

**Link for Teams meeting will be posted in  
the AFA Ladies group on MeWe**

**For more information contact:**

**Gythia Brandy Callahan**

**[bcallahan@runestone.org](mailto:bcallahan@runestone.org)**

**or**

**Folkbuilder Sara Ault**

**[sault@runestone.org](mailto:sault@runestone.org)**





**Come join the Eldri Folk**  
and meet others on our Friday afternoon Teams meetings

Interesting Topics — Lively discussions  
*We've saved you a place!*

**A group for AFA members, born before 1973**  
Contact Gythia McNallen,  
sheila@runestone.org or MeWe



WEEKLY

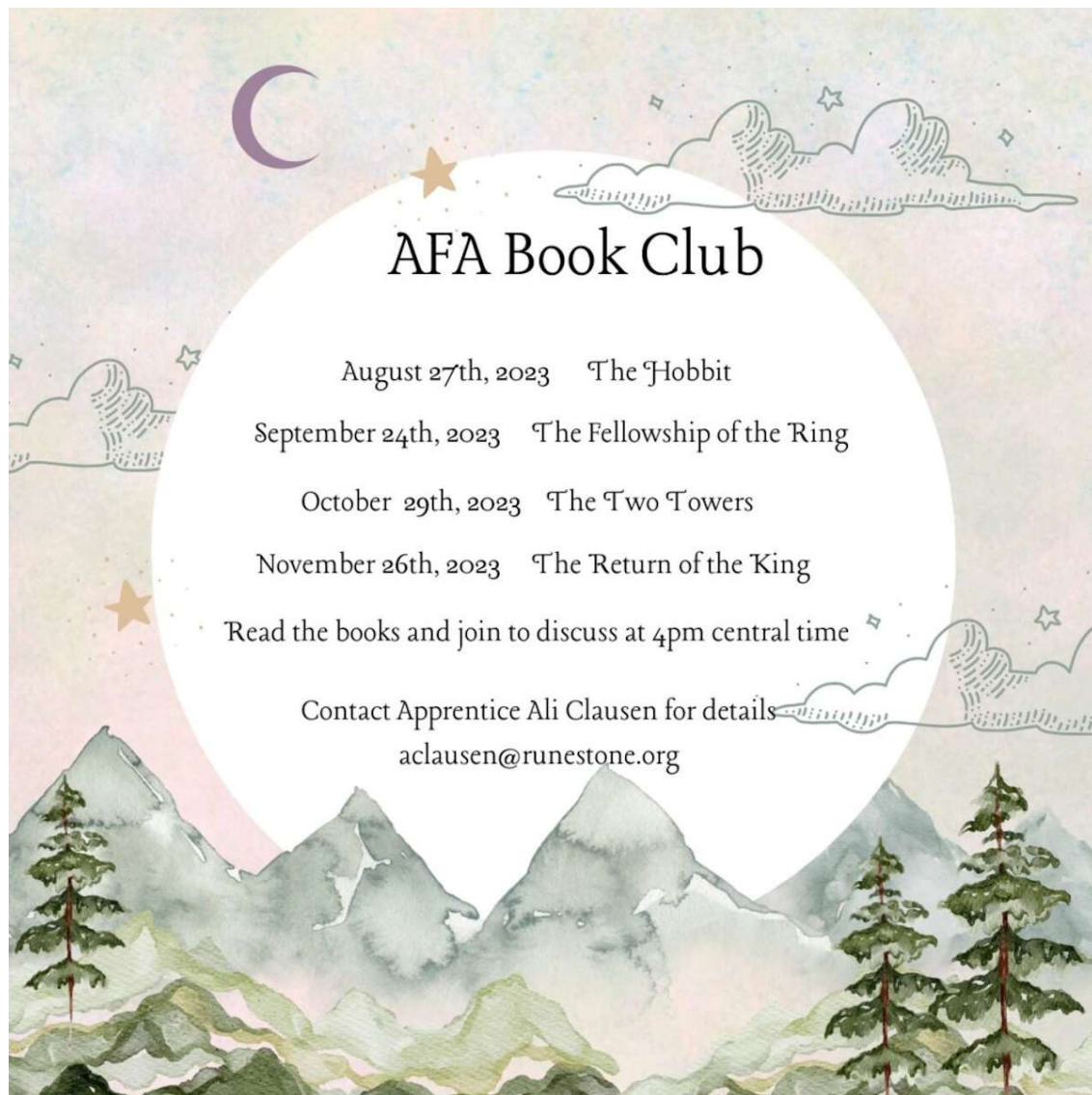
**SISTERS  
SUNDAY  
CHAT**

**10 AM CENTRAL  
EVERY SUNDAY**

**CONTACT  
FOLKBUILDER ALI CLAUSEN AND  
APP. FOLKBUILDER KATIE JOYNER**

**[aclausen@runestone.org](mailto:aclausen@runestone.org)  
[kjoyner@runestone.org](mailto:kjoyner@runestone.org)**





## Saga's Literature Project



Saga needs your stories!

Do you have thoughts throughout your day or your studies that you ponder about our Gods, Goddesses, Heroes, or our Faith?

Do you and your family or Kindred have ways you like to venerate the Gods that are special to your own traditions?

How do you celebrate our Holidays or Days of Remembrance?

Do you have advice for those who have finally come home and wish you could have it handy to give to them?

Are you enrolled in Asatru Academy or partake in Lore Study or the Virtue Recovery Group?

The Asatru Folk Assembly wishes to create booklets, brochures, and pamphlets to have on hand in our Hofs and with membership Assembly-wide to give out to anyone with curiosity, whether they are a member or not.

This will be key in our studies as experienced practitioners, and should serve as a more efficient way than directing those with questions to our websites alone.

Saga needs your help! Submit any ideas or write-ups you have on the topics listed above to me, Apprentice Folkbuilder Shane Duffy at [sduffy@runestone.org](mailto:sduffy@runestone.org)!

Note: All submissions are subject to review from myself and up the chain of command to the Alsherjargothi himself.



Folkbuilder Shane Duffy  
[sduffy@runestone.org](mailto:sduffy@runestone.org)

## AFA Prison Ministry



The importance of this AFA Prison Ministry is so much more than just for those who are actually incarcerated, it benefits not only them as followers of Asatru but their families and loved ones on the outside as they will see the noticeable change in their demeanor and demand that our faith commands for them to lead a noble life. We all are future ancestors and will help them be examples of our faith and not be a burden or a product of recidivism.

We are compiling letters from prisoners that are Educational, Empowering, and Encouraging along with special spiritual writings from our Gothar to create a quarterly newsletter to be distributed to inmates, institutions, and jails. Our mission is not about providing free books or literature to bored prisoners who simply want free stuff. We intend on making real-world change for the better of our folk.

""No packed rooms in the prisons; in each institution I have only a few people; occasionally about a dozen, but 5-6 is more common. I certainly do not want the Fellowship to be a club for cons, or ex-cons; the advantage is that when in prison the inmates have time to discuss and digest what they read, a point that often is lost to people on the outside in the hubbub of daily concerns" - Else Christensen

By the example of our Folkmother, Else Christensen, we will also be going into prisons as we are able to. Some of our Gothar and other leadership, will be going into the prisons to hold study groups, lead blot, and encourage continued growth in the folk inside.

If you have a loved one who is incarcerated or know of someone who is Folkish and will benefit from this ministry, please contact us at [prisonministry@runestone.org](mailto:prisonministry@runestone.org).



Or if you'd like to donate to this ministry, there's a donation earmark set up on our site [here](#). The donations will be used to get small ritual items and books into the prisons and the hands of our Folk inside.



James Ault  
Prison Ministry Director  
[jault@runestone.org](mailto:jault@runestone.org)

## Folk Web





UPDATED for AUGUST:

Nationwide roundup for Folk Web Skills and Job Network. Please share and keep inquiries incoming!

OPENINGS:

Northern Illinois (hiring nationwide)

You can reside and work interstate, no need to move

Job openings , high demand for barge deckhands , no experience required

Travel, lodging, meals covered

\$210/day starting pay + benefits packages, fluctuating schedules

Contact Folkbuilder Shane Duffy

[sduffy@runestone.org](mailto:sduffy@runestone.org)

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Northern Illinois, Rockford area

Labor and construction work, varying skills and jobs, negotiable pay

Contact Folkbuilder Jim Cummings

[jcumings@runestone.org](mailto:jcumings@runestone.org)

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Arizona, Colorado, New Mexico

Various departments hiring for a fortune 500 mining company, some require experience and others don't

Lodging is available for certain departments

Contact Apprentice Lou Nickerson

[lnickerson@runestone.org](mailto:lnickerson@runestone.org)

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SERVICES:

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North Dakota, Fargo area

Apprentice Stian Penner is offering Workshops, classes and is also open to hire for commissions and projects utilizing the following skills:

Welding (bachelors degree)

Woodworking

General construction

Cabinetry

Carving

Blacksmithing/bladesmithing/metalwork

Signmaking (day job rn)

Painting

Drums

Knotwork

Sculpture

cpenner@runestone.org

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West Indiana (Remote, nationwide online courses)

People who currently work in the graphic design industry, or who work in metal fab industries as production artists or fabricators that want to step up their game by adding engineering to their resume would benefit from learning AutoCAD. There are a ton of other programs to use, but AutoCAD is the original one most all others have been based on and therefore the interface language across most of them is similar. If you know AutoCAD, it's a good stepping stone to other more advanced software. Generally speaking, 90% of engineering work that is done in the world CAN be done with AutoCAD so it's a good one to know.

1. General discussion on how AutoCAD engineering software is used in architecture, civil, and multiple engineering industries.

2. Blueprint reading for basic drafting layouts used in mechanical and architectural drafting

3. 2D vs 3D AutoCAD (Note: I can cover 2D AutoCAD but not 3D AutoCAD because I do not know 3D well enough to teach it.)

