



# EMBLA NYHETER

EMBLA LODGE NO. 2

DAUGHTERS OF NORWAY  
MARCH 2011 VOL. 24, NO. 1

Publication Committee:

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Sarah Callow  
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Photographers:

Marilyn Manke  
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Judith Willison



## Thank You Marie Hayden!

A big thank you to Marie Hayden for all the years of the wonderful publication of the *Embla Nyheter*. All of your sisters of Embla No. 2 thank you very much for the time and talent you have put into editing, publishing, printing, mailing, and improving the *Embla Nyheter* into the fine publication that it is. *Mange takk!*

### EMBLA CALENDAR

#### Thursday, March 3:

Embla Meeting - 6:00 Dinner  
7:00 Program - "Thea Foss"  
8:00 Initiation of new members

#### Sunday, March 6:

2:00pm - "Open Hearts"  
Nordic film - SCC at PLU

#### Tuesday, March 8, 12:15 pm:

Soup and Cinema - Swedish film  
"Alltflyter, Swimsuit Edition"  
Nordic Heritage Museum  
\$7 - members \$10 - non-members

#### Thurs, March 10, Tues, March 15

Tues, March 22, 10:00am -12 noon  
Norwegian Cooking Classes  
SCC at PLU

#### Thursday, March 17, 11am-3pm:

Håndverkere at Chris' home

#### Thursday, March 31, 6:30 pm

"Reprise" Norwegian film  
Blue Mouse Theater

#### Thursday, April 7:

Embla Meeting - 6:00 Dinner  
7:00 - "Artists of Scandinavia"  
8:00 - Business Meeting

#### Saturday, April 30, 11 am-4 pm

Norwegian Heritage Festival  
University Center at PLU

## Thea Foss Is Coming to Embla in March

Thea Foss is a name well known in Puget Sound, and now we have the opportunity to see her come to life through our guest speaker Karen Haas, storyteller extraordinaire. Foss arrived in America in the late 1800's and first settled in Minnesota.



Thea Foss

She and her husband came to Tacoma to be close to the sea and leave the harsh weather behind. Thea's hard work, business sense and perseverance helped her become a legend and, on our coast, Foss and tugboats are almost synonymous. Karen's recreation of Thea is not to be missed. (Did you know that Thea Foss was a charter member of Embla? And that she was Embla's first secretary?)

By Melody Stepp

## ALWAYS A LADY

Thea Foss worked and lived among the rather coarse environs of the Tacoma waterfront, but she always remained a lady of the highest degree. Karen Haas dons the period clothing, persona and Norwegian accent of the lady who founded Foss Maritime, the largest tugboat company in the western United States.



Here is Karen Haas as she portrays Thea Foss, with the Thea Foss Waterway in the background

SIE  
HS  
1923  
D62

# Embla #2 Has a New President - Karen Bell !

Thank you for letting me be your president for 2011. It was a great honor for me to be installed by my mother Harriet Swieso, an Embla past president (2001-02). I owe a debt of gratitude to many of the other past presidents as well. Esther Van Noy decorated the tables with her *bunad*-dressed doll collection, which was stunning. Mardy Fairchild and the *leikarring* brought salads and served. I want to thank Marilyn Mahnke for serving as installing marshal and Janet for leading the fine escort team, along with Evelyn Lundstrom-Weiss, Eleanor Baker, and Karen Kunkle. Delphine Johnson and Esther made *krumkake*, my mom made her famous rolls, and Sharon Groeneveld made her delicious *riskrem* (rice cream).



Our new president - Karen Bell

*Mange takk* once again for all the support showed me by the lodge. I have heard many positive comments regarding installation and my table of Norwegian items purchased at "thrift" stores. As I said, I am a thrift store junkie. Thrift store shopping can be fun and I regard it as a win/win for both myself and the community, as I find a treasure and the money goes to the community to support their goodwill efforts. I purchase Norwegian items whenever I find them as a way of preserving my heritage - or so I tell myself. My mother's and my father's parents emigrated from Norway and raised their families here in Tacoma.

