



EMBLA NYHETER

EMBLA LODGE NO. 2
DAUGHTERS OF NORWAY

FEBRUARY 2006

VOL. 19 NO. 1

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

RECEIVED
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Pacific Lutheran University

EMBLA CALENDAR

March 2, 2006 Thursday, 7pm,
Bethlehem Lutheran Church. Initiation
of new members Esther Van Noy speak-
ing on the *Royalty of Norway*.

March 14, Tuesday, 10-12 noon
Norwegian Cooking Class #1, SCC at
PLU \$5.00.

March 18, Saturday, 10-12 noon Nor-
wegian Cooking Class #1, SCC at PLU
\$5.00.

March 23, Thursday, 10-12 noon
Norwegian Cooking Class #1, SCC at
PLU \$5.00.

March 25, Saturday, 1:30 pm
The Leikarring will perform at the
Tacoma Lutheran Home. This is a ser-
vice project. Sisters will be asked to
bring cookies.

April 6, Thursday, 7pm - Regular
meeting at Bethlehem Lutheran Church

April 29, Saturday, 11 to 3 pm
Norwegian Heritage Festival at Pacific
Lutheran University Student Union
Building. We need lots of helpers -
cookie bakers, rømmegrøt and sand-
wich makers. Call Marilyn Mahnke -
853-1568

May 23? - *Norden Lodge, Sons of
Norway and Embla Lodge #2 will cel-
ebrate the 100th year anniversary of
Henrik Ibsen's death.* Henrik Ibsen was
Norway's most famous poet, playwright
and writer.

June 24, Saturday, Sankt Hans Fest
will be a picnic at Owen's Beach, Point
Defiance Park.



**PRESIDENT
DELPHINE JOHNSON**

Thank you for the honor of
serving as your president of Embla
#2 for 2006! A huge thank you to
all the board members who have
supported me and worked so hard
for Embla in 2005. I am most happy
that most of the board is willing to
serve a second year with me, and
we welcome our two new members
of the Board: Tanya Fowlkes and
Rita Olson!

Thanks also to all the Sisters
who supported our booths at Nor-
wegian Heritage Day and Scandi-
navian Days with their baked
goods, crafts and their time. Cheers
to our Cookbook Committee who
produced a beautiful Nordic Cook-
book - and to the Craft Committee
who were responsible for the Vi-
king Ship vests and t-shirts
rosemaled with a design by our
Dena Iverson. Embla's cooking
classes have had excellent atten-
dance at the Scandinavian Cultural
Center, and we are grateful to Janet

Ruud for our Norwegian classes.

Embla Lodge #2 will celebrate
her 99th birthday in April, 2007,
which means we must begin plan-
ning for a special 100th year cel-
ebration next year.

A very special event this sum-
mer is the Grand Lodge Conven-
tion at the Embassy Suites in
Lynnwood, Washington, hosted by
Valkyrian Lodge on July 13-15.
This convention is in our neighbor-
hood and we Embla sisters should
be thinking about planning to at-
tend this convention. Our own
Carol Kemp will be installed as
Grand Lodge President, and we
should be on hand to support her.
More details will be available soon!

In 2006 I would like to activate
a Telephone Tree Committee. We
have good attendance at our meet-
ings, however, there are several sis-
ters who are house-bound or can-
not attend an evening meeting. We
used to have a Chairman of Call-
ers. She gave volunteer callers a list
of sisters to call and to share Embla
news, upcoming events, and Embla
activities. If anyone is interested in
this service please see me.

Our Leikarring will put on a
program and serve cookies again
at the Lutheran Home this spring.

In 2005 we were blessed as 36
new sisters joined Embla Lodge #2.
We have a name tag board so check
the board for your name tag. If it is
not there let Tonia Simpson know.

SIE
HS
1923
062

Be sure to return your name tag after our meetings! Thanks to Lisa Ottoson for printing all the name tags!

