



EMBLA NYHETER

EMBLA LODGE NO. 2

DAUGHTERS OF NORWAY

NOVEMBER 2004

VOL. 17, NO. 4

Editor — Marie Hayden

Photos - Dagny Vaswig and Ellen Campbell

EMBLA CALENDAR

Thursday, December 2, 6:15 - 6:45 pm, Mini-Norsk class with Janet Ruud, Bethlehem Lutheran Church. 7 pm Embla Business Meeting and Christmas Party. Gift Exchange with members if you bring a gift yourself. Bring new articles for children or adults for the Family Renewal Shelter (unwrapped). Embla will deliver them so they will have a Christmas. Family Renewal Shelter is a Christian humanitarian organization dedicated to bringing healing hope and a new life to victims of domestic violence.

Saturday, December 18th, Nordic Christmas Fest at PLU Scandinavian Cultural Center, 6:30 pm
January 12-14th, Pathways to Peace Symposium, Norway's Approach, PLU Wang Center

Thursday, January 6th, 6 pm, Installation of new Embla Officers, Bethlehem Lutheran Church.

For your 2005 Calendar

March 1, 12 and 15, 2005 at 10-12 at PLU Scandinavian Cultural Center - Embla's Spring Cooking Classes.

April 30, 2005, Norwegian Heritage Festival at SCC, PLU

May 14, 2005 - Combined Scandinavian groups celebrating Norway's Centennial Celebration

October 15-16, 2005 - Scandinavian Days at Puyallup Fair Grounds

President's Message

by
Carol Kemp

As 2004 comes to a close, my two-year term as president of EMBLA LODGE #2 is coming to a close, also. I would like to express appreciation to each of you for your support and for all you do to make EMBLA such a special organization of "sisters" who love and share their Norwegian Heritage. EMBLA is approaching 100 years strong of women working together to promote, preserve and find joy in the unique culture of our ancestors. The Daughters of Norway is more than just a club. It is unlike any other. There is a depth of devotion, knowing and understanding—a commonality that binds us together in a way that is difficult to explain, but that we all feel and treasure in our hearts. The more we learn about each other and our Norwegian ways, the more interested we become about everything Norwegian and we want to learn even more. Each time a new member joins us in our Sisterhood Chain, my heart is warmed. Sharing and caring – it's a beautiful way to live one's life.

I have had a great executive board these past two years, all the officers working as a team together with all the sisters of EMBLA to maintain among our members the history, culture and language of Norway. Mange Tusen Takk, dear ones. Bless you all.

We now, in turn, congratulate the new officers to whom we offer our allegiance and support as they lead us forward . . . the best is yet to come. We look forward to it!

Happy Holidays, everyone and remember,
"Lutefisk isn't just for breakfast!"

How to make Lutefisk from Scratch

Feeds 10 people

Time needed: about 2 weeks

1 kg dried cod fish

100 g caustic soda

30 liters of water

Saw the fish in suitably sized pieces or leave it whole. Put in water. Leave in water in a cool place for 5-6 days if cut in pieces, 8 days if the fish is whole.

Change the water every day.

For the luting, use a wooden or stoneware tub. If using an enameled tub, the enamel must be unchipped. Of course, you can always use a china tub, if you have one.

Place the fish in the tub with the skin side up. Dissolve caustic soda in the water, pour over the fish until covered completely by lut water. Leave the fish in a cold place for 3-4 days.

When the fish is completely luted, it will be well swollen and you should be able to put a finger through it.

Rinse the fish and leave in cold water 4-6 days. Change water every day.

If the fish stays in water for too long after the luting, it may be soft and difficult to boil.

Note: Literally translated, Lutefisk means "lyefish", which refers to the early process of soaking where a lye solution made of birch ashes was used in the luting process of dry cod. Dry cod is rich in flavor and nutrition. Remember cod liver oil??

Dry cod or stockfish has been the foundation for human existence and sustenance along the entire Norwegian coast since Viking times and before. It was both a main part of the diet and a trading commodity on long voyages. Then as now, Lofoten was the most important spawning ground for the cod. The fresh catch is cleaned immediately and hung to dry on drying racks. The pure air and the cold winter climate from January to April are the ideal components in this unique processing—without doubt the least energy consuming in the world.

Boiled Lutefisk

Put Lutefisk in a cheesecloth bag. In a large glass, granite or stainless steel kettle (don't use aluminum), fill with enough cold water to completely cover fish. Add salt. Heat water to almost boiling. Remove from heat. Place bag of fish in water. Return to stove and bring to a rolling boil. Watch very carefully! Immediately after water has come to a rolling boil, remove from heat and let sit undisturbed for 3-4 minutes. Remove bag of fish from water and serve immediately with boiled potatoes, lefse and melted butter.