4. Internet sources I found useful for self education- these are mostly Youtube videos and the Autodesk website.

Contact John Kelly or Folkbuilder Shane Duffy for info

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New Hampshire (Remote, nationwide Virtual Administrative Assisting)

- 20+ years of office administration & remote work.

- 20+ years web design (HTML, CSS & WordPress) , website hosting, and graphics.

- experienced with small businesses & entrepreneurs, particularly in pet care & construction industries.

- experienced in scheduling, customer/client service, data entry, transcription, writing, editing, graphic design, light bookkeeping, inventory management, and most common small business software/tech.

- experienced in newsletters, social media, and blogging for businesses and organizations.

- highly organized and able to work as a team as well as independently.

Business website: [www.TygerLily.com](http://www.TygerLily.com)

Email: [lilyplasse@tygerlily.com](mailto:lilyplasse@tygerlily.com)

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NEED OF SERVICES:

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Montana (reaching out Nationwide)

Folkbuilder Tyler Heinlein is looking for various skills building his homestead

-midwives who can be remote and travel when needed

Commission work:

-woodworker who can do knotwork and/or statue carving

-Mason who can handle stone arches

theinlein@runestone.org

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#### FOLK IN THE MARKET:

Illinois, Ottawa area (Remote, nationwide editing and

-15 years of professional level videography and photography -

-photo and video editing experience

-experience recording live bands, filming weddings, photography of weddings, editing raw footage and transferring to many mediums

-photo editing studio able to meet all needs

-Experience as production assistant

-Owns all the professional equipment for a portrait studio, including microphones to do video and audio as well, and I have full editing capability with Adobe products.

contact Tilmon Yearwood or Folkbuilder Shane Duffy for info

---

#### EDITING, PHOTOGRAPHY, CONSULTING, PROJECT MANAGEMENT

Editing & Writing & Research (20 years)

- Book Editor – The Spear – book by Stephen McNallen
  - Book Author – Knightly Dueling: the Fighting Arts of German Chivalry – my own book
  - Website Editor & Translator – Learn-Sword-Fighting.com – educational website by Gladiatores-Germany
  - Translator – Medieval Fight Book – special for National Geographic TV
  - Book Editor – Masters of Medieval and Renaissance Martial Arts – book by multiple authors
  - Library Associate – Farrell Library, Kansas State University, Manhattan KS
  - My Academia Profile = <https://independent.academia.edu/JeffreyHull>
- Search Engine Rating (15 years)
- Online Evaluator – ClickWorker – Ellensburg WA
  - Consultant & Auditor & Analyst – Appen Butler Hill – Portland OR
  - Advertisement Quality Rater – ZeroChaos – Portland OR
  - Conceptual analysis of search engine queries + Evaluation & resolution of problematic search queries + Linguistic analysis (English-German) for proper functioning of social media & websites

+ Quality evaluation of website & search-engine advertisements, key-words & videos, according to project-standards for American & British English regarding decency, honesty & relevancy +

Auditing Artificial Intelligence + Critique of Web browser design & function

Photographic & Commercial (7 years)

- Photographic Technician – Camera World – Portland OR
- Photographic Technician – Camera America – Lawrence KS
- Photographic Technician – Image Works – Lawrence KS
- Experience in film & digital photography + Mass-production developing & printing + Machine maintenance & troubleshooting + Darkroom techniques + Customer service & cash/credit sales +

Maintaining inventory & supplies + CMYK, RA4, C41, E6 processing + PhotoShop

Social Services (4 years)

- Residential Advocate – Transition Projects – Portland OR
- Residential Facilitator – Acceptance House – Lawrence KS
- Emergency shelter management + Supervision of recovering & homeless clients +

Conflict resolution & crisis management experience + Medication management + Client screening + Post release-hotel supervision

**FOLK**  
**WEB**  
*Skills &*  
*Job Network*

Submit info, resumes,  
job openings, etc to

**Folkbuilder Shane Duffy**  
**[sduffy@runestone.org](mailto:sduffy@runestone.org)**

Contact Folkbuilder Shane Duffy for member's info!

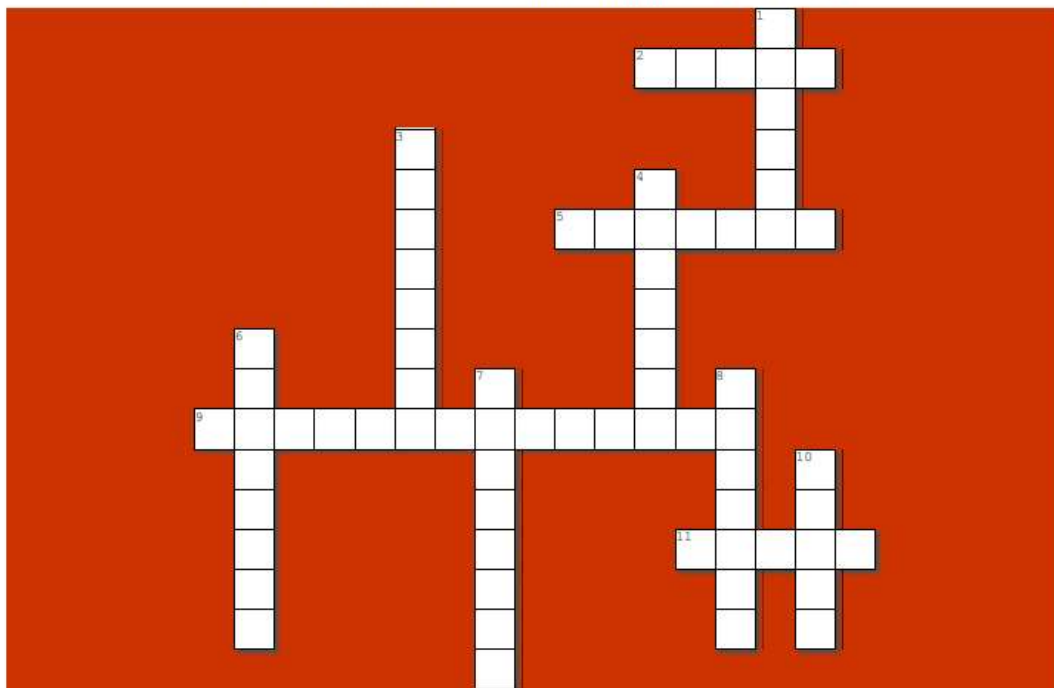


Folkbuilder Shane Duffy  
[sduffy@runestone.org](mailto:sduffy@runestone.org)

**Just for Fun—A Puzzle!**

### Runestone Puzzle

The answers to this puzzle can be found within the pages of this issue.



Created using the Crossword Maker on TheTeachersCorner.net

**Across**

- 2. Demanded the eye
- 5. Something missing
- 9. Can be a challenge to pronounce and spell
- 11. Served in Idaho

**Down**

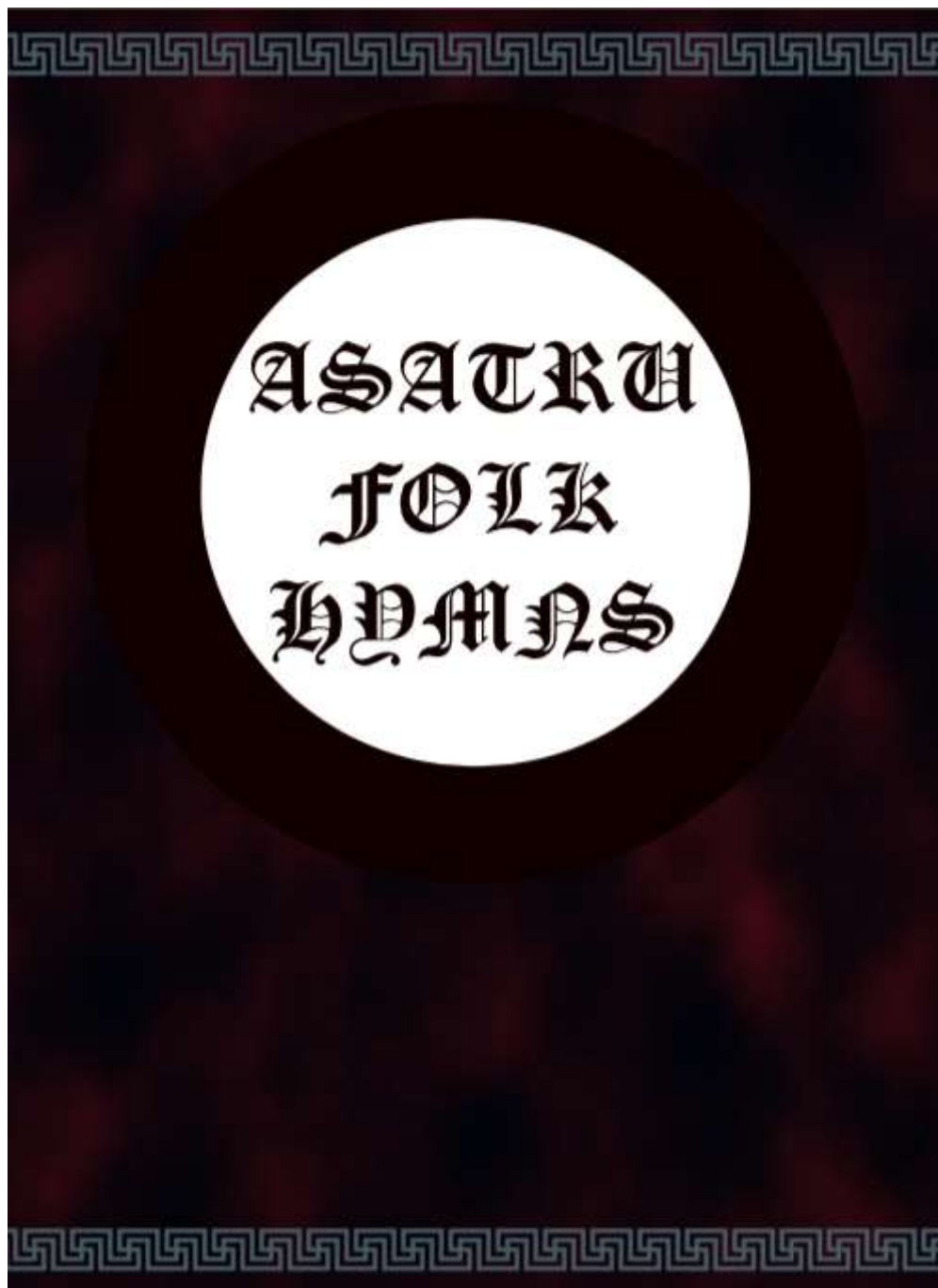
- 1. What will we be Finding?
- 3. Descended from Freyr
- 4. Sighted on the 9th
- 6. At the end of Odin Dr.
- 7. Shining this month
- 8. Never Sleeps
- 10. Fylgia

Have a joyful September, Folk!



