



# EMBLA NYHETER

EMBLA LODGE NO. 2

DAUGHTERS OF NORWAY

September 2011 VOL. 24, NO. 4

Publication Committee:

Janet Ruud  
Sarah Callow  
Chris Engstrom

Photos in this issue courtesy of:

Marilyn Mahnke  
Mardy Fairchild Judith Willison

## CALENDAR

### September 1:

6 PM: Potluck, Regular meeting  
Program: Auction! Auctioneer  
Willie Kelley will be on hand to  
help us! INVITE PEOPLE!  
*Bring items that are in very  
good condition for the auction.*

### October

Cooking classes! (see p. 4)

### October 2:

Sunday, 3 PM  
Institution of a new lodge in  
Junction City, Oregon (contact  
Janet Ruud for details)

### OCTOBER 15!

NORDIC FESTIVAL! (see p. 3)

### **Looking for a webmaster!!**

Please consider helping out by  
volunteering to be our Embla  
Webmaster! The pay is really  
great - *ingen ting!* (nothing),  
and the perks are even better  
- our eternal thanks!

### **YOU KNOW WHO YOU ARE!**

Please contact our president,  
Karen Bell.

You will make her day!



## PRESIDENT'S MESSAGE

*God dag* Sisters,

My oh My - has the summer been going by. Our Embla Sisters Summer Luncheon held at Mt. View Community Center was lovely. Following are some of my comments at the beginning of the luncheon.

We are celebrating Sisterhood as our theme this year. Let us all remember back to when we joined Embla Lodge. During our initiation, the president would say, "We are united, some of us by the bond of our dear memories, others by the knowledge of the culture, the traditions, and the customs of our common ancestry. This heritage we should ever highly prize and seek to preserve so that it may become enshrined in the hearts of our children." Not only did we pledge to work for the advancement of Embla but to aid our sister members as far as we are able. "We are slow to blame and eager to praise as we seek to keep the spirit of peace and harmony." Immediately, we became links in a chain and are reminded that in unity there is strength.

Please join me in thanking Diane Nelson who worked tirelessly to get the center ready for our luncheon. *Mange takk* to Janet Ruud for the invitations and program. Lisa Ottoson submitted the Seven Sisters Waterfall theme photo. Carol Spencer made the darling miniature garden centerpieces. Chris Engstrom and Marilyn Mahnke were invaluable in assisting to make for a lovely luncheon. The favors were the traditional *børdbonn* (table prayer) with Daim chocolate candies, thanks to Mardy Fairchild. Elda Sulerud was our musician, and many others assisted in setting up and serving. *Tusen takk!*

*Continued, page 2*

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

The *Leikarring* performed and we enjoyed a group dance of *Astri mi Astri*. My great-niece Felicity and Janet Ruud's granddaughter Kaylee were such fun to watch. The *Leikarring* was formed in 1975 by Sigurda Aamot and included three generations of Aggie Thoreson's family, Elaine Anderson's daughter Christine, Iona Dhaese (Past President of Embla), Mildred Dupuis, and Mary Hudina. Many members have attended *Stemne* to learn traditional dances from visiting Norwegian dance groups. *Stemne* is a week-long dance fest/instruction held every year at Trollhaugen, the Sons of Norway retreat near Mt. Vernon. The main challenge for an all-women dance group is learning both the man's and woman's parts. Marian Eberle, who I remember loved to dance, led the group for many years. Currently Marta Berg and Carol Voigt are the leaders. The other members are Joan Anderson, Eleanor Baker, Judy Earle, Janice Kelly, Trudy Sorensen, Melody Stepp, Mary McGoran, Judith Willison, Judie Miller and Mardy Fairchild. They make us proud by performing at various venues for our local Scandinavians.

We were honored to welcome Esther Carlson to the luncheon; she was president of Embla in 1966-67. Edna Gruver was recognized as the person in attendance who has been a member of Embla for the longest time - since 1945! She donated a beautiful painting to be raffled for the good of our lodge.

On a pensive note, our banner was draped in black as we had a moment of silence and prayer for our sisters and brothers in Norway who are coping with and recovering from the unspeakable tragedy on July 22.