Two good ways to enjoy Lutefisk:

- With your fork, mash some boiled potatoes on your plate. Now, fold in some of that good hot, well drained, Lutefisk. Scoop a bunch up on a piece of lefse (hot from the stove), drizzle with melted butter, kinda fold the lefse over and take a big bite. Have a napkin handy as the butter will probably dribble down your chin. Yum! A swig of beer goes real good with it. Or,
- Yust put a piece of the fish on a piece of flabrod and enjoy.

President Carol Kemp
for your Christmas enjoyment



Carol Baarsma
New member of Embla, initiated
November 4, 2004.

Also two associate members
joined October, 2004:

Kelsey Ohlenkamp and
Rachel Lynne Mortenson



Embla's Iona Dhaese,
speaker at October Meeting



Kari Grøtte Boisvert wearing her
special bunad
November 4th meeting
Old Norwegian Traditions &
Superstitions

The 2004 Scandinavian Heritage Festival was held at the Puyallup Fairgrounds on October 10th and 11th.

Daughters of Norway Embla Lodge II had two booths; a Craft Booth and a Bake Booth.



Elaine Anderson and Esther Van Noy at our booth

Esther VanNoy held a baking day with Embla Sisters Janice Kelly, Elaine Anderson and Karen Lynn and they made many dozens of Krumkake, Rosettes, Sandbakkelse, and Spritz. Mange Takk to these Sisters and All the Daughters of Norway who baked wonderful Scandinavian cookies for the Bake Booth! The Bake Booth made \$1,156.50.



Carol Spencer, Ellen Campbell, Chris Engstrom and Phyllis Melton

Mange Takk to the Embla Sisters who worked the Bake Booth; Esther VanNoy, Harriet Swieso, Darcie Harris, Katie Anderson,

Lisa Ottoson, Toni Simpson, Delphine Johnson and Carol Kemp.



Delphine Johnson dancing at Scandinavian Days

The Craft Chairman, Marilyn Mahnke and her committee had been working several meetings and had a beautiful array of craft items for sale at the Craft Booth. Ellen Campbell was in charge of setting up the Craft Booth. Many thanks to all the Embla Sisters who worked at the Craft Booth; Ellen Campbell, Carol Spencer, Chris Engstrom, Kari Stackpole, and Phyllis Melton. The Craft Booth made \$543.75 Special Thanks to Chris Engstrom, our Treasurer, who worked both Festival Days!

The Scandinavian Heritage Festival was represented by Scandinavian organizations; Norway, Sweden, Denmark, Finland, and Iceland as well as Scandinavian stores in Northwest Washington. We enjoyed traditional Scandinavian food and many wonderful music groups and dancers. It was a delightful two days!!

Past Presidents honored at the November meeting. Back row: Mardy Fairchild, Dena Iverson, Janet Ruud, Harriet Swieso. Front row: Bernice Rohrs, Esther Van Noy, Olive Rudsdil and Emilie Pedersen.

SUNSHINE NEEDS

Karen Lynn broke leg
Janet Ruud had an appendectomy and is recuperating very well
Dorothy Burnson had a fall and hit her head, now walking with a cane.
Kari Stackpole fell playing tennis severe back pain

NEW COOKBOOK COMING

Committee members are:

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

Hopefully the committee will be able to explain plans at the next meeting of Embla.



Olive Rudsdil presenting the Presidents Book to the new incoming president, Delphine Johnson. The Presidents Book goes through the year of a Daughters of Norway organization giving suggestions for the incoming president and was put together by the Past Presidents Club.





Grand Lodge Board Meeting, October 2004

Left to right: Joanne Mansfield, Sylvia Hampson, Donna Murrish, Marit Nielsen, Tove Van Der Maas, Carol Kemp, Laurel Tessler and LaVerne Tiedeman

Dear Fellow Norwegians:

Few of us in our lifetimes have the opportunity to witness the centennial celebration of a sovereign nation. Fewer still have the chance to directly participate in an act that links history with the future. We invite you to do both these things in a significant way to celebrate Norway's 2005 Centennial Celebration.

To commemorate Norway's 2005 Centennial Celebration, all Norwegian-American organizations throughout North America and individual Americans who have cultivated a special relationship with Norway are joining together to fund a dramatic statue of HRH Crown Princess Märtha, wife of the late King Olav V of Norway and mother of the present monarch, His Majesty King Harold V. Never before honored, the Crown Princess represents a significant time in Norway's history as a young nation. During the dark days of World War II when she and her young children were guests of the United

States and lived in Washington, D.C., she played an active role in keeping Norway visible on the world stage despite its occupation. A symbol of courage, determination and optimism, her efforts earned the respect and admiration of Americans and influenced President Roosevelt's "Look to Norway" speech in 1942.