So what does it mean to be a daughter of Norway? I understand that we are most likely the daughter of a daughter of a daughter of Norway and in some cases we are wives of a son of a daughter of a daughter of Norway and others of us are actually 1<sup>ST</sup> generation daughters of Norway. So who are we, what are we, and where do we want to go?

I joined Embla Lodge nearly forty years ago in 1971 along with my mother and younger sister. Ultimately, the reason we joined was because my grandma, the matriarch of our family, Mary Rice, belonged. Many years later, my grandma started calling me Sister. At the time I had not been attending lodge meetings, and I assumed Grandma was getting older and could refer to me however she liked. When my mom and I returned to be active members in the 1990's, I realized she was calling me Sister because we were.

Grandma would sometimes take my sister and me to the social meeting. Back in the day, Embla met twice a month, once for fun and once for business.

Marie Berglund was assigned to stay with us outside of Normanna Hall until our initiation. She was president (1932-33, 35), Grand Lodge President (1936-40), and Embla President again (1947) and in 1963 right before Olive Rudsdil, who was President in 1964-65. Marie seemed to me to be an old-time Sister. She was one of those women we all know who possess a loving kindness while at the same time an air of being in charge. I might call her an Embla soldier. I will remember our sisters Olive and Emilie, who passed away in 2010, as Embla stewards and protectors as well.

So what do the Daughters of Norway do? We aim to unite into a sisterhood, women who wish to preserve the Norwegian heritage and to maintain a knowledge of the history, culture and language of Norway. I looked up the meaning of heritage. Cultural heritage ("national heritage" or just "heritage") is the legacy of physical artifacts and intangible attributes of a group or society that are inherited from past generations, maintained in the present, and bestowed or gifted for the benefit of future generations.

Thank you again for your support and please know that I would love to hear any ideas you may have for the good of our order! Let's have a great year!



Karen Bell and her mother Harriet Swieso

# Embla Rosemalers

Our Embla Rosemalers group got started after an Embla Craft luncheon held at the home of Julie Ann Hebert. Julie has beautiful pieces of Rosemaling all over her home, just like Florence Buck. I was admiring all of the pieces and happened to mention that a few of us had recently taken a Rosemaling class taught by Carol Voigt at Normanna Hall. I also mentioned how much I had enjoyed the class and wished I had more opportunities to learn how to *rosemal*. Julie Ann immediately offered to teach us. Several of the Embla sisters at the luncheon signed up to take Julie Ann up on her offer. We started with eight, but a few decided not to continue, so now we have five very committed women who are sharing a love of Rosemaling, thanks to Julie Ann's inspiration and her incredible teaching gift to us. Since that first class, Judie Miller, Gail Harris, Marilyn Mahnke, Janice Kelley and I have been going to Julie Ann's home about once a week for our classes.

There are a number of different Rosemaling styles, which include Telemark, Hallingdal, Rogaland, Os,

Valdres, West Agder, Hardanger, Rococo, and Gudbrandsdal. For the first couple of months we focused on learning the Telemark style, which is asymmetrical with a root center from which a scroll branches out with leaves and flowers that are varied and irregular. Designs are "fantasy-like" and transparent.

Recently, we switched to the Hallingdal style, which is baroque scrolls and acanthus leaves wrapped around a central flower. The designs are symmetrical, using opaque color and not generally shaded. Backgrounds are red, black-green, dark green, and a lighter blue-green.

