

EMBLA NYHETER

EMBLA LODGE NO. 2 DAUGHTERS OF NORWAY

DECEMBER 2005 VOL. 18, NO. 4

Editor — Marie Hayden
Photos - Ellen Campbell, Delphine Johnson
and Marilyn Mahnke

EMBLA CALENDAR

January 5th, 2006 Thursday 7pm,
Bethlehem Lutheran Church. In-
stallation of new Embla Officers.
The Leikarring will perform.

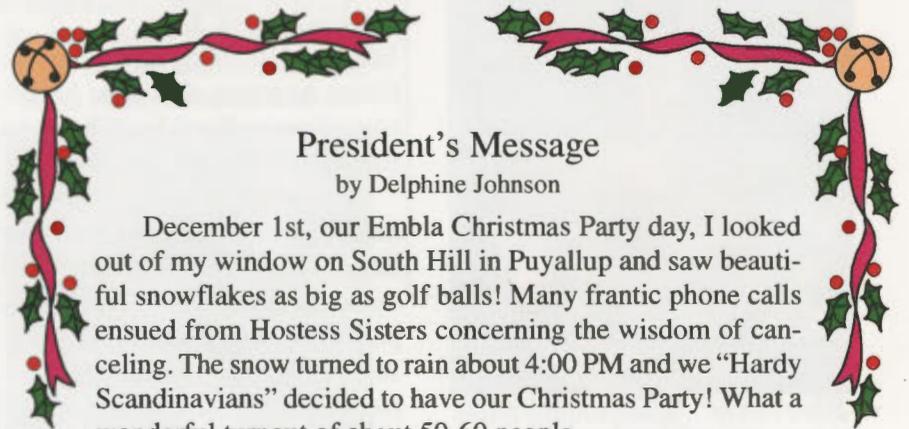
February 2nd, Thursday 7pm,
Regular Embla meeting at
Bethlehem Lutheran Church.

March 2nd, Thursday, 7 pm Embla
#2 Meeting at Bethlehem Lutheran
Church



December Hostesses

*Top l to r: Sarah Callow, Joanne
McDonald, Katie Anderson, Janet
Ruud, Nikki Tollefson and Phylaine
Folson. Bottom: Kransekake made
by Karen Isenberg.*



President's Message

by Delphine Johnson

December 1st, our Embla Christmas Party day, I looked out of my window on South Hill in Puyallup and saw beautiful snowflakes as big as golf balls! Many frantic phone calls ensued from Hostess Sisters concerning the wisdom of canceling. The snow turned to rain about 4:00 PM and we "Hardy Scandinavians" decided to have our Christmas Party! What a wonderful turnout of about 50-60 people.

We enjoyed a festive Christmas Party complete with a beautiful decorated tree by Ellen Campbell. We danced around singing Christmas songs in both Norwegian and English led by our own Janet Ruud. Our traditional gift exchange followed our dancing around the tree. Four different Christmas crafts were presented by instructors Janice Kelly, Chris Engstrom, Grace Bredeson and Flora Peterson. Everyone made a craft to take home.

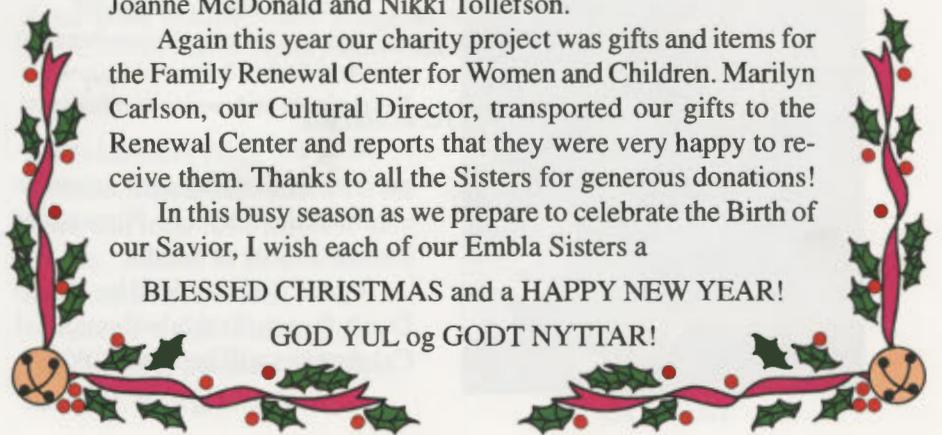
The tables were so attractive with their "Christmas Scenes" center pieces and the Christmas Smørgasbord table was laden with delicious food and a beautiful Kransekake centerpiece made by Karen Isenberg (daughter of Thelma Moline.) Our thanks to Hostess chairman Janet Ruud and her committee of Sarah Callow, Katie Anderson, Phylaine Folson, Joanne McDonald and Nikki Tollefson.