Olivia Sutherland  
 Apprentice Folkbuilder  
[osutherland@runestone.org](mailto:osutherland@runestone.org)

## Now Available in the AFA Store



The Runestone store is very proud to carry Asatru Folk Hymns compiled by member Tanner Thayer. This book features sheet music for fifty traditional songs of our Folk and includes an SD card loaded with the MP3 versions of each.

With the long, cold winter months rapidly approaching, it's the perfect time to start practicing songs such as "In the Bleak Midwinter," "Auld Lang Syne," "Levan Polkka," and "Hail the Aesir!"

Also included are eight marches and songs for five traditional dances. The perfect gift for musicians and music lovers, as well as parents who want to introduce the songs of their Folk to the youngest generation of Asatruar.



Folkbuilder Alison Clausen  
[aclausen@runestone.org](mailto:aclausen@runestone.org)

## Baldrshof

### Ancestor Altar





All folk are welcome to bring framed photos of their deceased loved ones to be placed on the ancestor altar at Baldrshof!

If you are unable to bring the photo, you are welcome to email a digital copy which will be printed, framed, and hung on the ancestor wall. We also ask that you provide your name, the name of your ancestors, birth and death dates of they are available, as well as a memory, story, or dedication about them. This information will be printed and placed into our book of ancestors kept next to the ancestor altar. Of course, the ancestor can

remain anonymous, but remember that our immortality is in our names and stories being spoken by the folk!

Please contact Folkbuilder Jessie Shaffer for more info or to submit your ancestor pictures and information.



Folkbuilder Jessie Shaffer  
[jshaffer@runestone.org](mailto:jshaffer@runestone.org)

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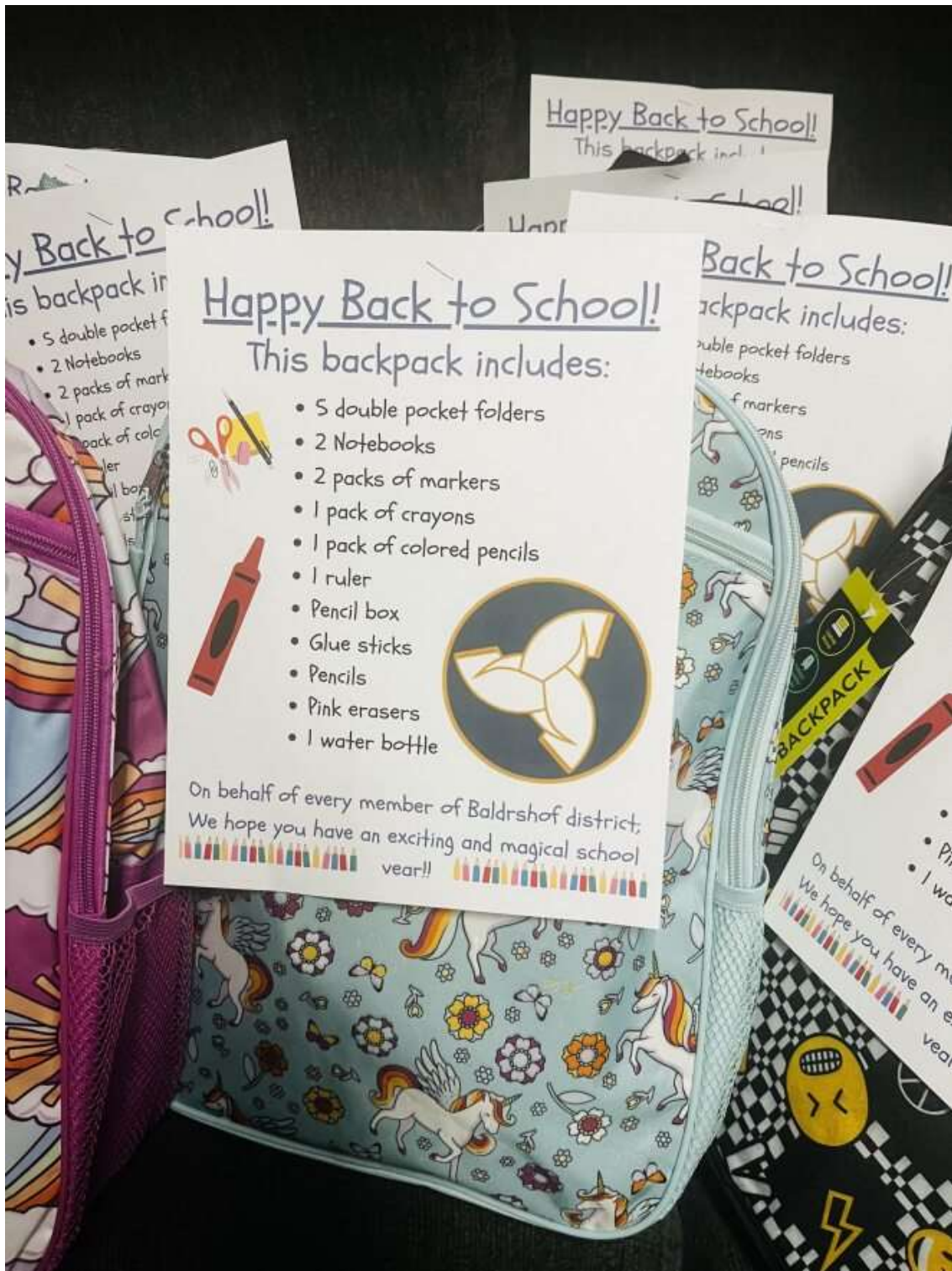
## Food Pantry and School Supply Giveaway at Baldrshof



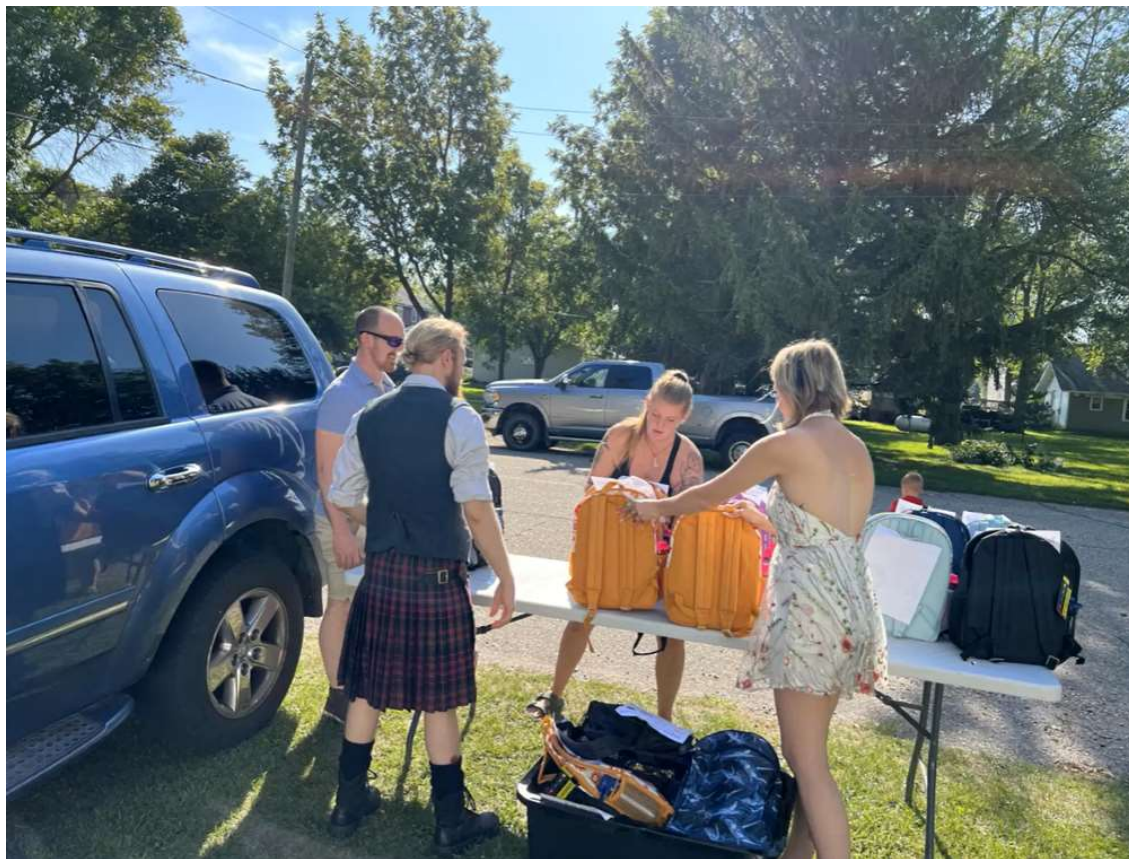
The August food shelf is my personal favorite distribution of the year. This is because it falls during our FreyFaxi national event, as well as being our school supply give away!