To honor the longstanding connections between Norway and America, a life size bronze statue of HRH Crown Princess Märtha is being designed for installation on the grounds of the Royal Norwegian Embassy in Washington, D.C., and will be unveiled in September of 2005 in the presence of His Majesty King Harold of Norway. The statue is an original design created by renowned Norwegian-American artist Kirsten Kokkin. The gift of the statue from the citizens of the United States to the people of Norway for the 2005 Norway Centennial was announced by former Vice President Walter Mondale, Chairman of the Norwegian American Foundation Centennial Gift

Committee, and is welcomed by the official Norway and the Norwegian Royal Family.

Total cost for this project, including a made-for-television documentary film about the Crown Princess and the process of creating the Centennial statue will be \$150,000.00, which has been guaranteed by the Norwegian American Foundation.

- Donations of any amount are welcome, and all donors will be listed by name in the official book of centennial congratulations that will be displayed with a maquette of the statue at the Royal Norwegian Embassy.

- Donors of \$500 or more will be credited in a made-for-television documentary film about the Crown Princess and the process of creating the Centennial statue, and will receive a DVD of the film.

- Donors of \$5,000 or more will receive a limited edition 20" bronze replica (maquette) of the original statue created by the original artist, Kirsten Kokkin.

Join us! Support the 2005 Norway Centennial Celebration gift fund by sending in your organization's contribution for the commemorative statue of Crown Princess Märtha. (Checks should be made payable to the Norwegian American Foundation with a note in the memo line - Sculpture Donation.)

Mail donations to:
Norwegian American Foundation,
2200 Alaskan Way Suite 300
Seattle, WA 98121.

The Norwegian American Foundation is a 501 (c) 3 non-profit organization, and all donations are tax deductible to the extent allowed by law.

What Love Means to a Child

Adults should take lessons from some of these kids!!!
A group of professional people posed this question
to a group of 4 to 8 year olds.

"What does love mean?"

The answers they got were broader and deeper
than anyone could have imagined.

1. When my grandma got arthritis, she couldn't
bend over and paint her toe nails anymore. So my
grandpa does it for her now all the time, even when
his hands got arthritis too. That's love.

Rebecca – age 8

2. When someone loves you, the way they
say your name is different. You just know
that your name is safe in their mouths.

Billy - age 4 (I love it! – how old is this kid?)

3. Love is when a girl puts on perfume and a boy
puts on shaving Cologne and they go out and smell
each other. Kari – age 5

4. Love is when you go out to eat and give
somebody most of your french fries without
making them give you any of theirs.

Chrissy – age 6

5. Love is what makes you smile when you're tired.
Terri – age 4

6. Love is when my mommy makes coffee for my
daddy and she takes a sip before giving it to him, to
make sure the taste is OK.

Danny – age 7

7. Love is when you kiss all the time. Then when
you get tired of kissing, you still want to be together
and you talk more. My mommy and my daddy are
like that. They look gross when they kiss.

Emily – age 8

8. Love is what's in the room with you at Christmas
if you stop opening presents and listen.

Bobby – age 7 (WOW – get the kleenex, he'll go
places in this ole world.)

9. If you want to learn to love better, you should
start with a friend who you hate.

Nikki – age 6

10. Love is when you tell a guy you like his shirt,
then he wears it every day.

Noelle – age 7

11. Love is like a little old woman and
a little old man who are still friends
even after they know each other so well.

Tommy – age 6

12. During my piano recital, I was on stage and I
was scared. I looked at all the people watching me
and saw my daddy waving and smiling. He was the
only one doing that. I wasn't scared anymore.

Cindy – age 8

13. My mommy loves me more than anybody. You
don't see anyone else kissing me to sleep at night.

Clare – age 6 (Gotta love her.)

14. Love is when mommy gives daddy the best
piece of chicken. Elaine – age 5

15. Love is when mommy sees daddy smelly and
sweaty and still says he is handsomer than Robert
Redford. Chris – age 7

16. Love is when your puppy licks your face even
after you left him alone all day.

Mary Ann – age 4

17. When you love somebody, your eyelashes go
up and down and little stars come out of you.

Karen – age 7 (What generation is this kid?)

18. Love is when mommy sees daddy on the toilet
and doesn't think it's gross. Mark – age 6

19. You really shouldn't say "I LOVE YOU"
unless you mean it. But if you mean it,
you should say it a lot. People forget.

Jessica – age 8 (Priceless.)

And the winner was a 4 year old child whose
next door neighbor was an elderly man who had
just lost his wife. When the child saw the man
cry, the little boy went over into the man's yard
and climbed on top of the man's lap and just sat
there. When the boy's mother asked him what
he'd said to the neighbor, the little boy said,
"Nothing, I just helped him cry."

Embla Lodge #2
Daughters of Norway
4010 North 36th
Tacoma WA 98407

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Mem exp Dec 2004

Lisa Marie Ottoson
20904 - 79th Ave E
Spanaway WA 98387-5325

98387+5325 14