Again this year our charity project was gifts and items for the Family Renewal Center for Women and Children. Marilyn Carlson, our Cultural Director, transported our gifts to the Renewal Center and reports that they were very happy to receive them. Thanks to all the Sisters for generous donations!

In this busy season as we prepare to celebrate the Birth of our Savior, I wish each of our Embla Sisters a

BLESSED CHRISTMAS and a HAPPY NEW YEAR!

GOD YUL og GODT NYTTAR!



FALL COOKING CLASSES

The Embla Cooking Class at PLU this Fall was a great success! We averaged 35 students per class, and everyone loved our Christmas Smorgasbord. The profit made from the classes was \$400 and we also sold our merchandise and added \$280 to our treasury. Tusen Takk to all who volunteered to demonstrate a Norwegian recipe – it was our best session ever!



Flora Peterson demonstrating Baked Salmon with Lingonberry sauce



Harriet Swieso prepares batter for Kong Kaakon Kake



Janice Kelly

Valkyrien Lodge #1 Centennial Celebration

Twelve sisters of Embla #2 carpooled to Leif Erickson Lodge Hall in Seattle to celebrate Valkyrien Lodge #1 Centennial Celebration on October 15th. Included were: Olive Rudsil, Emile Pedersen, Janet Ruud, Harriet Swieso, Carol Kemp, Joanne Mansfield, Lisa Ottoson, Elaine Anderson, Christine Anderson, Karen Kunkle, Charleen Barnes and Marilyn Mahnke.



Embla Sisters at Valkyrien Centennial Celebration

After a lovely lunch of Smoked Salmon, Grav Laks and Cucumber Salad, Roast Pork with Surkal and Tyttebaer Styletoy, and Fruit Compote the Greetings for this festival started. Some of them included: Norwegian Consulate, Sons of Norway, Leif Erickson Lodge, Grand Lodge of the Daughters of Norway, Norse Home and many of the Lodges of Daughters of Norway. For this celebration, Janet Ruud wrote the following little “ditty” in which we all went up front and sang to the tune of Ja, ve elsker.

Ja, vi elsker Val - ky ri - en!
You are number one!
You were brave and independent,
'Neath the Northwest sun.
Thanks for starting up “the Daughters”
we all love - it’s true.

And then Embla Lodge did follow – proud to be number two!
And Embla lodge did follow.

Yes we’re proud, we’re number two!

After the Happy Birthday celebration of Birthday cake, we were all entertained by The Norwegian Ladies Chorus of Seattle.

A good time was held by all and Don’t forget: Embla’s Centennial Celebration will be April, 2007.

SCANDINAVIAN HERITAGE FESTIVAL Cooking Baking



Esther Van Noy



Susie Palmer



Marilyn Mahnke

**SCANDINAVIAN
HERITAGE FESTIVAL
Cookie Baking**

The Scandinavian Cultural Center at PLU was the place to be on September 12, 13 and 14 to make cookies to sell at the Festival at the Puyallup Fairgrounds on October 6 - 9, 2005. Esther Van Noy purchased all the ingredients and made up all the batches for the cookies to bake. Ginger Spritz, Krumkake, Rosettes, Sandbakkelse and Spritz were the top five Norwegian cookies we made.

The bakers included: Grace Bredeson, Sandy Bruyn, Manoah Butterfield, Sarah Callow, Ellen Campbell, Chris Engstrom, Delphine Johnson, Marilyn Mahnke, Susie Palmer, Harriet Swieso, Judith Willison and Esther Van Noy. They also baked at home as well did the following people: Elaine Anderson, Marilyn Carlson, Elene Emerson, Gail Harris, LaVonne Kraft, Karen Kunkle, Thelma Lund, Ines Ottoson, Lisa Ottoson, Emilie Pedersen, Shirley Peterson, Olive Rudsdil, Tonia Simpson and Karen Wasley. We had a great variety of cookies to offer.