Being someone who became a mother at the age of 19, I know so very well how helpful it can be to have some help at the beginning of the year and send kiddos off to their first day with confidence and everything that they need! This year we gave out 30 backpacks filled to the brim with markers, crayons, glue sticks, pencils, pens, notebooks, folders, and water bottles!



There was a slight variance in our high school bags versus our elementary bags, to help fill the needs of our community kids better. We were able to do this by the graciousness of our Folk donating to the fundraisers, as well as my private donators.



We are so blessed to have so many that care for our community as much as the leadership and folk of Baldrshof do! Thank you to all that contributed and helped! Hail the doers!



Folkbuilder Ashley McStocker  
[amcstocker@runestone.org](mailto:amcstocker@runestone.org)

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## Frewyfaxi at Baldrshof



This year we were reminded once more why FreyFaxi has brought so much good to our Folk.

Frith.

I've always said that FreyFaxi feels like a giant family reunion, and it certainly has that energy. Children ran about with water guns and had their great fun outdoors. Folk enjoyed conversation with one another or joined in on the Water Wars. Delicious meals were cooked and shared. Always there was a feeling of friendship and comradery... of family.

That is not to say, however, that important and serious work was not done. Powerful Blóts were held, honouring the Gods, and strengthening our relationship with them in a way that simply cannot be achieved alone. To describe them here would be a disservice; they must be experienced to be understood. For those of faith there is no better spiritual sustenance than Blót held at the Hof.

The food drive also, as always, formed an integral part of the work we do at the Hof. Giving the gift of food to the community has always been something we have taken pride in being able to do. The cycle of giving continues and strengthens us all in times of prosperity and hardship alike.

Additionally, it was a pleasure to witness a number of events including a baby naming. As we celebrate the arrival of our next generation, we are not only making merry for the birth of a child, but we are welcoming our future to this world as well as the ancestors returning to walk amongst us once more. Congratulations to our families!



Cody and Ali Clausen, Steven Mundy, and Christian Penner all took their Oaths and joined fully the numbers of Folkbuilders who aid so tirelessly in the growth and well-being of our Folk. All of them have distinguished themselves as fine Folk who have answered the call to volunteer their time, energy, and might to building our community and future.



Nathan Erlandson also took his Oath as a Goði of the AFA. Goði Erlandson has served Baldershof for years first through tireless work during renovations, then as a Folkbuilder, then as Hof Manager. He has long been a central figure of Baldershof district and has gone beyond the base call of duty to give more in service of the Gods and Folk. We are proud to have such honourable men to represent our Folk to the Gods and lead us in honouring them.

Many congratulations to those who achieved so much for themselves and for us all!

Our next event will be Winter Finding at Baldershof taking place on September 16th. We hope to see you there!





Folkbuilder Cormag Àlainn  
[calainn@runestone.org](mailto:calainn@runestone.org)

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### **Baby Namings at Baldrshof**

It was my great honor and privilege to witness and participate in 2 baby namings during our annual Freyfaxi celebration at Baldrshof. Congratulations to the families of these beautiful children who are the future of our Folk and our church!

Hail Cullen Kenneth Duffy! Son of Folkbuilder Shane and Jaclynn Duffy.

Hail Valkyrie Samantha Hemmingson! Daughter of Josh and Jess Hemmingson.



The Duffy family surprised all (except those who helped the surprise happen) as they entered the hof to name their new son! Rounds of applause erupted as they were announced. It was beautiful to see the tears of surprise and happiness on the faces of the Folk as this lovely family entered through the doors!



The Hemmingson Family is welcoming their second child within the fold of the AFA and I was very proud to conduct both their first and second baby naming. Gothi Erlandson and Folkbuilder McStocker stood side by side with their kindred members, to represent the men and women of the Folk and our commitment to their children.

May the gods and goddesses smile down upon these families and these children. May they carry the light of Aesir for the future generations!

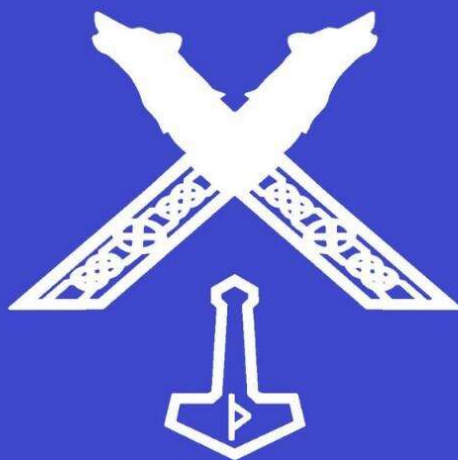
Hail the Children!



Witan Brandy Callahan  
[bcallahan@runestone.org](mailto:bcallahan@runestone.org)

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## Upcoming Events at Baldrshof



# Baldrshof Calendar

## 2023

January 21st  
Thorrablót

May 20th  
May Day

September 16th  
Winter Finding

February 18th  
Charming of  
the Plow

June 16th - 18th  
Midsummer

October 21st  
Winternights

March 17th - 19th  
Ostara

July 15th  
Sigrblót

November 18th  
Folksgiving &  
Feast of the Einherjar

April 15th  
Hexennacht

August 18th - 20th  
Freyfaxi

December 15th - 17th  
Yule



Join your folk for Winterfinding at Baldrshof on Saturday, September 16<sup>th</sup>, from 10 am to 6 pm

Fika \* 2 Meals \* Blot \* Hunting Weapons and Tool Blessing \* Sumbel \* Food Pantry \* Discussions



**Illinois**

*"Smile on us, oh Harvest Gods"*



Hail from Illinois!

August was such a wonderful month for us! We have finally settled into our new home, to start with. But so much has happened.





Jaclynn, the family, and I were able to pull it together and make a last second trip to Freyfaxi! Upon a surprise arrival, we had Cullen's Baby Naming presided over by Witan Callahan and the Alsherjargothi. The Norns blessed him with auspicious Runes, and he was hailed and welcomed by the loving Folk. What a great end of summer trip.

Our state also has a new member that we hope to go join as soon as we can to bring him more fully into the fold.



Finishing off the month, we held a Feast and Blòt to the Harvest Gods Lugh and Freyr. Celtic blood runs strong in our Kindred, so our local festivities lean toward the welcome of the Gods of Ire. This includes Lughnasadh and Samhain.



A parallel Myth to Baldr's passing at Midsummer sees the death of a Celtic Earth Goddess. Bres enters, a harsh King who ushers in the summer heat that burns the excess and Bounty of Spring. The Great golden God Lugh, with a burning spear, ends the Summer Sun's heated gaze and welcomes the storms again and the peaceful autumn weather.

However, we know that the damage is done and now the autumn will create the wither of life until the death at Winter. And so, at the Festival of the Dead, and the Winter Nights, we call on ancestors through the thin deathly veil to give us strength. And with the flaming weapons of Freyr and Lugh, we enter into the cold battle of winter.

### *Upcoming Events*



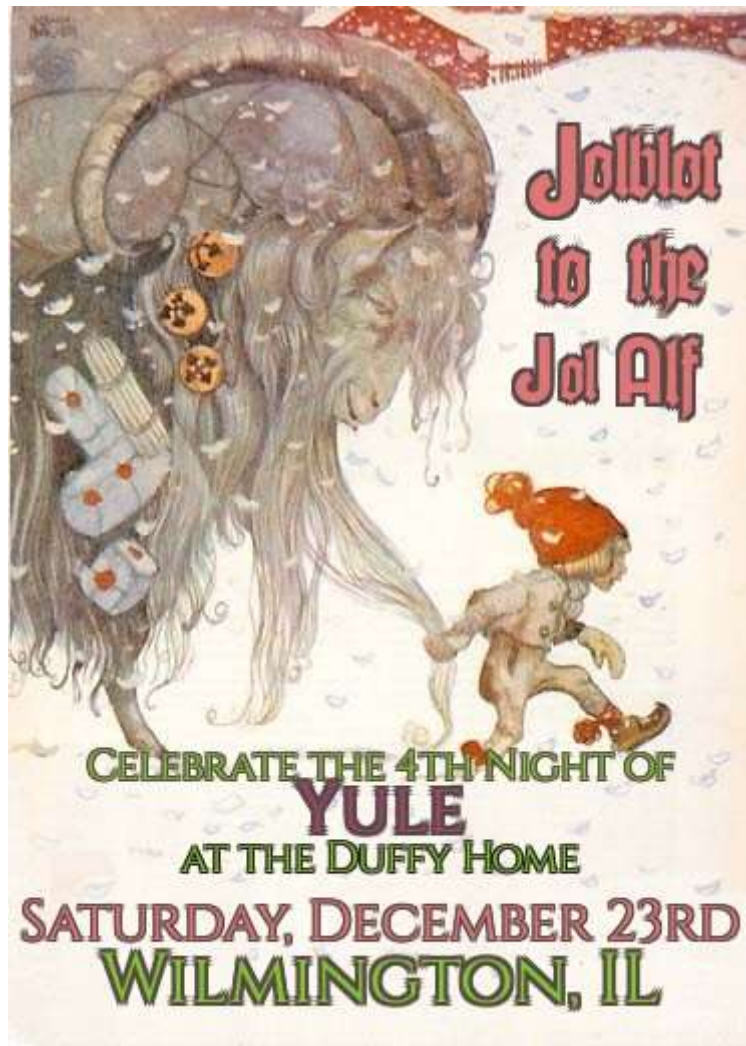
**RSVP w/ Folkbuilder Shane Duffy**

**FALL**  
***Folks-Give-Thing***



**SATURDAY,**  
**NOVEMBER**  
**11TH**  
**Fairfield,**  
**IL**

The graphic is framed by a dark red border and decorated with several autumn leaves in shades of orange, red, yellow, and green.