Carol Voigt, a very talented Rosemaler herself, has been joining our class whenever she can and we have also added one of Julie Ann's neighbors as a regular to our group. We have also had a member of the Western Rosemalers Association join us a couple of times. Most of the students are beginners, but whether novice or seasoned painters, we all are enjoying the classes very much! Julie Ann is a very patient teacher and we are learning so much from her. I don't know what style we will learn next but whatever it is, I can guarantee we will have fun!

by Mardy Fairchild



Julie Ann Hebert with a sample of her work

## Embla's Norwegian Cooking Classes

Embla Lodge #2 will again be holding our popular Norwegian Cooking Classes at PLU in the Scandinavian Cultural Center. The dates for the spring classes are: Thursday, March 10, Tuesday, March 15, and Tuesday, March 22. All classes start at 10 a.m. We sometimes have to make changes, but some of the planned recipes that will be demonstrated this time are:

March 10: Fish Balls - demonstrated by Harriet Swieso (her Mother's recipe); Dilled Peas with Mushrooms, and Chocolate Hazelnut Cake

March 15: Chicken Vegetable Soup, Soft Bread, and a surprise dessert.

March 22: Meat layered in potatoes, Cabbage with Bacon and Dill, and Vienna Cookies.

The cost is \$5 and includes the recipes that you will see demonstrated, as well as a sample of the food prepared. Parking passes are available as you check in, or you may contact Judith at [jwillison@comcast.net](mailto:jwillison@comcast.net) and she will e-mail a pass to you. Passes will also be available at the March 3 Embla meeting.

*Tusen takk* to cooking class coordinators Ellen Campbell and Janice Kelley, and to all our wonderful members who demonstrate the recipes!!!!

By Judith Willison



## Sister Cities Film Festival

The 2011 Sister Cities International Film Festival, which began February 17 and will go through April 7, features a film from each Tacoma Sister City's country. The films are shown every Thursday, at the Blue Mouse Theater (253-752-9500). The cultural program begins at 6:30 p.m., and the film at 7:00 p.m.

The Norway film will be shown on Thursday, March 31, and it's called "Reprise." (It doesn't interfere with Embla's meeting this year!) This movie is about two competitive friends with literary aspirations and youthful exuberance who endure the pangs of love, depression, and burgeoning careers.

Tickets are \$10 each and can be purchased online at (<http://sistercityfilmfest.org/>) or in person at the Blue Mouse Theater or Pacific Northwest Shop (N. 26<sup>th</sup> and Proctor).

By Julie Touchette



See page 7 for some good news  
about the Food Worker Card!

## Norwegian Heritage Festival Set for April 30th

The first meeting of the committee to plan the 35<sup>th</sup> annual Norwegian Heritage Festival - a combined effort of Embla 2, Norden 2, Nordlandslaget Nordlyset and the Scandinavian Cultural Center Council (SCC), chaired this year by Norden 2 - was held February 9<sup>th</sup> at the SCC. Karen Bell and I attended representing Embla 2. For this committee, Karen will be handling setup and the kitchen requirements, and I will be working with vendors. One of the discussions/decisions that was put on hold until our next meeting (Feb. 22<sup>nd</sup>), was whether or not we could extend the hours and close at 4 p.m. instead of 3 p.m. Embla will once again be baking dozens of wonderful cookies, making open-face sandwiches (*smørbrød*) and *rømmegrøt*, and a delightful array of craft items for sale. Sign-up sheets will be at our March meeting, but you are welcome to e-mail me ([melody.stepp@gmail.com](mailto:melody.stepp@gmail.com)) if you've already thought about where you'd like to help out. Several of our members are already hard at work lining up our baking and kitchen supplies.

By Melody Stepp

## Our April Program — Artists of Scandinavia

Would you like to take an imaginary trip through Scandinavia visiting the homes of well known Scandinavian artists? You can! Just attend the April meeting of Embla #2 and we're off!



Troldhaugen - The  
Edvard Grieg Museum  
In Bergen

For this trip "artists" means more than painters; it includes sculptors, composers, playwrights, authors and more. In Denmark we'll see the childhood home of Hans C. Andersen in Odense and the home of Isak Dinesen (Karen Blixen) author of *Out of Africa*.

