

# EMBLA NYHETER

EMBLA LODGE NO. 2

DAUGHTERS OF NORWAY

July 2011 VOL. 24, NO. 3

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Marilyn Mahnke  
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*Søstre av Embla Losje #2*

SUMMER LUNCHEON

Saturday, 30 JULY 2011

11:30 a.m.

## EMBLA SISTERS SUMMER LUNCHEON

Mt. View Community Center (at Mt. View Lutheran Church)

3505 - 122<sup>nd</sup> Ave. E. Edgewood, WA 98372

11:30 a.m. (doors open at 11)

Don't miss this annual event where we will celebrate our "Sisterhood" and honor the Senior Members of our lodge! Our sisters who are 75 years old (and up) receive a complimentary lunch. The cost for other members (and adult guests) is \$20, and for children \$8. Guests are welcome.

Our own Embla Leikarring will perform for us, so it's going to be a fun and delicious event, and remember that children and grandchildren are welcome to attend!

By now, you should have received your invitation in the mail, so if you haven't gotten yours yet, call Chris Engstrom (253-752-5361) or Marilyn Mahnke (253-853-1568).

Call Diane Nelson (253-891-7147) if you have questions about making your reservation.

## PRESIDENT'S MESSAGE

*Hurra for Syttende Mai og Sankthansaften!*

The May 17<sup>th</sup> Ballard parade for *Syttende Mai* was a great event. Thousands lined the street in Ballard and we arrived in our bunads, waving our Norwegian flags and carrying our Embla banner.

Marilyn Mahnke (who brought the banner and flags), Diane Nelson, Joan Anderson, Mary McGoran, Eleanor Baker, and Jennifer Shook and family marched in the parade. Actually, Jacobson rode in a wagon (perhaps next year it will be a Viking ship). Lots of bands played and the weather was glorious after giving us a scare a day earlier.



*Jacobson Shook at the Syttende Mai Parade*

(Continued on page 2)

## President's Message *(Continued from page 1)*

I realized that Norway won its independence in 1905, just two years before our lodge was formed in 1907 and the pride that still exists on May 17 is a tribute to our heritage. Please join us at the *Syttende Mai* parade in Ballard next year and perhaps we can even get a van to ride in...

Following are the highlights from a short history lesson which was inserted in the 2002 *Syttende Mai* program of the Norwegian Society of Texas. It was written by Ruell Solberg, Jr. of San Antonio:

~*Syttende Mai* has a similar significance in Norway as July 4th has in the United States of America. It marks the country's declaration of independence and the triumph of constitutional government. This day is also called Constitution Day and National Day and is a great spring festival in Norway.

Unknown to many people, the Vikings established the oldest surviving parliament in the world in Iceland over a thousand years ago in 930 A.D. So, many aspects of independence and self-government are part of Norway's history from way back. During the Napoleonic wars, the Swedes were allied with Great Britain and defeated Denmark. Then, Denmark gave Norway to Sweden. However, the Norwegians did not recognize the treaty (of Kiel) that did this and met and drew up a constitution for an independent Norway. That constitution was adopted on May 17, 1814, but Sweden refused it and defeated the Norwegian troops. Then, Norway was forced to accept the king of Sweden as their ruler also. But, after nearly 100 years of Swedish rule and wars between Norway and Sweden near the end of that time, all but 184 out of 368,392 voters in Norway voted for independence in 1905; and it was granted.

Observance of *Syttende Mai* is still a very important occasion in Norway. They have lots of parades and celebrations all during that day with everyone participating, especially the school children with their school bands and school banners.~



*Doug Shook, Eleanor Baker, and Karen Bell walk with our Embla banner in the Syttende Mai parade.*



*Janet Ruud and granddaughter Kaylee enjoy being a part of the Syttende Mai Parade*

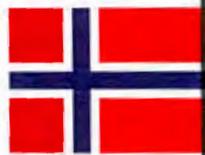
### *Sankthansaften!*

We celebrated *Sankt Hans* at our June meeting with a lovely celebration with *rømmegrøt* and strawberry shortcake. Our leikarring performed and taught us to dance *Astri Mi Astri*. A fun time was had by all.