Thank you sisters for all the time and energy you all put forth to make this years event successful.
Marilyn Mahnke



Judith Willison testing cookies



Top: sellers at Scandinavian Heritage Festival at Puyallup, Grace Bredeson, Esther Van Noy and Sandy Bruyn. Bottom: Manoah Butterfield, Karen Wasley and Katie Anderson



left: Embla's Past Presidents at Carol Kemp's home in Gig Harbor: Harriet Swieso, Janet Ruud, Olive Rudsdil, Carol Kemp, Bernice Rohrs, Mardy Fairchild and Emilie Pedersen

**NORDIC
Cookbook**

Embla Lodge #2
Daughters of Norway
Tacoma, Washington

New Cookbook is here!

- with 450 recipes from the Nordic countries of Norway, Iceland, Denmark, Finland and Sweden, just in time for Christmas giving. Cost \$14.75 plus \$3.00 for shipping. You may also pick them up at several different locations for just the \$14.75 cost:

North End of Tacoma
Chris Engstrom - 752-5361
Marie Hayden - 759-4451

Puyallup area
Delphine Johnson - 841-1591

South End of Tacoma
Esther Van Noy - 537-2938

Gig Harbor area
Marilyn Mahnke - 853-1568

EMBLA SUNSHINE

In Memoriam

- **Nikka Mansfield**, died Dec 10, 2005 and long-time member of Embla., mother of Embla member, Joanne Mansfield,
- **Wendell "Jake" Meador**, died Dec 5, 2005, husband of Embla member, **Bjorg Meador**.

Recuperating and back with us at our meetings:

- Mardy Fairchild**
- Karen Lynn**
- Dagny Vaswig**
- Barbara Leary**
- Carol Kemp**

NEW COOKBOOK FOR EMBLA

Thank you, Embla Sisters, for sending your recipes for the new Embla Cookbook. The Committee did a wonderful job.

Judy Willison
Esther Van Noy
Sonja Nyhuis
Harriet Swieso
Barbara Leary
Carol Kemp
Marie Hayden

As committee chairman, I especially want to thank the proofers who included, in addition to the committee people, the following: Janet Ruud, Delphine Johnson and Christine Engstrom

SCANDINAVIAN HERITAGE FESTIVAL PUYALLUP, OCT 6-9, 2005

This year's festival was held for 4 days with the cookie and craft booths side by side. Some of the set up was done on Wednesday evening by Ellen and Lisa Campbell, Delphine Johnson and Marilyn Mahnke. On Thursday morning they all came back to finish setting up along with Norma Borgford, Chris Engstrom, Julie Touchette and Esther Van Noy. Cookies were packed in plastic containers ready to sell before the doors opened at eleven a.m.

This year we added a couple of new items for our Craft Table. Our Craft Chairperson Karen Wasley was busy coordinating these items so we would have them on time for the festival. A grey unisex Vest with a Viking ship as well as a rosemalled T-Shirt. The design on the shirt was done by our own sister Dena Iverson. Other big selling items included: Norwegian flag aprons - sewn by sister Marilyn Carlson, totebags, beansoup, Commemorative Plates, foot warmers,

immigrant dolls, gift bags and a few Christmas tree ornaments. ALL of our "TAKK FORMATEN III" cookbooks were sold.

Approximately 10 new members were signed up at the festival. They were initiated at the November meeting. Welcome to all.

Many of our sisters volunteered to put in 3 to 4 hours of their time selling and cashiering and some put in more than one shift. Many thanks for the following workers: Sandy Bruyn, Esther Van Noy, Janice Kelley, Karen Kunkle, Karen Wasley, Katie Peterson, Sarah Callow, Sonja Nyhuis, Judith Willison, Elaine Anderson, Lisa Ottoson, Gail Harris, Janet Ruud, Harriet Swieso, Kari Stackpole, Laurie Kase, Joanne Mansfield, Manohar Butterfield, Chris Engstrom, Katie Anderson, Grace Bredeson, Carol Spencer, Delphine Johnson and Marilyn Mahnke. Also thanks for Karen Wasley's friend Ted who brought in all the boxes of clothing.