Folkbuilder Shane Duffy  
[sduffy@runestone.org](mailto:sduffy@runestone.org)

*Upcoming Events*



Folkbuilder James Cummings  
[jcumings@runestone.org](mailto:jcumings@runestone.org)

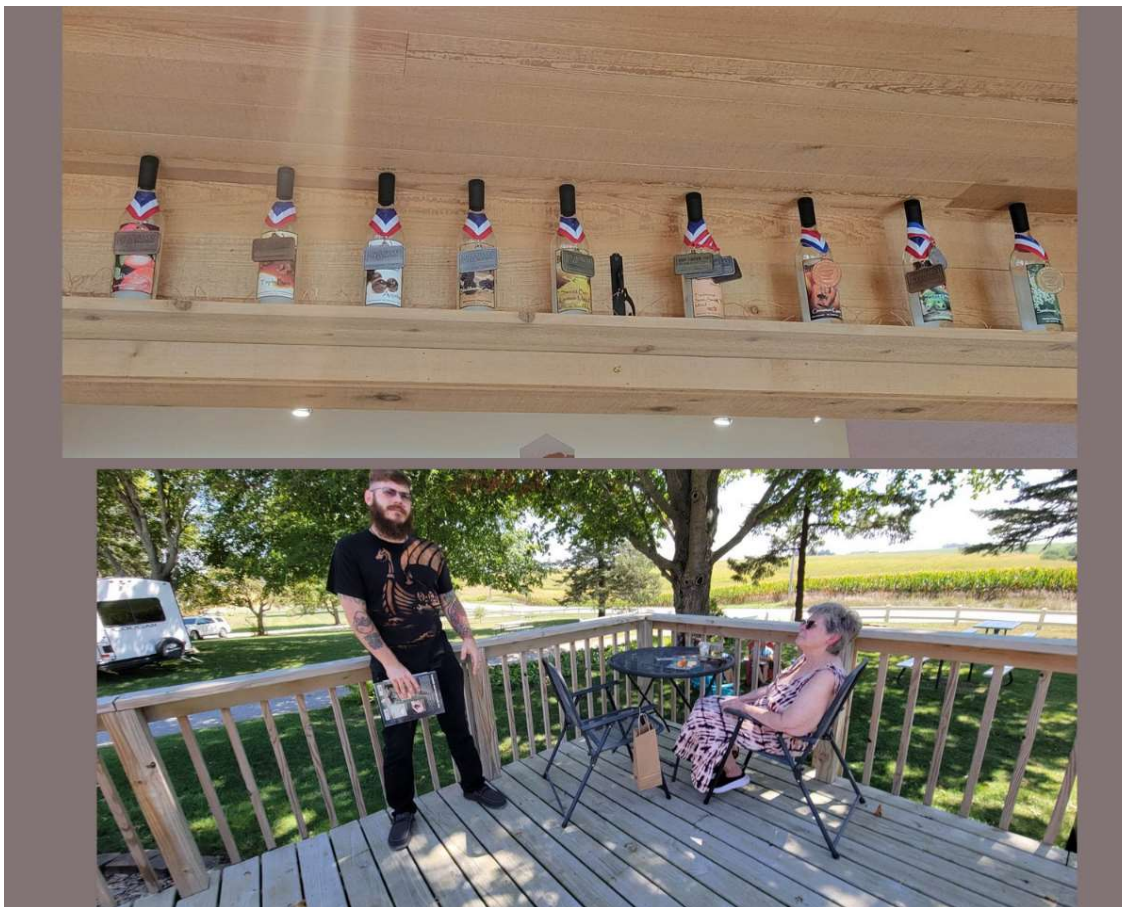
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## Iowa

### *Meadery Moot*

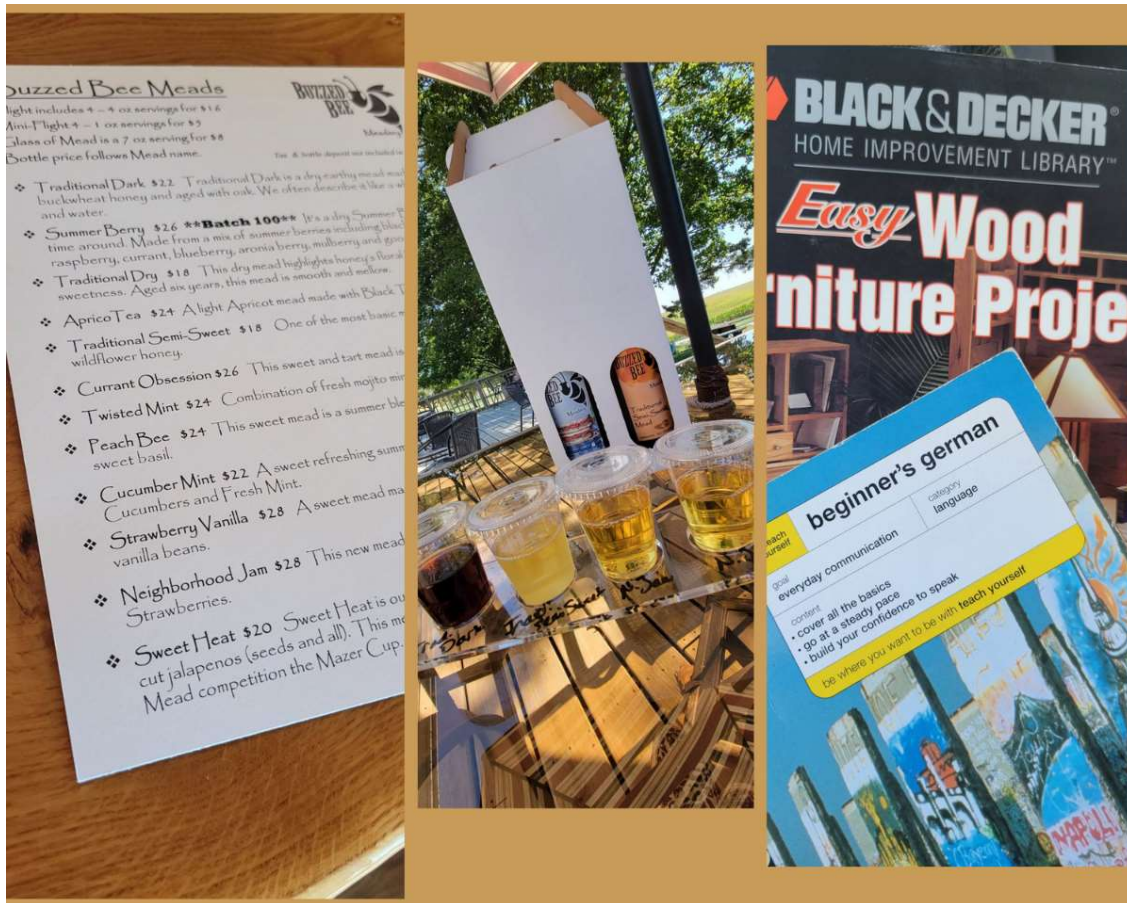


We held a Moot at the Buzzed Bee Meadery in Melbourne, IA. Emily and I talked to the owners, Wayne and Michelle Spohnheimer, a bit. They started making mead in 2014 and, in 2016, they opened their doors to the public and started making lifelong friendships. For almost a decade, they have been experimenting with new flavors, listening to stories of wanderers, and playing yard games with visitors. Emily and I each got a mini flight of mead and did a tasting. Afterwards, we got a normal 4oz flight to share. We got two of the Neighborhood Jam, one Traditional Semi-Sweet, and one Traditional Dark. Emily had one of the Neighborhood Jams, which is a peanut butter strawberry mead and her favorite...you could taste the peanut as soon as it got to your nose. It reminds me of my favorite snack, a peanut butter and honey sandwich. The Traditional Dark tasted a bit like black coffee with its infused oak flavor. The Traditional Semi-Sweet was sweet enough without being overly sweet, which I thought to be perfect for honey with a bit more honey.



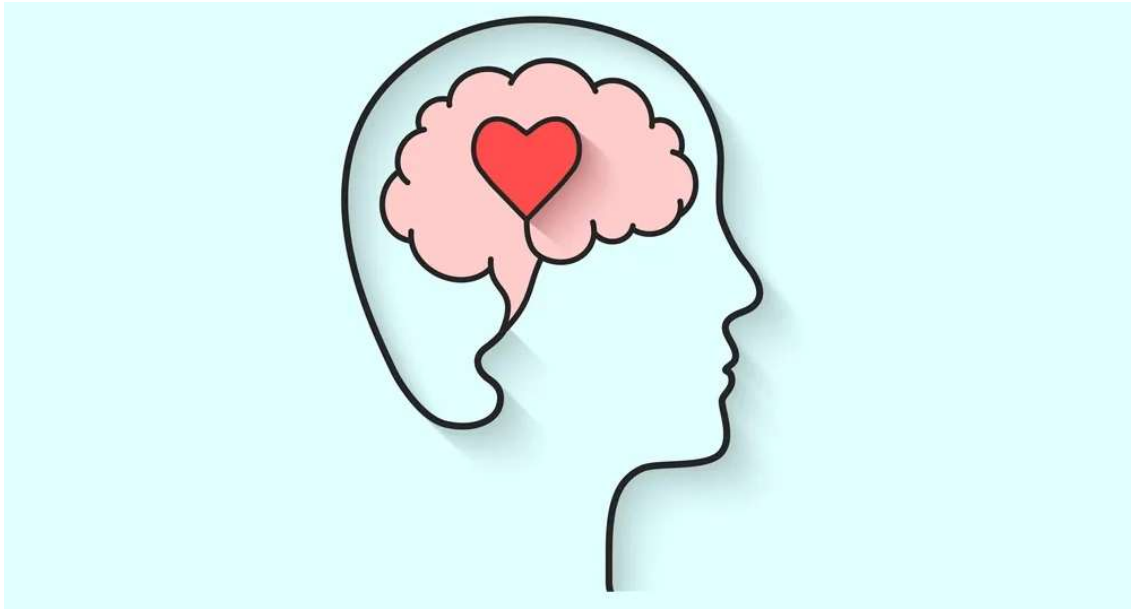
As we were getting ready to leave, a nice German woman complimented my rune tattoos. We started to conversate a bit about some of the Elder Futhark and then I introduced myself as a Folkbuilder of the Asatru Folk Assembly. We had a lovely conversation and left her with an AFA card with my information on it at the end. I had to go back into the establishment to grab a pen to put my information on the card. As I walked back in, I noticed Buzzed Bee had slushie machines—one with mead and another without. I got the one without because it was a more favorable flavor, and I had the Traditional Semi-Sweet added to it. If you have not tried a mead slushie, I highly recommend it! The Buzzed Bee also had free books to take home, so I grabbed a German for beginners and a wood furniture making book.