For all you new sisters – I will have been a member of Embla Lodge for 10 years. I was to Glenn and Hattie Hanson in Alexandria, Minnesota. We moved to Kalispell, Montana. I attended Kalispell schools and after graduating from Northern Montana College in Havre, I taught first grade in Libby, Montana.

In 1952 I married Larry Johnson in our home church, Bethlehem Lutheran, in Kalispell. Larry was an Air Force pilot and we enjoyed 28 years as an Air Force family. When Larry was stationed at McChord Air Force Base, I went back to school and graduated from PLU in 1971. When Larry retired from the Air Force we moved to Puyallup – 26 years ago.

We have two children, Paul and Susan, who are graduates of Clover Park High School and the University of Washington. Paul is a chemical engineer in Bellevue and Susan Bartel is a CPA in Auburn. We have five grandchildren and it has been fun to watch them grow. Paul and Karen have three boys – Scott, Steven and Brian. Susan and Roger have two girls – Valerie and Kristin Bartel.

My heritage is Norwegian. My mother's parents were Haakon and Ingeliev Saelthun Lysne and they emigrated from Laerdal on the Songefjord about 1900 to Larimore, North Dakota. My mother's cousin inherited the Saelthun farm which has been in the family since the 1200's and located on the Laerdal River about 8 kilometers from the Borgand Stave Church. My father's grandparents, Mari and Ole Hanson, emigrated from their farm in Gulbrandsdalen north of Oslo in the Vinstra Heidal area in the late 1800's to Minnesota. I have made three wonderful trips to Norway.



President Delphine and her family

Right to left back row: Delphine, Larry and Paul

Front row: Daughter Susan Bartel, granddaughters Valerie and Kristin Bartel

We belong to Mt. View Lutheran Church in Edgewood. My interests are my family, traveling, Bible Study, baking and Daughters of Norway.

2006 is here and we look forward to enjoying and learning about our Norwegian heritage, culture and language, and passing it on to our children as we strengthen our bond of friendship within our Daughters of Norway.

Happy New Year to all our Sisters in Embla Lodge #2!!!



The Leikarring at the 2006 Installation of Officers

Past Presidents serve as January hostesses: Olive Rudsil, Harriet Swieso, Mardy Fairchild, Esther Van Noy, Janet Ruud and Carol Kemp





Table decorations at the Installation meeting – January 2006

Above: Kransekake and a Norwegian Seter (mountain farm house)

Below: Replica of a stabbur – the storage house



Larry Johnson presenting his wife with a bouquet of roses at her installation.

Congratulations, Delphine!

Janet Ruud escorting Delphine



Courtney Swanson-Mellich, a PLU student majoring in Scandinavian Studies, joined Embla Lodge #2 during Norwegian Days at PLU on April 30, 2005.

On December 2nd, Courtney was given the honor of serving as "Sankta Lucia" 2005 at the 55th Annual Sankta Lucia Fest, a three day event at PLU.

Courtney's mother, Janis Swanson, writes that her daughter heard the legend of Sankta Lucia as a little girl from a Christmas book and it was her favorite story.

Courtney writes: After a trip to Norway, I was visiting PLU as a possible school choice, and when I saw the Scandinavian Cultural Center I felt like I had found my own corner of Scandinavia. For three years I have been an active part of the Sankta Lucia Fest learning songs, making decorations, and helping people in the Scandinavian Center keep the tradition alive at PLU. This year I was chosen as the "Lucia" and I couldn't have been more proud. I knew that I was part of a time honored tradition and I would carry the honor the rest of my life. Someday I will share the Lucia Legend with my children".

Congratulations Sister Courtney. Courtney is presently studying in Trinidad.



NORDIC Cookbook

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

At our February meeting we held our Annual Memorial Service for Deceased Sisters in 2005. Those honored were Anna Dahl, Edna Higgins, Nora Anderson, Sigrid Grondahl and Nikka Mansfield. A candle was lit for each departed sister. Prayers were read by our Cultural Director – Marilyn Carlson.