In Oslo, Norway, we'll stroll through Frogner Park and see statues by Gustav Vigeland. Then we'll go to Bergen to visit the home of composer Edvard Grieg. We'll travel through the countryside to see the home of Nobel prize-winning author Sigrid Undset in Bjerkebak.



H. C. Andersen's Childhood Home  
in Odense



Dining room at Carl Larsson's  
home near Rättvik, Sweden

Then it's on to Sweden to see Mårbacka, the home of another Nobel Prize winner, Selma Lagerlof. We will also visit the homes of Carl Larsson near Rättvik and Anders Zorn in Mora. In Stockholm we can see sculptures by Carl Milles at Millesgården. After leaving Stockholm, we can stop at the home of Astrid Lindgren at Näs in Vimmerby.



Astrid Lindgren's childhood home

The April meeting of Embla #2 will be on Thursday, April 7 at Bethlehem Lutheran Church. Dinner at 6:00, program at 7:00, and business meeting at 8:00pm. Come along for the trip. You won't need to bring your suitcase or a guide book!

By Sarah Callow

## Judy Willison's Excuse for Missing Installation in January

Ross and I had a wonderful 15-day Panama Canal – Eastbound cruise aboard the Coral Princess! We left December 30th and visited Cabo San Lucas, Acapulco (where 15 people were found beheaded the day after we were there – uff da!), Puntarenas, Panama Canal, Cartagena, Aruba and lastly, Ft. Lauderdale. We traveled 5,467 nautical miles, and going through the Panama Canal's three sets of locks was incredible!

Interesting facts about the Panama Canal: During Canal construction days, over 152.9 million cubic meters of material were removed. (This was enough material to circle the globe four times.) On August 15, 1914, the SS Ancon officially inaugurated the Panama Canal, but the Canal did not have round-the-clock operations until May 12, 1963. The new Panama Canal locks that are under construction will be 427 meters long and 55 meters wide, the size of four football fields. In 1999, the USA officially turned over the operation of the Canal to Panama, and now 14,000 vessels go through annually, with a Panamanian workforce of 9,500 men and women.

It was very exciting to go through the canal that unites the Atlantic and Pacific Oceans at one of the narrowest points of both the Isthmus of Panama and the American Continent. And, by the way – it was 90 degrees most days – beautiful weather!!!!

By Judith Willison



**Ross and Judy on the Coral Princess**



### A LITTLE HUMOR

On a backstreet in Ballard, Ole was set upon by two street thugs. After a tremendous struggle that lasted for some time, the thugs subdued him and turned out his pockets. All he had was 57 cents.

"You mean you fought this hard over a lousy 57cents?!" asked one of them.

"Vell," replied Ole, "I tought yew ver after the \$400 in my left shoe!!!"

## Pictures from the Past Presidents Meeting



Back: Delphine Johnson, Karen Bell, Esther Van Noy, Marilyn Mahnke, Janet Ruud, Mardy Fairchild  
Front: Judy Willison and Harriet Swieso



Esther set a beautiful table for the February 14 meeting

## Highlights of Our February 3rd Meeting

- ⇒ The board passed a recommendation to approve the 2011 budget of \$18,264.84 All of the membership approved.
- ⇒ Judy Willison was installed as judge and she was given her Past President's Pin.
- ⇒ Cultural Director Melody Stepp led a meaningful memorial service for the members who died in 2010.
- ⇒ Melody Stepp is Embla's representative on the Norwegian Heritage Festival planning committee.
- ⇒ The new roster will be out soon. Some ideas for changes to the roster were brought up, such as pictures of the members.
- ⇒ Head Trustee Judie Miller announced that there will be an item "on sale" at each meeting, and the money from this will go to the Embla Convention Fund.
- ⇒ Financial Secretary Joan Anderson reminded everyone to send her their dues.
- ⇒ Janet Ruud, Sarah Callow, and Karen Bell will meet soon to work on the next issue of the *Embla Nyheter*. They asked that others who would like to volunteer for this committee contact them .