Clean up committee on Sunday evening included the following: Sandy Bruyn, Esther Van Noy, Chris Engstrom, Carol Spencer, Delphine Johnson and Marilyn Mahnke... Also thanks to those who were unable to volunteer, however, stopped by to say Hi and purchase some cookies.

We hope everyone enjoyed the festival.

Marilyn Mahnke



Set-up Crew l to r: Norma Borgford, Chris Engstrom, Delphine Johnson, Julie Touchette, Ellen Campbell, Esther Van Noy and Marilyn Mahnke



What a display of goodies! Esther Van Noy, Janice Kelly and Sandy Bruyn



Loretta Kase, Marilyn Mahnke & Lisa Ottoson



Delphine Johnson and Janet Ruud

Abduction Precautions for Women

We can now add to the list of victims the retired 77 yr. old TCU professor from Ft. Worth whose body was found last week in Oklahoma—and the 11 yr. old in Sarasota, FL. Because of these recent abductions in daylight hours, refresh yourself of these things to do in an emergency situation... This is for you, and for you to share with your wife, your children, everyone you know.

After reading this, forward it to someone you care about. It never hurts to be careful in this crazy world we live in.

1. Tip from Tae Kwon Do: The elbow is the strongest point on your body. If you are close enough to use it, do!

2. I learned this from a tourist guide in New Orleans. If a robber asks for your wallet and/or purse, **DO NOT HAND IT TO HIM.** Toss it away from you... chances are that he is more interested in your wallet and/or purse than you, and he will go for the wallet/purse. **RUN LIKE MAD IN THE OTHER DIRECTION!**

3. If you are ever thrown into the truck of a car, kick out the back tail lights and stick your arm out the hole and start waving like crazy. The driver won't see you, but everybody else will. This has saved lives.

4. Women have a tendency to get into their cars after shopping, eating, working, etc., and just sit (doing their checkbook, or making a list, etc. **DON'T TO THIS!**) The predator will be watching you, and this is the perfect opportunity for him to get in on the passenger side, put a gun to your head, and tell you where to go. **AS SOON AS YOU GET INTO YOUR CAR, LOCK THE DOORS AND LEAVE.**

5. A few notes about getting into your car in a parking lot, or parking garage:

A) Be aware: look around you, look into your car, at the passenger side floor, and in the back seat.

B) If you are parked next to a big van, enter your car from the passenger door. Most serial killers attack their victims by pulling them into their vans while the women are attempting to get into their cars.

C) Look at the car parked on the driver's side of your vehicle, and the passenger side. If a male is sitting alone in the seat nearest your car, you may want to walk back into the mall, or work, and get a guard/policeman to walk you back out.

IT IS ALWAYS BETTER TO BE SAFE THAN SORRY. (And better paranoid than dead.)

6. **ALWAYS** take the elevator instead of the stairs. (Stairwells are horrible places to be alone and the perfect crime spots.)

7. If the predator has a gun and you are not under his control., **ALWAYS RUN!** The predator will only hit you (a running target) 4 in 100 times; and even then, it most likely **WILL NOT be a vital organ. RUN!**

8. As women, we are always trying to be sympathetic: **STOP.** It may get you raped, or killed. Ted Bundy, the serial killer, was a good-looking, well educated man, who **ALWAYS** played on the sympathies of unsuspecting women. He walked with a cane, or a limp, and often asked "for help" into his vehicle, which is when he abducted his next victim!

9. Another Safety Point: Someone just told me that her friend heard a crying baby on her porch the night before last, and she called the police because it was late and she thought it was weird. The police told her "Whatever you do, **DO NOT** open the door." The lady then said that it sounded like the baby had

crawled near a window, and she was worried that it would crawl to the street and get run over. The policeman said, "We already have a unit on the way, whatever you do, **DO NOT** open the door." He told her that they think a serial killer has a baby's cry recorded, and uses it to coax women out of their homes thinking that someone dropped off a baby. He said they have not verified it, but have had several calls from women saying that they hear a baby crying outside their doors, when they're home alone at night.

