



# EMBLA NYHETER

EMBLA LODGE NO. 2  
DAUGHTERS OF NORWAY

FEBRUARY 2004 VOL. 17, NO. 1

Editor — Marie Hayden

Photos: Ellen Campbell, Carol Kemp, Dagny Vaswig

## EMBLA CALENDAR

February 5th, Thursday, regular meeting. What an excellent talk by Claudia Berguson of PLU on the *Life of Sigrid Undset*.

March 4, Thursday, 6:15 Mini-Norsk class. 7:00 regular meeting. Initiation of new members. Program: Florence Buck talks about *TROLLS - things you never knew!*

March 23, Tuesday, Cooking Class at SCC, PLU

March 27, Saturday, Cooking Class at SCC, PLU

April 1, Thursday, Cooking Class at SCC, PLU

April 1, Thursday: 15 Mini-Norsk class. 7:00 regular meeting.

April 17, Saturday, 10 am, Embla Board Meeting at Delphine Johnson's home.

April 24, Saturday, 11-3, Norwegian Heritage Festival at SCC, PLU.

June 19th, Saturday, St. Hans Fest with a trip on the "My Girl" to Poulsbo, Washington – 2 hours up, 2 hours in Poulsbo, and 2 hours back. Reservations and tickets must be purchased ahead of time.

July 31st, Saturday, Embla Senior Luncheon.

August – no meetings.

September 2, Thursday, Embla regular meeting 6 p.m. Welcome Back potluck. Auction and White Elephant Sale.



Carol Kemp at her installation as Embla #2 President, 2004.

## ON LOVE AND GIVING

The more love we give  
The more love we receive  
The more love we receive  
The more love we have  
The more love we have  
The more love we can give.

Carol Kemp, president

Congratulations and thanks to all 2003 officers for a job well done. How encouraging to see so many younger members getting involved.



Embla #2 Officers for 2004

Back row l to r: Sonya Nyhuis, Katie Peterson, Manoah Butterfield, Grace Bredeson, Lisa Ottoson, Marilyn Carlson, Chris Engstrom and Kari Stackpole. (Charleen Barnes, scribe not in photo)

Front row: Marilyn Mahnke, Annette DePuydt, Harriet Swieso, president Carol Kemp, Delphine Johnson, Janice Kelly and Elda Sulerud.

## A Note from the Treasurer to my Embla Sisters .....

Thank you for the opportunity to be a member of this wonderful group of volunteer sisters that make up Embla #2 with a nearly \$20,000 budget yearly. As I said at the meeting – at the end of the year when I do the annual reports – I am TRULY amazed at how it all works out.

We really have no control over our fixed expenses that are necessary in order to have an organization – items like Grand Lodge support (\$13.50 out of your \$20.00 dues), rent, insurance all are non-negotiable and at today's real world prices.

We are fortunate to have a healthy lodge that makes us be able to have some “nice to have” items like our wonderful newsletter, postcard reminders, interesting speakers, delegates for convention, St. Hans celebration and our annual Senior Luncheon – a little something for everyone. These “nice to have items” come from members who give of their time and talents by having cooking classes, bake sales and craft sales to help defray the costs of these “nice to have” items.

We were able to provide a little sunshine to our sister, support the institution of two new lodges this year, entertain the Grand Lodge members with dinner at Shenanigans and buy nice containers for our storeroom with support from our September Auction, the Flower March, and our 50/50 inner guard tickets at each meeting.

Your board recently went over the budget line by line. It is difficult to take a lot of time to discuss a budget at a business meeting, especially when we have a wonderful speaker “waiting in the wings.”

The budget is the essence (where it all comes together) of

what Embla Lodge #2, Daughters of Norway, is all about. Women of all ages and heritage, with a common goal, working together, sharing their time, talents and wealth so that we can have a wonderful group of sisters and friends that we enjoy working with, learning from and have fun with – **this is Embla!!!**

Thank you all for everything you do in support of Embla #2. See you in March when we hear our own, Florence Buck, tell us about “Trolls.”

Chris Engstrom  
Treasurer



*Marilyn Mahnke and Carol Kemp exchanging gifts at the Christmas party in December.*



*Beautiful table setting at the December Christmas party for Embla. Note the Kransekake made by Carol Kemp. Thanks to Anne Whitley, Barbara Dildine, Dena Iverson, Pat Shaker and Judy Whitley.*

## Special Poem for Senior Citizens!

A row of bottles on my shelf  
Caused me to analyze myself.  
One yellow pill I have to pop  
Goes to my heart so it won't stop.  
A little white one that I take  
Goes to my hands so they won't  
shake.

The blue ones that I use a lot  
Tell me I'm happy when I'm not.  
The purple goes to my brain  
and tells me that I have no pain.  
The capsules tell me not to  
wheeze

Or cough or choke or even sneeze.  
The red ones, smallest of them all,  
Go to my block so I won't fall.  
The orange ones, very big and  
bright

Prevent my leg cramps in the  
night.

Such an array of brilliant pills  
Helping to cure all kinds of ills.  
But what I'd really like to  
know.....

Is what tells each one where to  
go!!!

There's always a lot to be  
thankful for if you take time to  
look for it.

For example, I am sitting here  
thinking how nice it is that  
wrinkles don't hurt.