by Sharon Groeneveld

# The *Embla Nyheter* Is Your Newsletter

The *Embla Nyheter* is **YOUR** newsletter. You can submit items and articles to the *Nyheter*. In the new column: "Did You Know?" you can place an item with information that you would like to share with your Embla sisters. This might include an announcement about the graduation, scholarship, or honorary degree of a child or grandchild. You can submit information about the birth of a new baby or other exciting event in your family. You might tell about a trip or cruise you are planning to go on or have recently returned from. This column is for any personal information you would like to share.

The *Nyheter* will also have a section for "Swap or Trade." This section will list anything that you are ready to part with that perhaps another sister would like to take off your hands. You might list something that you need and perhaps a trade can be worked out. This section is not limited to materialistic things. It is also a place to list services that you can offer in trade. Do you decorate cakes? Can you provide child care while a parent goes to an appointment? Can you help a child with homework?

There will also be a section for "Want Ads." Since these items will provide income for you, there will be a small fee depending on the length of the ad.

If you know of a company or business that would like to advertise in the *Nyheter*, there will be advertising space for them as well. Please give us contact information for the company.

You can also write an article for the *Nyheter*. If you have read a book, seen a film or attended a class or seminar about Scandinavia, write a short article about your experience and send it to the *Nyheter*. If you have recently received a letter or phone call from Scandinavia, perhaps you'd like to share tidbits of what's happening there. If you like to write poetry or short stories, this is the place to see your work in print. (And you are invited to join the Literary Society!) If you have a delicious recipe you've recently found or one which is not in the Embla cookbook that you would like to share with others, write it up and it will be in the *Nyheter*.

Lastly, if there is anything else that you think should be included in the *Nyheter*, please share your idea with someone on the publication committee. There is a great possibility that it can be included as well.

By Sarah Callow

P.S. The deadline for the next issue of *Embla Nyheter* is April 1! Send your articles to Janet Ruud  
(e-mail preferred: ruudj1norw@aol.com)

## **Håndverkere stop for a photo op**



Front: Tina Riffle, Candace Brown, Amy Vogel, Torun Parker  
Rear: Judy Rogers, Gail Harris, Chris Engstrom, Mardy Fairchild, Judie Miller, Marilyn Mahnke, Norma Borgford and Joan Anderson

## **What is Håndverkere?**

The group of "Handcrafters" that traditionally meets at Chris Engstrom's home (occasionally they meet someplace else) on the third Thursday of the month has a new name! They will now be known as "*Håndverkere*" which is the Norwegian word for handcrafters. How appropriate! This group works year round to make crafts that are available for sale at the Scandinavian Heritage Festival, the Norwegian Heritage Festival, Embla meetings and various other venues in the area. Anyone can join the group. Call Chris for more information or directions to her home (253-752-5361).

By Sarah Callow

## Embla Sisters Attend Solveig Installation

Sisters from Embla Lodge #2 attended the installation at Burien's Solveig Lodge #31 in January.



Judy Earle, Trudy Sorenson and Joan Anderson  
Carol Voigt in background

## Are Any Sisters Interested???

- ⇒ In having a "movie night" once a month? (Only \$3 at the Blue Mouse on Mondays) OR - having a movie and popcorn night once a month at my house?
- ⇒ In having a "Sunset dinner group" once a month at a different restaurant?
- ⇒ In starting an "Embla Day Trip Travel Group"?

Anyone interested – please contact  
Chris Engstrom (253-752-5361 or  
[swedechris@msn.com](mailto:swedechris@msn.com)).

by Chris Engstrom

Good news! Embla member *Mary Nero*, who lives with her daughter Karen in Christchurch, New Zealand, is safe and sound after the recent earthquake. *Takke Gud!*

## Sunshine

by Marilyn Mahnke



If you know of a sister who just got married, had a baby (or other significant event), is ill, or just in need of some sunshine, contact Marilyn Mahnke.