Embla Lodge #2 Officers for 2006

Back l to r: Lisa Ottoson, Rita Karin Olsen, Diana Nelson, Flora Peterson, Tanya Fowlkes, Chris Engstrom, Gail Harris, Manoah Butterfield, and Marilyn Carlson

Front l to r: Elda Sulerud, Carol Kemp, President Delphine Johnson, Grace Bredeson, and Marilyn Mahnke Missing: Judith Willison

2006 OFFICER'S INSTALLATION CEREMONY

On January 5th the new officers were installed. This year our Installing Officer was Olive Rudsdil, Past President 1964-65 and Grand Lodge President 1970-1972. Janet Ruud, Past President 1989-1990 and Grand Lodge President 1984-1986 was the Installing Marshal. The escort team included Carol Voigt and Eleanor Baker. This years elected officers include:

Delphine Johnson-President
Marilyn Mahnke-Vice President
Carol Kemp-Judge
Lisa Ottoson-Secretary
Flora Peterson-Fin. Secretary
Chris Engstrom-Treasurer
Marilyn Carlson-Cultural Dir.
Rita Olsen-Marshall
Judith Willison-Asst. Marshal
Tanya Fowlkes-Outer Greeter
Diana Nelson-Inner Greeter
Manoah Butterfield-Head Trustee
Gail Harris-Trustee 2nd Yr
Grace Bredeson-Trustee 3rd Yr
Elda Sulerud-Musician

The theme for decorations was red and white with colorful primroses on all the tables.

Accompanists included Iona Dhaese and Elda Sulerud

Delphine Johnson gave her acceptance speech and received beautiful bouquets from her husband Larry as well as Cliff Magnussen - President of Norden Lodge Sons of Norway. Delphine was well supported by her family attending: Son Paul Johnson, Daughter Susan Bartel with her daughters Kristin and Valerie Bartel. Also attending were some members of Sons of Norway.

The Leikarring dance team performed for the program.

Past Presidents provided the wonderful food: Esther Van Noy - Chair; Olive Rudsdil, Iona Dhaese, Janet Ruud, Mardy Fairchild, Harriet Swieso, Carol Kemp. Delphine Johnson provided the Kransakake which was made by friend Ann Marie Bachner. The tables were decorated with Norwegian decorations - Sod houses and miniature figurines.

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EMBLA SPRING COOKING CLASSES

Our Embla Lodge Daughters of Norway Spring 2006 Cooking Classes are coming! The dates are Tuesday, March 14; Saturday, March 18; and Wednesday, March 23. We will be demonstrating the following recipes:

On March 14: Assorted Norwegian Open Faced Sandwiches (Ham Sandwich, Beef and Cucumber Sandwich and Salmon Sandwich), Norwegian Avocado & Grapefruit Salad, and Norwegian Little Cakes.

On March 18: Lapskaus; Norwegian Flatbread, and Norwegian Mor Monsons Kaker.

On March 23 we will demonstrate the following Nordic recipes: Norwegian Summer Salad, Cauliflower Soup, Finish Prune Tart and Swedish Quick Cookie.

The classes are held from 10 a.m. to 12 noon at the PLU Scandinavian Cultural Center and the cost is \$5.00 per person per class. You will receive copies of the recipes demonstrated, and there will be a sampling of the items prepared after the class. Reservations are not required, so save the dates and plan to attend all three classes. We guarantee you will have a great time and will enjoy all the food.

For more information, please contact Judith Willison at 1 (253) 838-4232.

FOR YOUR FUTURE CALENDAR: Our Fall Classes in 2006 will be held on October 3rd, October 14th and October 19th!

Also at SCC
March 11th - Swedish Cooking and
March 28th - Danish Cooking

**Norwegian Heritage Festival
Scandinavian Cultural
Center
Pacific Lutheran University**

The 31st Annual Norwegian Heritage Festival will be held on April 29th, 2006 at the Scandinavian Cultural Center from 11:00-3:00 P.M.

Embla Lodge #2 will be selling Baked Goods, Rømmegrøt, Sandwiches and Crafts.