Sisterly, Karen

### *FUN, FUN, FUN IN THE SUMMERTIME!*



Edna Gruver, 66-year member of Embla. She must have joined when she was two years old!



The Leikarring dancers performed perfectly!  
L to R: Trudy Sorensen, Judy Earle, Eleanor Baker, Diane Nelson, and Mardy Fairchild



Felicity! Having fun! ↗

Thanks to Chris Engstrom for being the chauffeur, so that Phyllaine Folson could join us for the luncheon. She is pictured here holding the centerpiece she won. Next to her is Elda Sulerud, our faithful and talented Embla Musician!

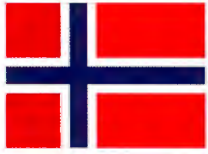


*Nordland bunad girls* ⇨



Three Leikarring dancers with the same Nordland Bunad from northern Norway had fun providing the entertainment at the Embla Summer Luncheon.

Carol Voigt, Judie Miller and Judith Willison are part of the 11-member group who love dancing! Join us! We meet the second and fourth Monday of each month in Tacoma at Lutheran Community Services, 223 N Yakima Ave.



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**

**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 - Come to the Sep. 1st Meeting and Sign up to Help!

Because the Scandinavian Days Festival at the Puyallup fairgrounds will NOT take place this year. Embla has decided to host our first-ever **NORDIC FESTIVAL** on **Saturday, October 15<sup>th</sup>** at the **Mt. View Community Center in Edgewood**. **Come to the September 1st meeting to volunteer for one of the many committees.**

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, such as Rosemaling, wheat weaving, Hardanger embroidery, custom knitting, folk art, cards, clothing, painted artwork, 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)
- Drawing ticket sellers
- Cashiers
- Craft/cookie sales tables
- Table monitors (clean up tables)
- Food servers

The planning committee will continue to work 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

*NOTE! If you want to help at the festival, but you are unable to attend the September 1st meeting, please **call Mardy!***

## EMBLA'S FALL COOKING CLASSES

Embla members will again be demonstrating authentic Norwegian / Nordic recipes at the Fall Cooking Classes in the Scandinavian Cultural Center at Pacific Lutheran University.

- Classes start at 10 a.m., ⇒
- the cost is \$5.00, ⇒
- you receive printed copies of the recipes, ⇒
- and a tasting of the foods prepared. ⇒

We always have the coffee pot on too!

Our Saturday Class will help you prepare traditional cookies and lefse for the Christmas holidays, so you will not be having a balanced "tasting" that day – you may want to have lunch at one of the cafes in the area after the class.

Parking passes are available the day of the class, or you may contact Judith Willison <[jcwillison@comcast.com](mailto:jcwillison@comcast.com)> and she will send you one before the class. We hope to see you all there!

By Judith Willison

### Tuesday, Oct. 11

Braised Chicken

Demonstrated by: Sharon Groeneveld

Glazed Carrots

Demonstrated by Soozie Palmer

Christmas Stars Cookies

Demonstrated by: **YOU??**

### Thursday, Oct. 20

Cod Fillet with Herb Butter

Demonstrated by: Mardy Fairchild

Nina Gizever's Apple Cake

Demonstrated by: Diane Nelson

Stewed Potatoes with Dill

Demonstrated by: **YOU??**

### Saturday, Oct. 29 - Preparation for Christmas!

Sarah's Swedish Shortbread Cookies

Demonstrated by: Sarah Callow

Lefse

Demonstrated by: Janice Kelly

Serina kaker

Demonstrated by: Ellen Campbell

**CONTACT JUDITH WILLISON IF YOU CAN FILL IN  
ONE OF THE EMPTY SPOTS!**

# EMBLA PAST PRESIDENTS' CLUB DRAWING

## Drawing Item - Norwegian Mangletre

A beautiful, rustic Hallingdal-style *mangletre*, rosemalt on a richly traditional red iron oxide background by Julie Ann Hebert.

## Tickets - \$1.00 each or 6 for \$5.00

Drawing to be held at the December 2011 lodge meeting. Need not be present to win.