So – here's some information about St. Hans Eve.

Although Midsummer is originally a pagan holiday, in Christianity it is associated with the nativity of John the Baptist, which is observed on June 24. It is six months before Christmas because John the Baptist was born six months earlier than Jesus.

(Continued on page 4)



Norway



Sweden



Denmark



Finland



Iceland



Norway



Sweden



Denmark



Finland



Iceland

EMBLA LODGE NO. 2 DAUGHTERS OF NORWAY  
PRESENTS

# NORDIC FESTIVAL

A CELEBRATION OF  
OUR CULTURAL HERITAGE

SATURDAY, OCTOBER 15, 2011

10:00 AM - 4:00 PM

MT. VIEW COMMUNITY CENTER

3505 - 122 AVENUE EAST

EDGEWOOD, WASHINGTON

ENJOY TRADITIONAL MUSIC, ARTS,  
CRAFTS, & REFRESHMENTS

FREE PARKING

FREE ADMISSION

RAFFLE DRAWINGS ALL DAY

Hourly drawings for free merchandise and products from  
participating businesses and Nordic organizations

Tickets - \$1.00 each

For more information contact:  
Karen Bell, Embla President  
(253) 302-5110 or [kbellsteilacoom@yahoo.com](mailto:kbellsteilacoom@yahoo.com)

# Nordic Festival - October 15

Embla Lodge has decided to host our first-ever **NORDIC FESTIVAL** on Saturday, October 15<sup>th</sup> at the Mt. View Community Center in Edgewood.

We have sent invitations to many local Nordic vendors and organizations and are hopeful our Nordic friends want to participate in this event. We are looking forward to having a good selection of Nordic products like Rosemaling, wheat weaving, Hardanger embroidery, custom knitting, wooden ware, Viking drinking horns, folk art, cards, clothing, painted artwork, woven textiles, food, and more. Our members' involvement is critical if we want to make the festival a success! We need your help for the following:

- Cookie bakers (done a few days before the festival)
- Setup and breakdown of tables and chairs (setup at 8 am, breakdown at 4 pm)
- Raffle ticket sellers
- Cashiers (for cookies, sales table, and possibly soup or *rømmegrøt*)
- Craft/cookie sales tables
- Table monitors (clean up tables)
- Soup or/and *rømmegrøt* makers (needed only if we can't get other organizations to provide food)

The planning committee will continue to work throughout the summer to make this event great. Please help get the word out to everyone you know and sign up to assist in putting on a great Nordic Festival!

By Mardy Fairchild  
Phone: 253-472-0444  
E-mail: mfairch@citysounds.biz

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## President's Message *(Continued from page 2)*

*Sankthansaften* is celebrated on June 23 in Norway. For instance, up until 1840 there was a pilgrimage on June 23rd to the stave church in Røldal (southwest Norway) whose crucifix was said to have healing powers. Today, however, *Sankthansaften* is largely regarded as a secular or even pre-Christian event. *Sankthansaften* is the ultimate summer feast in Norway. On the evening of June 23, Norwegians light bonfires, pick flowers to put under their pillows, and celebrate summer and light.

The tradition of lighting bonfires on this occasion came from the pagan belief in fire as the protector against evil spirits. The sun, which in the Northern Hemisphere is at its highest at midsummer, probably inspired this belief. The night of St. Hans was supposedly a night of magic. If, for instance, a young girl picked seven flowers and put them under her pillow, she would dream of her future husband.

As on any day of celebration, food is important on *St. Hansaften*. On this day "I get together with my family and friends and go to a field to make a bonfire. We bring sour cream porridge, cured ham, and barbeque food, like sausages. It is all about celebrating summer with the people you love the most." Why do we eat sour cream porridge on this day? Well, it is a tradition. Eating sour cream porridge on special holidays is a strong tradition in Norway, and St. Hans is a special holiday. Sour cream porridge is a tradition that goes far, far back in time.