This is the Buzzed Bees Meadery last season—that is why I am postponing the Iowa Military Museum Moot for October—and the last day they are open is on September 30, 2023. They are throwing a farewell bash to thank their friends for the love and patronage for the last decade with all sorts of festivities. This was my first time, and I will not let it be my last. They have plenty of outdoor space and seating. They understand the sense of community, the blood memory is strong with them, we will bring them home. Folk, let's get out there and show them what we are about!

### ***Note On Mental Health***



We are to fight isolation and come together so if you are having a mental health crisis, please reach out to someone. Your folk do not want to lose you. Reach out to our Gothar—it is one of their duties. Read the Hávamál, go for a walk, be in nature, go to the gym, play a game, build something to bring yourself up and out of that crisis. The Folk are here for you. Reach Out! You are not alone!

Hail the Gods! Hail the Folk! Hail the AFA!

Hail Victory!!!

*Upcoming Events*

**FINAL SEASON  
FAREWELL MOOT**

FOLK  
MEAD  
FOOD  
FUN  
FRITH

Contact App.  
Folkbuilder  
Chris McDowell  
cmcdowell@runestone.org  
SEPT. 30 @ 1200

**IOWA  
MILITARY  
MUSEUM  
MOOT**

CONTACT APP. FOLKBUILDER CHRIS  
MCDOWELL  
CMCDOWELL@RUNESTONE.ORG  
SAT OCT. 7TH  
@1000  
FREE  
ADMISSION

FOOD TO FOLLOW



Christopher McDowell  
Apprentice Folkbuilder  
[cmcdowell@runestone.org](mailto:cmcdowell@runestone.org)

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## Minnesota

### *On Unity*



In the 860s and 870s, Viking raids on England were opportunistic and scattered. However, in the 870s, Viking leaders formed the Viking Great Army, a coalition of warriors from various Viking groups including Danes, Norwegians, and Swedes. Led by figures like Ivar the Boneless and Halfdan Ragnarsson, this united force invaded England with coordinated intent, marking a shift from sporadic raids. Their unity enabled victories like capturing York in 866 and establishing the Viking-controlled Danelaw territory.

The success of the Viking Great Army hinged on their unified leadership and strategic

coordination. Viking leaders worked together strategically, even wintering in fortified camps, solidifying cohesion, and countering English defenses. This unity stood in contrast to their later downfall, seen in the events leading to the 1066 Battle of Stamford Bridge. After King Canute's death in 1035, Viking territories fragmented, leading to internal conflicts. At Stamford Bridge, Viking forces under King Harald Hardrada of Norway fell due to disunity, paving the way for the Norman Conquest. This contrast underscores the pivotal role that unity played in the Viking people's achievements and decline.

So, I challenge all of you. Next time you find yourself in an argument or conflict with a folk brother or sister, remember that they too want the same thing that you do, a future for our folk and for our children. Next time you witness a disagreement between the folk, and it begins to get heated, do your best to step in and mediate the situation, be a beacon for unity and frith. Love your brother, love your sister, just as you would love and seek to understand a member of your immediate family. We must all stand united or face the same consequences that our ancestors faced all those years ago.

We are all in this together, and together we will find victory.

Hail the Gods!

Hail the Folk!

Hail the AFA!



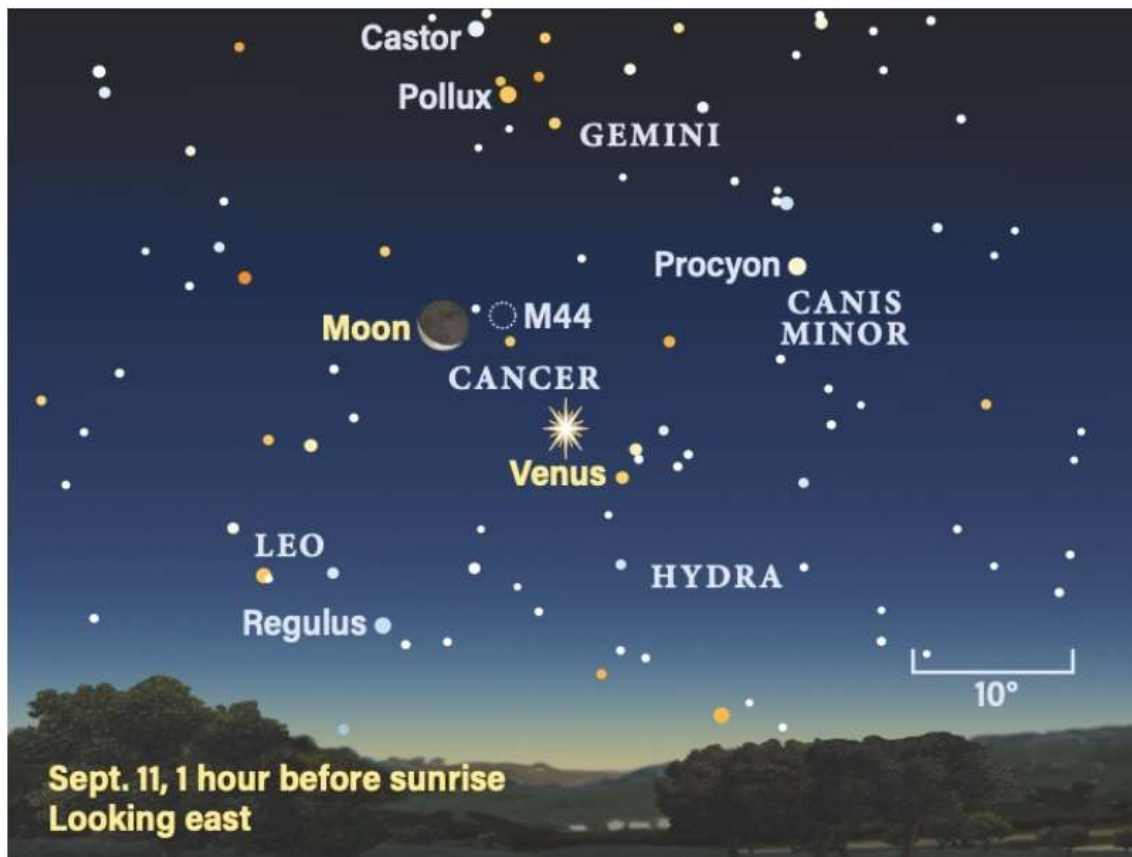
Zach Phelps  
Apprentice Folkbuilder  
[zphelps@runestone.org](mailto:zphelps@runestone.org)

*The Autumnal Equinox and a Return to Stargazing Season*



As we stand on the threshold of the Autumnal Equinox, we can feel the gentle transition from the warmth of summer to the crisp air of fall. For our ancestors, this shift in seasons marked the culmination of months of hard work in the fields, tending to crops that would sustain them through the long, harsh winter ahead. We're all working on tying up our own loose ends as well, I'm sure. It's a time for preparation, and a time for reflection. This subtle change from summer to winter will be apparent by the end of the month as the sun will set before 7pm. For many, this marks the start of the season of stargazing. Let's talk about what we can look for in the skies this month!

Starting September 1st, we'll have some great views of our closest neighbor, the Andromeda galaxy. The galaxy can be seen with unaided eyes faintly, (or clearly with binoculars) 14 degrees to the celestial northeast of Alpheratz, the star that forms the left-hand corner of the square of Pegasus. Jupiter will also be prominent all month, and is fun to find with a telescope!



On September 14th, we should have a rare chance to see some pre-dawn Zodiacal light! This beautiful phenomenon is sunlight scattered by interplanetary particles, the same material that produces meteor showers. It shows up as a "false sunrise" or a beam of light about a half hour before dawn on moonless mornings. Venus will become visible in the early mornings as well. The distant Neptune will cross the night sky all night long, following much brighter Saturn, which will be shining about 24 degrees to Neptune's upper left. Both planets will be moving retrograde westward. The end of the month brings a Full Harvest Supermoon on Friday September 29th. Let's all take some time during this month of increasing darkness to enjoy the beautiful night sky!

The photos show the pre-dawn constellations and an example of Zodiacal light.



Lydia Phelps  
Apprentice Folkbuilder  
[lphelps@runestone.org](mailto:lphelps@runestone.org)

*August a go go*



Another month has come and gone all too fast. August is a great time of year, which means summer is coming to an end and cooler months are ahead. Work was done at the hof for maintenance and preparation for the Folk. School will begin for the children again and there were many opportunities for folk time and building Frith.





I'd like to thank Jeremy for his time that he put in doing the floors upstairs. I appreciate him taking multiple days off of work and bringing his boys out to beautify the Hof. Hail the doers!



My kids and I are enjoying the last days of Summer before school starts. It's really has been amazing seeing them grow so fast and in the blink of an eye. There's never a dull moment when you have children around with curiosity and imagination to fuel!



I am so proud of my Kindred sister Corrie Proudfoot! Not only is her family amazing in all they do for the Hof and folk, but Corrie completed her first 5K and has been a great inspiration! We couldn't have been happier to spend the day and cheer her on while she pushed through- huzzah!!