**Grand Lodge Convention  
Whidbey Island, WA  
July 14-17, 2004**

Delegates from Embla:

Carol Kemp, president  
Chris Engstrom  
Judy Willison  
Esther Van Noy  
Harriet Swieso  
Kari Stackpole  
Delphine Johnson  
Lisa Ottoson  
Ellen Campbell  
Karen Kunkle  
Janice Kelly

Alternates:

Janet Ruud  
Katie Anderson  
Grace Bredeson  
Marilyn Mahnke  
Manoah Butterfield

All members are welcomed and encouraged to attend the convention. Delegates are the only ones who can vote. It is a wonderful experience and so fun to see all the others lodges. Anyone can participate in the classes and in the special lunches, dinners, etc. but reservations must be made in advance. Come and enjoy!!!

**Embla Memorials for 2003**

Doris Polkey  
Myrtle Drahos  
Phyllis Leyes  
Margaret Richards  
Solveig Johnson



*Embla president, Carol Kemp, congratulates Turid Jespersen president, Dee Strubb*



*Installation of Embla Officers January 15, 2004*

INSTITUTION of  
**Turid Jespersen Lodge #44**  
Daughters of Norway  
November 15, 2003  
Mission Viejo, California

Another new Daughters of Norway lodge has been instituted!

On November 15th, Joanne Mansfield, Grand Lodge President, officiated the Institution of Turid Jespersen Lodge # 44, Initiation of Charter Members & Installation of Officers.

Grand Lodge Organizational Chair, Janet Ruud (member of Embla #2), was the Mistress of Ceremonies.

Also in attendance and representing Embla Lodge #2 was Embla's president Carol Kemp who served as musician for the ceremonies. Carol presented Turid Jespersen's new president, Dee Strubb, with a check for \$100 from Embla in support of the new lodge.

Special entertainment was provided by *Scandia Gammeldans Band*. Mary Ann Sereth played the violin and Kriss Larson played the accordion.

The event was well attended. Thirty-four Charter Members were listed in the program and a full slate of officers was installed.

This lodge takes its name from Liv Turid Jespersen, born February 22, 1917 in Oslo, Norway. Turid was an international ski racer, a courier

for the underground Norwegian resistance when the Nazis invaded Norway and co-author of a book based on the memoirs of her brother. She was expected to "take home the gold" as a downhill racer in the 1936 Winter Olympics, but a broken leg prevented her from participating. Years later, she worked as a ski instructor in Washington D.C. One of her students was America's first astronaut, John Glenn. In true Norwegian spirit, even at the age of 70, "Tu" was known to camp by herself on top of Blue Knob in Virginia's Blue Ridge Mountains. Alone at night, unaffected by the wild winter winds, she was just eager to be the first skier on the mountain! She also loved opera. Turid died at the age of 74. Her body was taken home to Norway where she is laid to rest at an old Viking church, *Hem Kirke*, in Lardahl (condensed from an article in the program by Sharon Thoresen).

We welcome our new sisters of Turid Jespersen #44 into the *Daughters of Norway!*

Carol Kemp  
President  
Embla Lodge #2

**Embla Lodge #2**  
**Daughters of Norway**  
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### SEAFOOD HOTDISH

- 1 can tuna            2 cans shrimp
- 1 cup mayonnaise    1 can milk
- 3 cups cooked rice
- 1 can mushroom soup
- 1/2 cup chopped green onions
- 1 pkg. blanched slivered almonds
- 1 can sliced mushrooms
- 1 tbs. lemon juice
- 1 green pepper (cut in small pces)
- 1 cup chopped celery

Put all together in a 9x13  
pyrex dish. Cover with crushed  
potato chips. Bake 30 minutes at  
350°.

Florence Buck

#### Sunshine cards to:

- Delphine Johnson, cancer and  
heart bypass
- Lillian Pappas - pneumonia and  
swollen right leg
- Thelma Moline - heart problems
- Agnes Thoreson - heart prob.
- Angela Sivertson - hip replaced

### CASHEW-CURRY-CHICKEN SALAD

#### Salad:

- 12 oz. (4 1/2 cups) uncooked rotini (spiral pasta)
- 2 cups cubed cooked chicken
- 1 1/2 cups halved red seedless grapes
- 1/2 cups chopped red bell pepper
- 1/4 cup chopped green onions
- 2 oranges, peeled, chopped
- 1 cup cashew halves

#### Dressing:

- 1/2 cup mayonnaise or salad dressing
- 1/4 cup sour cream
- 3 tablespoons orange juice
- 2 tablespoons honey
- 1 teaspoon curry powder
- 1/4 teaspoon salt.

- (1) cook rotini to desired doneness as directed on package.  
Drain, rinse with cold water to cool.
- (2) in large bowl, combined cooked rotini and all remaining  
salad ingredients.
- (3) in small bowl, combine all dressing ingredients; blend well.
- (4) Add to salad, toss to coat. Serve immediately, or cover and  
refrigerate until serving time.

[I used more chicken  
and doubled the  
amount of dressing. I  
"nuke" a chicken in  
a cooking bag in the  
microwave for about  
35 minutes. Cool  
slightly - take  
chicken off bones  
and cube. Can be  
done the day before.]

Florence Buck