(253-853-1568 or [ctr53332@centurytel.net](mailto:ctr53332@centurytel.net)).

Please keep the following sisters in your thoughts and prayers for speedy recoveries.

- *Carmen Knudtsen* is recuperating well from a recent knee surgery.
- *Carol Kemp* is stuck at home due to a herniated disc in her lower spine.
- *Phylaine Folsom* is at Narrows Glen for a while. Visitors, cards and/or telephone calls are welcome.  
Write: Narrows Glen, c/o Laurel House, 802 Laurel Lane #253, Tacoma, WA 98406.  
Phone: 253-298-0127

- *Gail Harris* is taking radiation treatments.
- *Thelma Lund* is recovering from a stroke.
- *Aggie Thorsen* is recuperating from a hip replacement.
- *Joanne McDonald* is still having cancer treatments.
- Condolences to *Katie Anderson* and family. Katie's mother passed away on February 15.



Trudy Sorenson, Joan Anderson  
and Chris Engstrom

You are invited!

Solveig Lodge #31, located in Burien, will have a special program at its regular meeting on Saturday, March 12<sup>th</sup> at 10 a.m. "The Fjord Horse Program" will begin at 10:30 a.m. There will also be a silent auction and refreshments. Come to Our Saviour's Lutheran Church (158 So. 168<sup>th</sup> St., Burien) and meet the *fjordhest!*

by Judith Willison

## Food Worker Card Made EASY!

Do you need a food worker card or renewal? Hate to go to the Health Department and wait in line to take a 90-minute class? Well, you don't need to go there any more if you can get on line! Just go to [www.foodworkercard.wa.gov](http://www.foodworkercard.wa.gov) and follow the easy steps. You will take a training program on food safety developed by Tacoma-Pierce County Health Department. When you complete the training, you will be ready to take the Washington State Food Worker Card Exam. After passing the exam you'll be awarded a Washington State Food Worker Card. Step 1 - Learn; Step 2 - Take Test; Step 3 - Pay for Card. **Hurra!**



## Embla's Scholarship Fund

Please consider making a donation to our scholarship fund in honor of or in memory of an Embla sister or family member. A recent donation was made by Elda Sulerud in memory of Emilie Pederson.

## Receive your *Nyheter* via email!

Did you know that it is now possible to receive your copy of the *Embla Nyheter* via e-mail? The *Nyheter* will be sent as an attachment to an e-mail message and will be a pdf (public domain file) that you can easily open and read right on your computer screen. You may print the entire newsletter if you like, but you might prefer to just print the article, recipe, or page that you would like to save.



To have your e-mail address put on the list of those choosing this form of delivery, e-mail your name and address to Karen Bell [kbellsteilacoom@yahoo.com](mailto:kbellsteilacoom@yahoo.com) and she will be sure that it is added to the list.

⇐ Pictures from Embla's Christmas Party ⇨

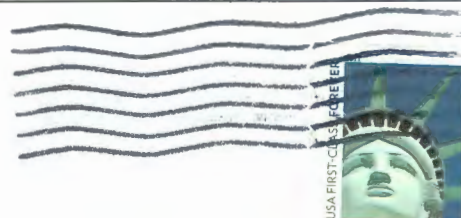
## Come to a Production Party

The *Embla Nyheter* Committee is looking for a "Production committee" to meet on or about the 28<sup>th</sup> of each month to "get out" the *Nyheter* to those not receiving it by e-mail. Please contact any of the



**Embla Lodge #2**  
**Daughters of Norway**  
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ADDRESS SERVICE REQUESTED



Scandinavian Cultural Collection  
PLU Mortvedt Library  
12180 Park Ave S  
Tacoma WA 98447-0013

9844730013