September is filled with smiles and birthdays as Fall approaches, and we enjoy our last heatwave before pumpkin spice takes over.

As always, Folk, my phone is always on, and my door is always open!



Folkbuilder Jessie Shaffer  
[jshaffer@runestone.org](mailto:jshaffer@runestone.org)

*Good Folk, Fun Times, and Shenanigans in Minnesohhhta*



August was a great month.



August 26th was the third annual True North Folk and Northern Blood MN Ren Fest Moot. Another awesome year in the books.



And now we have a new tradition called the "smoked turkey leg growl." The weather was beautiful and, as always, a great time is had when spent with the Folk.

### *Upcoming Events*



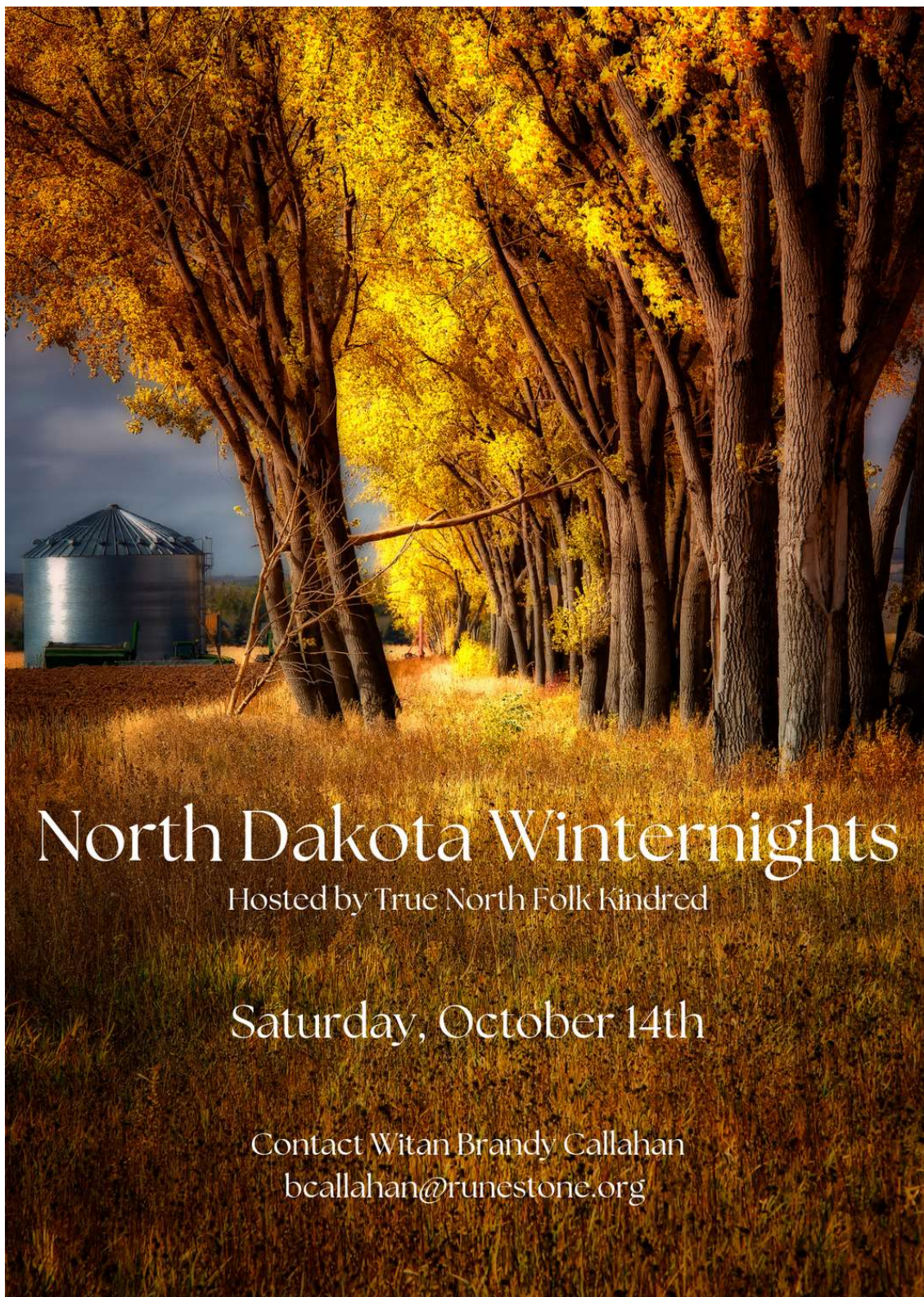
**Folkish Family  
Wotan on The Falls  
Moot with Northern  
Blood Kindred at  
Minnehaha Falls  
11am 9/24/23**

**Contact Folkbuilder  
Jason Gallagher  
for more info  
[jgallagher@  
runestone.org](mailto:jgallagher@runestone.org)**



Folkbuilder Jason Gallagher  
[jgallagher@runestone.org](mailto:jgallagher@runestone.org)

*Upcoming Events*



# North Dakota Winternights

Hosted by True North Folk Kindred

Saturday, October 14th

Contact Witan Brandy Callahan  
[bcallahan@runestone.org](mailto:bcallahan@runestone.org)

Please join the gathered folk on October 14th in Dickinson, North Dakota for Winternights hosted by the True North Folk Kindred. Event begins with breakfast with the Folk at 8 am.

Contact Witan Brandy Callahan for more information, hotel recommendations, and RSVP.

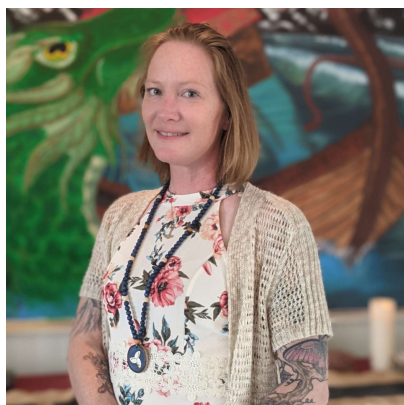


This all day event will include 3 meals, fika, 2 blots, children's craft, Asatru related discussion and sumbel.



Join your Folk for feasting and frith!

Contact Witan Callahan for details and RSVP!



Witan Brandy Callahan  
[bcallahan@runestone.org](mailto:bcallahan@runestone.org)

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## Nebraska

### *Nebraska Hike*



Hiking at Scotts Bluff Monument in Nebraska was a truly delightful experience. The rugged terrain and towering bluffs provided a dramatic backdrop for our Odin Blot. As we navigated the well-maintained trails, we couldn't help but be captivated by the unique geological formations that surrounded us. The diversity of flora and fauna along the way added to the charm of the hike!

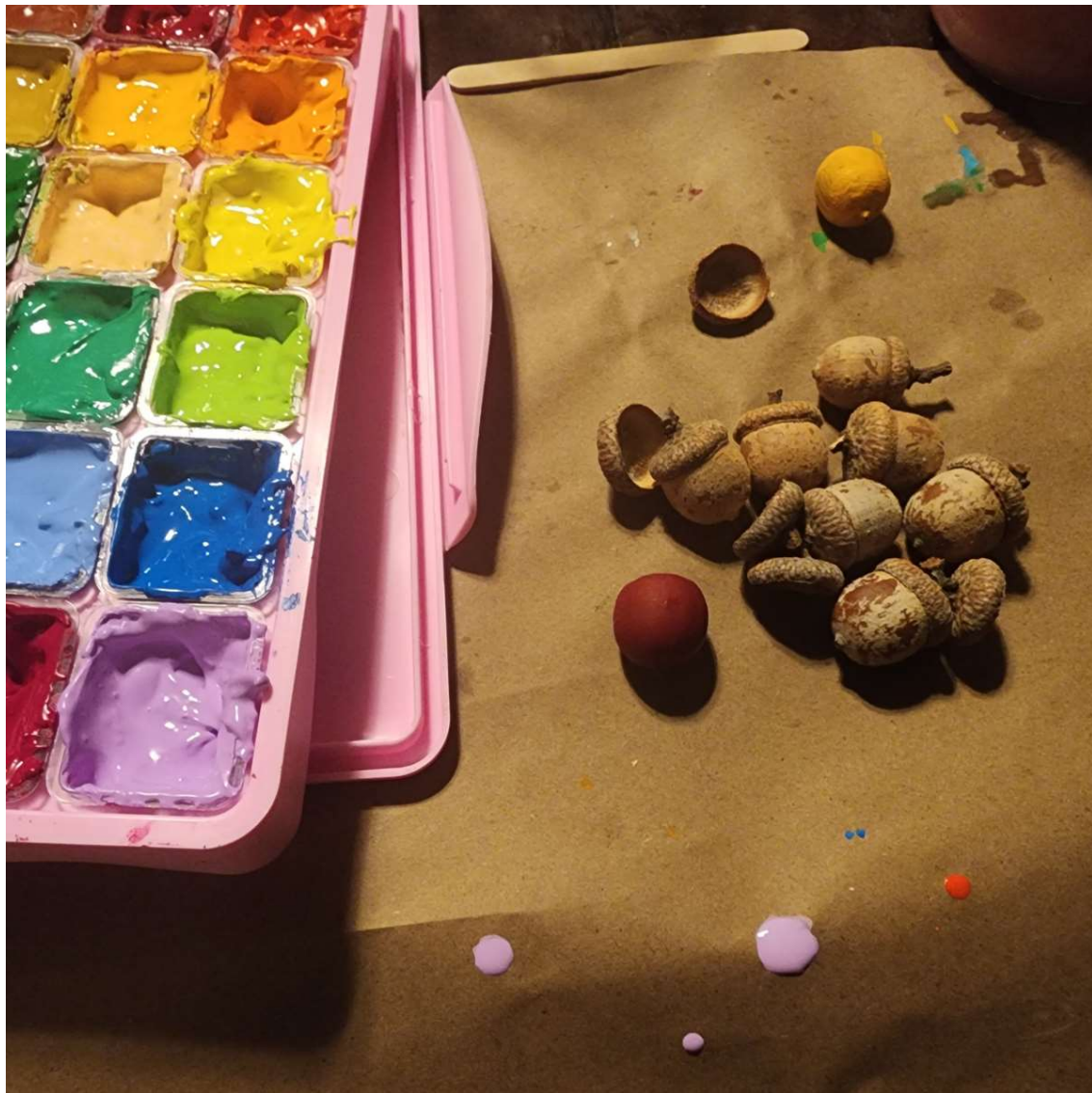
Reaching the summit was a rewarding achievement. The panoramic views of the North Platte River Valley were nothing short of breathtaking. We felt a deep sense of connection to the land's history as we stood atop this iconic monument, imagining the pioneers who once traversed these same paths. This hike at Scotts Bluff Monument left us with not only a sense of physical accomplishment but also a profound appreciation for the natural beauty and rich history of this remarkable place.