Our representatives for the festival are: Manoah Butterfield and Flora Peterson.

Please contact Marilyn Mahnke at the meetings or call 253-853-1568 if you can make Baked Goods. Also members are asked to sign up to sell the Baked Goods, make and sell Rømmegrøt and Sandwiches and to work at the Craft table.

This year Crown Princess Martha Louise of Norway will be reading excerpts of her book *WHY KINGS AND QUEENS DON'T WEAR CROWNS*. Visit with her and she will sign your book. There will also be more vendor participation.

Let's plan on making this another successful event...

**SUNSHINE cards and flowers
to the following**

Harriet Swieso had surgery on her foot.

Mardy Fairchild recuperating and doing very well after her second surgery. She looks great!

Phyllis Melton, in the hospital and out and doing fine.



Odny Sølbye Wise
*at her 90th Birthday at
Scandinavian Day Luncheon
July 1998*

A 98th year Birthday Party was held at the Tacoma Lutheran Home on January 29th from 1:00 to 4:00 PM for our Embla Sister Odny Wise. The party was hosted by Odny's sons and their families. Odny looked lovely and her two birthday cakes, a carrot cake and a chocolate cake, were beautiful and delicious. It was a joyful afternoon with all ages participating - Odny's great grandchildren as well as dear friends and family.

Congratulations Odny!

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**IN MEMORIAM**

Condolences to **Aggie Thoreson** in the death of her husband, Merlin Harold "Thor" on February 15, 2006. Also to his sister, **Elaine Anderson** on the death of her brother, "Thor" Thoreson.

Condolences to **Joanne**

**Mansfield** in the death of her mother, long-time member of Embla, **Nikka Mansfield**, on December 10, 2005

Condolences to **Bjorg Meador** in the death of her husband, Wendell M. "Jake" Meador on December 5, 2005

**85th Birthday**

**Embla Sister Dagny Vaswig**

Dagny Vaswig had a double 85th birthday celebration. On January 25th longtime friend (93 years old) Harold Nielsen, treated her and her sisters, Florence March and Evangeline Billingsley, at his favorite restaurant, The Black Angus, in Lakewood.

On January 29th, the sisters celebrated again at the Scandinavian Cultural Center for the Henrik Ibsen dinner and program.

Dagny joined Embla in September 1980 and became very active in the Leikarring and singing for us at many celebrations. She was our longtime photographer at many Embla functions for years.

We thank her and wish her many happy birthdays to come!



**Our Hostesses for February -**

Toni Simpson - Chair, Grace Bredeson, Marilyn Carlson, Barbara Leary, Kari Stockpole and Marilyn Mahnke.

**The 2006 Budget** was presented by Treasurer Chris Engstrom and approved by the members present.

**GRAND LODGE CONVENTION**  
**July 13, 14, and 15, 2006**  
**Lynnwood, Washington**

The Grand Lodge Convention 2006 of Daughters of Norway will be held July 13-14-15 at the Embassy Suites in Lynnwood, WA. All members of Embla Lodge #2 are eligible to attend. Chris Engstrom, Embla's Treasurer, Has reserved 8 rooms (2 person rooms) at \$119 per night. Valkyrian Lodge in Seattle is hosting the Convention and registration costs will be announced sometime after March 1st. Convention news and details can be found on the internet web at - <http://daughtersofnorway.org/conv.html>

At the February 2nd meeting of Embla Lodge #2, delegates for the convention were nominated and elected by the Lodge members. Delegates for the Convention in addition to the President are:

**EMBLA Delegates**

Lisa Ottoson  
Marilyn Mahnke  
Chris Engstrom  
Janet Ruud  
Esther Van Noy  
Judith Willison  
Ellen Campbell  
Marilyn Carlson  
Kari Stackpole

**EMBLA Alternates**

Janice Kelly  
Grace Bredeson  
Mardi Fairchild  
Tonia Simpson  
Manoah Butterfield  
Tanya Fowlkes  
Rita Olson  
Jeanette Wiggins  
Carol Voigt

All members are urged to attend as our own Carol Kemp is to be the new Grand Lodge President.