## Mangletre - History and Folklore

The *mangletre* (pronounced mong-le-tray) was used in Norway as a flat iron to press linen. It was used along with a wooden stick or roller-shaped cylinder which the textile (e.g. a table cloth) was wrapped. The *mangletre* was then pushed (mangled) to and fro over the wrapped cloth on the roller stick several times until it was fairly smoothed out. The Norwegian *mangletre* (or *manglebord*) was the forerunner of the iron, a wooden board used for smoothening cloth/clothes.

The *mangletre* usually had rich carving decorations, and was sometimes "rosemalt." The handle was shaped like a horse.

A carefully made mangle was given by a prospective bridegroom to his lady love, because Norwegian men were said to be too shy to approach them any other way. A young woman may have received many of these as presents, but when she used one, that indicated that she accepted the proposal. However, if the suitor's proposal was turned down, the would-be bride would return the *mangletre* to her suitor. It is said that a woman should be wary of a man who had too many *mangletre*, for it meant that his marriage proposal had been turned down by many women!



# What Did You Miss? Notes from the June Meeting

## Highlights from the June meeting

- Before the business meeting started, everyone enjoyed the potluck, which included yummy *Rømmegrøt*. The Leikarring provided the program . They performed several dances; and then taught the rest of us a dance (well, they tried anyway). Audience participation—fun!
- Joan Anderson presented the 2011 Embla Scholarship to Laurel Rice, who is the granddaughter of member Janice Kelly. Laurel thanked us and talked about making lefse with her grandmother.
- The Summer Luncheon will be on July 30 at the Mt View Community Center in Edgewood. It will be catered by Steve King. Tickets will be \$20.
- Sign-up sheets are available for working at the Nordic Festival on October 15. A lot of volunteers are needed.
- Karen Lynn donated some **delicious** cookies (apricot bars) that were sold at the crafts table. The money made will go to the 2012 convention fund.
- Delphine Johnson reported that Iona Dhaese has a new address . Elda Sulerud said that Phylaine Folsom is at Laurel House at Narrows Glen .
- Joan Anderson reported that 29 members need to pay their dues in order to retain their membership.
- The service project for September is packaged food, which will be donated to The Family Renewal Center.
- Our next meeting (Sep. 1) will feature a potluck and a live and silent auction of items in good condition (Norwegian/Scandinavian items are good sellers, but other things are welcome too!).
- Julie Touchette won the drawing which was for \$15.

– by Sharon Groeneveld , who wasn't even there! Gee, Sharon, do you have some sort of super telepathic power?

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## SUNSHINE REPORT

By Marilyn Mahnke



Do you know of an Embla member who is ill, in the hospital, or in need? We want to extend our love and support, but we can't do that unless you keep us informed. (See editor's note)\*

OR...

Do you know of someone who is getting married, having a baby, or celebrating a milestone birthday or anniversary? Those happy events need to be in our newsletter too!

Please contact Sunshine Chair, Marilyn Mahnke  
Phone:(253-863-1568) Email: mjmahnke@centurytel.net

*\*Note from the editor (Janet): My dad, who was a Lutheran pastor, used to shake his head good-naturedly when telling us kids about parishioners who would get irritated with him because he didn't visit them when they were in the hospital.*

*He told us maybe it was because no one had told him they were there....*

*(Continued, page 7)*

NEWS AND NOTES ABOUT MEMBERS

Mary Nero...

who lives in Christchurch, New Zealand, with her daughter Karen, sent me a nice note thanking us for the invitation to the Summer Luncheon. She enjoys the *Embla Nyheter* and the articles in the *Døtre av Norge* news magazine, so she can keep up on the latest activities of so many lodges and convention information. (Note: I had also sent her a "thinking of you" note, because she had been in the hospital during one of those awful earthquakes!)

Mary says there are not many Norwegians in New Zealand; however, there is a small city, Norsland, in the North Island which she has enjoyed visiting. There is also a Swedish city adjacent, Danevork, which is quite large.

Marian Eberle...

fell and broke her hip, and is now at Orchard Care Rehab. We are thinking of you, Marian!

Iona Dhaese...

has a new address:  
Franklin House  
5713 Parker Road #113  
Sumner, WA 98390

Phylaine Folson...

is at Laurel House at Narrows Glen.  
802 Laurel Lane #253  
Tacoma, WA 98406.