*Rømmegrøt* is actually a simple recipe that I have enjoyed learning, and the making of it does help me feel connected to my grandmother and our heritage. If you would like the recipe, please email me at [kbellsteilacoom@yahoo.com](mailto:kbellsteilacoom@yahoo.com). Lastly, please reserve October 15 for our first Nordic Festival. *Tusen takk* to all who are working on this great event. There will be more details shared at our September meeting. Have a great summer!

By Karen Bell

# HIPP HIPP HURRA!!!

*Syttende Mai* was the day to be in Ballard. Thousands celebrated this day, which is Norway's "Constitution Day." There was a luncheon at the Sons of Norway Leif Erickson Lodge, activities for children, singing and dancing, and the last event of this sunny day was the "Largest Ethnic Parade in the USA."

The proud Embla sisters who participated in the parade were Eleanor Baker, Mary McGoran, Joan Anderson, Karen Bell, Marilyn Mahnke, Diane Nelson, and Jennifer Shook (with husband Doug and their adorable son Jacobson). Jennifer was our leader with her HIPP HIPP !! and got the crowd going with the HURRA!!! Everyone waved their Norwegian flags...

Before the parade started some Embla members were interviewed by the *Seattle Times*. They were videotaped dancing (you can tell they were part of the Leikarring - they knew the steps). Some other members were on the sidelines watching and others were also marching with other groups. Janet Ruud (and granddaughter Kaylee) and Lisa Ottoson marched with the Greater Tacoma Peace Prize group, and Evelyn Lindstrom-Weiss and Judy Earle (dual members) marched with Solveig Lodge.

A great Celebration....

By Marilyn Mahnke



*Embla's contingency in the Syttende Mai parade: Eleanor Baker, Mary McGoran, Joan Anderson, Karen Bell, Marilyn Mahnke, Diane Nelson, Jacobson Shook (in the wagon), and Jennifer Shook.*

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## EMBLA ROSEMALERS

No summer off for us! We will be very busy all summer long painting pieces for Embla's craft table at the Nordic Festival. We've also arranged for a class with Marilyn Hansen to paint an 8-inch plate in Telemark style. Now don't think for a minute that is all we have planned for this summer! We also will be learning to paint in Rogaland syle with our own Carol Voigt as our instructor.

We are "painting fools" and love every minute of it! Look for some of our artwork at the Nordic Festival on Saturday, October 15<sup>th</sup>.

By Mardy Fairchild

## EMBLA LEIKARRING

Six members danced at Mt. View Lutheran Church in Edgewood on April 30<sup>th</sup> at the Heritage Tea. Dancing were: Janice Kelly, Carol Voigt, Joan Anderson, Judy Earle, Diane Nelson and Judy Willison. Mary McGoran and our leader, Marta Berg, were also in attendance. On display were wedding dresses from the past, and we especially enjoyed seeing the lovely gowns worn by Delphine Johnson and Diane Nelson.



Judy Earle, Janice Kelly, Marta Berg, Diane Nelson, Joan Anderson, Carol Voigt, and Judy Willison

Mary McGoran was wearing for the first time the *bunad* she purchased from Embla. This beautiful Hardanger costume was donated by our dear member, Florence March. (The accompanying photo was taken at Mary's home on Trout Lake.)



Mary McGoran in her new bunad

We all had a delightful afternoon and enjoyed the beautifully decorated tables, the delicious sandwiches, fruit, desserts, and of course TEA!

By Judith Willison

## HÅNDVERKERER REPORT



Chicken pin cushions by Sharon Groeneveld

At our fall Embla meetings you will be able to purchase a new "flag shirt" – we will also have children's sizes.

The women in the *Håndverkerer* group have been busy this summer making lots of new items for your purchasing enjoyment! Dish Cloths, Dish Towels, Book Marks, Headbands, Stitch and Hang Ornaments, Chicken Pin Cushions and Doggie Coats. You can see pictures of some of these cute items right here.