Please pass this on and **DO NOT** open the door for a crying baby. This e-mail should probably be taken seriously because the Crying Baby theory was mentioned on America's Most Wanted this past Saturday when they profiled the serial killer in Louisiana.

I'd like you to forward this to all the women you know. It may save a life. A candle is not dimmed by lighting another candle. I was going to send this to the ladies only, but guys, if you love your mothers, wives, sisters, daughters, etc., you may want to pass it on to them, as well.

Send this to any woman you know who may need to be reminded that the world we live in has a lot of crazies in it, and it's better to be safe than sorry.



October Hostesses

l to r: Norma Borgford, Elaine Lewis, Marian Eberle, Elaine Anderson and Elene Emerson



Jean Whipple demonstrates wheat weaving



SAD RECIPE

I didn't have potatoes,
 so I substituted rice...

I didn't have paprika,
 so I used another spice...

I didn't have tomato sauce,
 so I used tomato paste...

A whole can, not a half can...
 I don't believe in waste...

A friend gave me the recipe,
 she said you couldn't beat it...

There must be something wrong with her...
 I couldn't even eat it!!!



**SCANDINAVIAN FAIR
 Bellingham, Washington**

Another fun festival was held in Bellingham on November 5th put on by DAUGHTERS OF NORWAY: Nellie Gerdrum Lodge #41. Chris Engstrom, Flora Peterson and Marilyn Mahnke sold our new Vests and T-Shirts as well as bean soup and tote bags. The food and cookies and all the crafts were wonderful as well as the entertainment...



*top: November Hostesses:
 l to r: Karen Wasley, Chris Engstrom, Sonya Nyhuis,
 Maren Johnson, Susan Goodspeed and Elda Sulerud*



bottom middle: Past Presidents receive gift from Delphine Johnson. l to r: Harriet Swieso, Esther Van Noy, Carol Kemp, Olive Rudsdil, Emilie Pedersen, Janet Ruud and Mardy Fairchild.



Embla #2 - New members initiated November 3, 2005

*Back row l to r: _____, Jodi Johnson, Amy Johnson, Bonnie Rogers, Norma Marshall, Loretta Kase
Sandy Bruyn, and Mona Margolis,*

*Front row: Connie Sweetman, Kim Sterling, Carol Fossum, Ellen Christine McAlister, Elaine Rodwell,
Judith Earle, Jere Ann Keefe, Glenda Su Ming Larsen, and Judy Laursen*

TUBFRIM PROJECT

What is it? How does it work?

TUBFRIM is a humanitarian organization owned by the Norwegian Health Association.

The name TUBFRIM is a composite word combining tuberculosis with the Norwegian word for stamps, frimerker.

TUBFRIM collects used postage stamps and telephone cards, packages them and sells them to wholesalers and philatelists world wide.

TUBFRIM was founded in 1928 by Ditlef Frantzen, a postmaster, who collected and marketed canceled stamps as a way to raise funds for the Tuberculosis Association in Norway. TUBFRIM's objective was to finance tuberculosis research and to provide aid for children inflicted by the disease.

In 1943 Frantzen donated his stamp collecting institution to the Norwegian Health service.

For decades tuberculosis was almost eradicated so TUBFRIM modified its aim to that of improving

health care facilities for handicapped, mentally retarded and needy children and youth.

All types of stamps from any country in the world are gratefully received and given a "new" value. TUBFRIM is also happy to receive stamp collections, old envelopes and postcards, etc. If the envelopes or postcards, are more than 40-50 years old, they request the whole envelope/postcard. Used telephone cards are also collected.

I am happy to trim the stamps. Here are a couple of Clip Tips for those of you who trim stamps before sending them to me.

1. When clipping stamps, please leave a 1/2" border (1/4" at the least). If no paper margin is left, or the perforations are damaged, the stamps are of no value. Separating foreign stamps from the U.S. stamps also helps them.

2. Open your incoming stamped mail at the bottom of the envelop to save the stamp.

On September 7, 2005 we shipped 20.5 kg of stamps. My math says that is over 40 pounds.

Elene Emerson – Embla #2 chairman

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Daughters of Norway
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**Esther Van Noy
Scandinavian Doll Collection**



displayed at the Western Washington
Fair
at Puyallup
in September, 2005