Barbara Leary...

just celebrated birthday number 80 (August 27)!  
*Gratulerer med dagen, Barbara!*

June Radich...

had pneumonia and was hospitalized and then in a nursing home recuperating, but she is now back home. She is sorry to have missed the Summer Luncheon. June joined Embla Lodge when she was 16 years old, in 1933 (no, that is not a typographical error!). She has been a member of Embla for 78 years! JUNE—YOU ROCK! (Anyone know how to say that in Norwegian?)



**Elaine Marie Hudak**

**7/24/1932 ~ 7/30/2011**

IN MEMORIAM

Our Sister **Elaine Hudak** passed away peacefully at home on July 30th at the age of 79.

Elaine became a member of Embla on December 7, 1989. She retired from the University Place School District where she had a reputation as an awesome school lunchroom manager and cook.

At Embla meetings, you could find Elaine in the kitchen helping out as a hostess many times. She loved to make cookies - Princess Gems was one she made for the festivals, she also made Almond Crescents (one of her husband Bill's favorites. *Kransekake* was also a favorite of hers to make for many family special gatherings.

In 2004 Elaine was proud of her great niece Allison Ritchie who was awarded a \$500 scholarship from Embla.

For many years Elaine battled breast cancer with a positive attitude. She will be deeply missed by her Embla Sisters.

By Marilyn Mahnke

## RECIPE PAGE

Every now and then, we will print Norwegian, Nordic, or "sounds-like-it-could-be-Norwegian" recipes. We prefer Norwegian recipes (seeing as how we are the Daughters of Norway), but we will print others upon occasion, as evidenced by the following recipe from Chris Engstrom. She said, "Everybody loves these cookies and they are so easy – not so sure they are Nordic but they are really good!!"

### Oatmeal Raisin Cookies (from the "America's Test Kitchen Healthy Heart Cookbook")

In any container – stir with a fork – set aside

- 1 C old-fashioned (NOT quick) rolled oats
- ½ C whole wheat flour
- ¼ C all-purpose flour
- ½ tsp salt
- ¼ tsp cinnamon
- ¼ tsp baking soda

In a mixing bowl, put

- ¼ C cool melted butter
- 1 large egg
- 2 tsp vanilla

Stir the butter, egg, vanilla with the fork or a whisk.

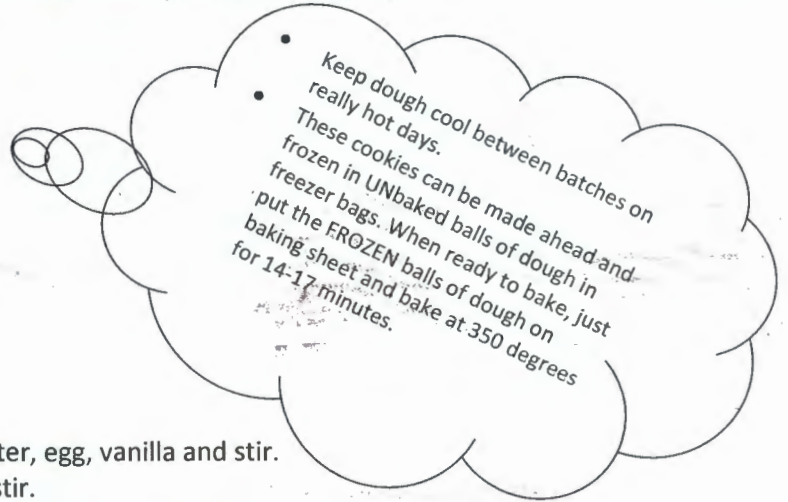
Add 1 C packed light or dark brown sugar to the butter, egg, vanilla and stir.

Add the flour/oat dry ingredients to the above and stir.

Add 1/2 C raisins and stir all with fork or whisk until thoroughly combined.

Place on ungreased baking sheet (about 1 tsp each). Makes about 30-36 cookies.

Bake at 350 degrees for 9-12 minutes.



**Embla Lodge #2**  
**Daughters of Norway**  
534 Forrest Park Dr.  
Fircrest, WA 98466

TACOMA - OLYMPIA  
WA 983  
30 AUG 2011 PM 3 L



ADDRESS SERVICE REQUESTED

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12180 Park Ave S  
Tacoma WA 98447-0013