Woof-da doggie coat



Red doggie coat



Red and blue doggie coat

The next *Håndverkerer* meeting will be held in September at Chris Engstrom's home - feel free to join us, and bring your ideas!

By Marilyn Mahnke

## SUNSHINE REPORT

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

Anne Whitley is recuperating at home after back surgery.

Judy Rogers fell and broke her ankle, so she is now walking around with a boot on her foot.

Elaine Hudak is recuperating from a sprained ankle at Manor Care.

Condolences to Kirsten Bell, whose father passed away on June 13th.



By Marilyn Mahnke

# The Norwegian Fjord Horse

Twice now Embla sisters have had an opportunity to meet and learn more about Norwegian Fjord Horses. A group went to Solveig Lodge (Burien) and met Kristin Miller, chair of the Pacific Northwest Fjord Promotional group, who proudly showed off her horse. And, Fjord Horses were present at *Syttende Mai* where Marilyn Mahnke, Janet Ruud and Kaylee had an opportunity to see them up close.



*Kaylee getting acquainted with a Fjord Horse*

The Norwegian Fjord horse is one of the world's oldest and purest breeds. They are not allowed to breed with parents, siblings, or half siblings. They range in size from 13.2 to 14.2 hands and weigh from 900 to 1200 pounds at maturity. Their legs are powerful with substantial bone, and it is said they can pull a load equal to their own weight.

It is believed that the original Fjord Horse migrated to Norway and was domesticated over 4,000 years ago. Herds existed in Norway after the last ice age, and archaeological excavations at Viking burial sites indicate that they have been selectively bred for at least 2,000 years.

One of their unique characteristics is that about 90% of all Fjord Horses are the "wild" dun brown in color and have primitive markings like zebra stripes on the legs and a dorsal stripe that runs from the forelock down the neck and back and into the tail.



*New friends:  
Marilyn Mahnke, Janet Ruud,  
Kaylee and Fjord Horse*

Another characteristic is that the center hair of the mane is dark



*Kristin Miller with her horse*  
(usually black) while the outer hair - trimmed shorter - is white. The mane is cut short so it will stand erect and will not freeze.

← *Kristin's husband with the horse*



*Carol Voigt, Chris Engstrom, Kristen Miller, Judith Willison, Julie Touchette, and Karen Hebert with the Fjord Horse*



There are about 50,000 Fjord Horses in the world - 5,000 in the United States and 500 in the Northwest, including Western Canada.

By Chris Engstrom

# NORWEGIAN ELKHOUNDS

The Norwegian Elkhound is a breed that originated in Norway and was used for hunting large game. A very rugged and robust dog, built for endurance, bred and trained as a hunter and tracker, the elkhound has very acute senses of smell and hearing.



Temperament varies from one dog to another, but an Elkhound is not normally aggressive by nature and can be relied upon not to attack without VERY extreme provocation. Normally friendly, even with strangers, its bear-like look, deep resounding bark, and large white teeth can discourage most unwanted visitors. An elkhound can be protective, even possessive, of its human family and property, making this dog a commendable watch dog.

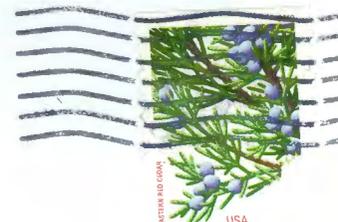
Elkhounds are very energetic and need to have consistent exercise daily (20-30 minutes twice a day) or they may have trouble adjusting to the calm house-pet role expected by most owners.

As is common with most northern dogs, the breed is double-coated; it has long coarse outer hair to shed rain, sleet and snow and a soft wooly undercoat for insulation against the elements of nature. The undercoat sheds profusely twice a year, usually at six-month intervals; guard hairs are shed approximately every other year. If you are a meticulous housekeeper, an elkhound is not for you! The coat sheds most foreign substances with ease and the dog seems by instinct to keep himself clean. Regular grooming is advisable and an absolute necessity when shedding. A most unusual physical characteristic of the breed is the absence of "doggy odor".

By Chris Engstrom

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



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