Travis Bowdish



Apprentice Folkbuilder  
[tbowdish@runestone.org](mailto:tbowdish@runestone.org)

*It's Fall, Y'all*



It's fall y'all! That means it's acorn season, and even better, acorn painting season!! This is a favorite activity in the Clausen home. Finny, especially, loves collecting and painting his acorn hoard every fall. It's so much fun to see what sparks their young imaginations.

What you'll need: Acorns, paint, paintbrushes, hot glue or wood glue, modpodge, a cookie sheet, oven, aluminum foil or a dehydrator. Any acrylic paint will do but I recommend the little jelly cup gauche they sell on Amazon. They're so much easier to hand out one color at a time and keep the kids from mixing them all up or squishing bottles onto the floor (even if it says washable that doesn't mean it's easy. Ask me how I know...)

After your acorns are collected, you'll want to make sure you didn't bring any uninvited friends home accidentally. To do this, you can either line a baking sheet with foil and bake them for two hours at the lowest setting your oven has, stirring every now and then to make sure they don't burn or pop them in the dehydrator on low overnight. Once they're baked and cooled, you'll want to take a cloth to wipe off the dust and waxy coating on the outside.

To paint: Pop the caps off, I like to make a little mark at the top of the acorn and underneath the cap to match them up again later. Then brush on a base coat of your preferred color, you may need two or three coats to achieve the color you're looking for. After those dry, it's time to start decorating. Flowers, geometric designs, little toadstools, constellations, turn them into gnomes, whatever your little heart desires. After you're finished decorating and your acorns are dry, paint on a layer or two of modpodge to seal them in and glue the caps back on. Optionally, you can thread some string or thin twine underneath the caps as you glue them on and use them to decorate the Yule tree in a couple months.

Remember, they don't have to be perfect to be beautiful. The more fun you have, the more beautiful they'll be. Enjoy!



Folkbuilder Alison Clausen  
[aclausen@runestone.org](mailto:aclausen@runestone.org)

*Nebraska Zoo Moot*



I remember the excitement of going to the zoo as a kid. We always went just before school started up again, getting one last fun summer memory in. I wanted to uphold that tradition, so we got some folk from around the area out for a day at the best zoo in the country!



It was the perfect weather for the zoo: cool, breezy, and sprinkling off and on. Our first stop was the world's largest indoor desert, under the world's largest glazed geodesic dome. We got to see plants and animals from the Namib Desert, the Red Center, and the Sonoran Desert. Owls, roadrunners, deer, wildcats, and reptiles of all kinds were on display.

After the desert, we went to explore the world's largest nocturnal exhibit, conveniently located under the desert. The first section had naked mole rats, armadillos, bush babies, and several other animals. Moving forward, we entered the caves, home to several species of bats and a deep pit that housed blind cave fish. Then, we entered the eucalyptus forest, where we got to see some wallabies and an echidna. Our final stop was the world's largest indoor swamp. Crocodiles, beavers, and even a leucistic alligator swam around (and underneath!) us, enjoying the freedom of the swamp.



By the time we got out, it was nearly lunchtime, so we found a table by the aquarium and had some sandwiches on my wife's homemade bagels. We had some laughs, got off our feet for a bit and got a couple of drinks before heading into the aquarium.

The first thing inside immediately caught my son's attention: the touch tank. He got to feel a starfish, some coral, and a small clam. After that, we went over to the penguin exhibit. They were cleaning the tank, so we got to watch the penguins try to bully the zookeeper into giving them fish. After we'd had our fill of penguin gangs, we moved on to some exotic fish tanks and jellyfish.



After we left, I realized that the okapi exhibit was just a few feet away. Of course, I had to go over and just check that they were in fact real. I'm still not totally convinced. The new African exhibit was next. We watched the giraffes, tried to spot the elephant (apparently harder than it sounds), and watched the big cats almost as closely as they watched us.

It was getting close to closing time, so we started to make our way back to the entrance. That wasn't the end of our day, though. The zoo had changed quite a bit since I'd been there last, but I knew we'd be walking right by my favorite exhibit and the one my son had been looking forward to all day. So, I directed everyone to the gorilla complex.





The first area housed a gorilla whose favorite past time is attention seeking. She was calm that day, but still fun to watch. The main attraction was the open-air enclosure. It didn't take long for the gorillas to put on a show. See, one of the young ones had found a little pile of... stuff, which he spent a solid five minutes rolling into a ball. The rest of his antics made our day.

After we finally recovered, we stopped to check out the seal exhibit before heading out. The day was filled with laughter, friendship, and good times, and we only got to see half of the zoo!



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## North Dakota

*North Dakota Life*

Here in the amazing state of ND, we have added many new members over the last year, and it has been such a joy to meet new folks from all over the area!

I am personally so honored to be a part of this amazing Church and be able to share in the worship of the Æsir with my Folk, so come on out and see us here!

*Upcoming Events*



# NORTH DAKOTA MUZZLELOADING MOOT

Equipment and an instructional class on blackpowder muzzleloading will be provided, target practice to follow. Join your folk for an afternoon of fun!

Saturday, September 23rd  
Fargo area, ND.

Contact Folkbuilder  
Christian Penner for details!

This month I am hosting an instructional moot on the art of Muzzleloading and marksmanship, in the Fargo area. on Sept. 23rd.



Folkbuilder Christian Penner  
[cspencer@runestone.org](mailto:cspencer@runestone.org)

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## Wisconsin

### *Physical Excellence in Wisconsin*



This month was my first fitness moot and even though attendance was low it fueled my fire to get more of our folk into the gym and start living a healthier lifestyle.



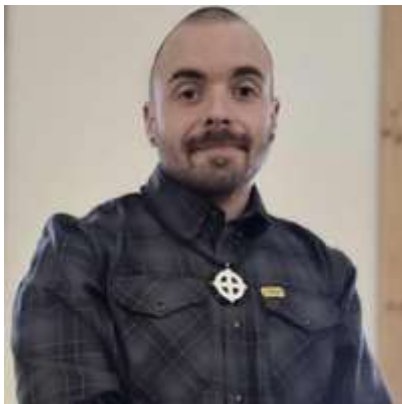
Moving forward I'm planning to host these more often so we can continue striving for physical excellence. If anyone is interested in attending these please feel free to reach out to my runestone email or on mewe.

### *Upcoming Events*



Music, games, food, and  
much more in Duluth  
Minnesota!

**APPRENTICE BRUCE PERRON**  
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Bruce Perron

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### *Early Childhood Development Activities - Sensory Bins*



Sensory bins help with early childhood learning. Young children often learn best by using their senses to explore the world.

- Sensory play helps a child explore, discover, and create using motor skills like dumping, filling, and scooping.
- It is great for both social and independent play. Sensory activities allow children to play cooperatively or side by side.
- Sensory activities include a few different ways to use the 5 senses.
- Sensory play is calming for many kids who might be anxious. Some sensory play materials can settle and soothe, others can help keep a child's attention.



Sensory bins are typically a plastic tub or large container containing all sorts of materials and objects to help stimulate the senses. They can be filled with a variety of different things such as shredded paper, water beads, water, sand, or anything really. Be creative and find what works best with your child.

These are two different ideas I have used when my children were younger and with my grandchildren now.

### *Cloud Sand*



Cloud sand is made up of two ingredients, flour, and oil. The combination creates a mixture that can be packed and molded but is still crumbly. It is light and doesn't leave a mess on little hands plus sweeps up easily. There are two recipes for this. One is taste-safe, using vegetable oil, and the other uses baby oil. You will need:

- bin or large container
- 5 cups of flour (any kind of flour can be used)
- 1 cup baby oil (or cooking oil for the taste-safe)
- play tools (we have used playdough accessories, kitchen tools, cookie cutters, and plastic animals)

Combine flour and oil of choice in bin. Mix until well combined. Add play tools and let your child's imagination take over. The sand can be used over and over again.

### *Water Beads*



Water beads are made from a polymer that expands when water is added to them. Please keep in mind that these are not edible and small children should be supervised during play. You will need:

- large bin
- water beads
- small plastic animals (we used plastic bugs)
- scoops or small plastic tongs

In the bin, put 2 tablespoons of water beads to a gallon of water. Let sit for at least 8 to 12 hours. Drain excess water. Add plastic animals and let the child use the tongs to get the animals out of the beads. This is excellent for fine motor skills. The water beads have lasted up to two weeks for us and in that time, we have got a lot of playtime from them.

*Pipe Cleaners and Colander Activity*



This is another good one for fine motor skills. All you need is a kitchen colander and pipe cleaners. Encourage your child to hold the pipe cleaner with their fingers pointed towards the tips as they stick the end through the holes of the colander.

Hope you enjoy some of these ideas with your child. It is truly rewarding watching young children's creativity develop.

Till next time,  
Hail the Folk!  
Hail the Future!  
Hail the AFA!



Folkbuilder Sara Ault

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