**An Angel says,**

"Never borrow from the future. If you worry about what may happen tomorrow and it doesn't happen, you have worried in vain. Even if it does happen, you have to worry twice."

1. Pray
2. Go to bed on time.
3. Get up on time so you can start the day unrushed.
4. Say No to projects that won't fit into your time schedule, or that will compromise your mental health.
5. Delegate tasks to capable others.
6. Simplify and unclutter your life.
7. Less is more. (Although one is often not enough, two are often too many.)
8. Allow extra time to do things and to get to places.
9. Pace yourself. Spread out big changes and difficult projects over time; don't lump the hard things all together.
10. Take one day at a time.
11. Separate worries from concerns. If a situation is a concern, find out what God would have you do and let go of the anxiety. If you can't do anything about a situation, forget it.
12. Live within your budget; don't use credit cards for ordinary purchases.
13. Have backups; an extra car key in your wallet, an extra house key buried in the garden, extra stamps, etc.
14. K.M.S. (Keep Mouth Shut). This single piece of advice can prevent an enormous amount of trouble.
15. Do something for the Kid in You everyday.
16. Carry a Bible with you to

read while waiting in line.

17. Get enough rest.
18. Eat right.
19. Get organized so everything has its place.
20. Listen to a tape while driving that can help improve your quality of life.
21. Write down thoughts and inspirations.
22. Every day, find time to be alone.
23. Having problems? Talk to God on the spot. Try to nip small problems in the bud. Don't wait until it's time to go to bed to try and pray.
24. Make friends with Godly people.
25. Keep a folder of favorite scriptures on hand.
26. Remember that the shortest bridge between despair and hope is often a good "Thank you, Jesus."
27. Laugh.
28. Laugh some more!
29. Take your work seriously, but not yourself at all.
30. Develop a forgiving attitude (most people are doing the best they can).
31. Be kind to unkind people (they probably need it the most).
32. Sit on your ego.
33. Talk less; listen more.
34. Slow down.
35. Remind yourself that you are not the general manager of the universe.
36. Every night before bed, think of one thing you're grateful for that you've never been grateful for before.

**GOD HAS A WAY OF TURNING THINGS AROUND FOR YOU.** "If God is for us, who can be against us?" (Romans 8:31)

I checked the below out in  
Urban Legends;  
[http://www.snopes.com/medical/  
drugs/generic.asp](http://www.snopes.com/medical/drugs/generic.asp)  
and it is true ...  
Subject: COSTCO! read this  
whole article...especially the end!

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## COSTCO!

Let's hear it for Costco!! (This is just mind-boggling!) Make sure you read all the way past the list of the drugs. The woman that signed below is a Budget Analyst out of federal Washington, DC offices.

Did you ever wonder how much it costs a drug company for the active ingredient in prescription medications? Some people think it must cost a lot, since many drugs sell for more than \$2.00 per tablet. We did a search of offshore chemical synthesizers that supply the active ingredients found in drugs approved by the FDA. As we have revealed in past issues of Life Extension, a significant percentage of drugs sold in the United States contain active ingredients made in other countries. In our independent investigation of how much profit drug companies really make, we obtained the actual price of active ingredients used in some of the most popular drugs sold in America.

The data below speaks for itself.

Celebrex: 100 mg  
Consumer price (100 tablets):  
\$130.27  
Cost of general active ingredi-  
ents: \$ 0.60  
Percent markup: 21,712%

Claritin: 10 mg  
Consumer Price (100 tablets):  
\$215.17  
Cost of general active ingredi-  
ents: \$0.71  
Percent markup: 30,306%

Keflex: 250 mg  
Consumer Price (100 tablets):  
\$157.39  
Cost of general active ingredi-  
ents: \$1.88  
Percent markup: 8,372%

Lipitor: 20 mg  
Consumer Price (100 tablets):  
\$272.37  
Cost of general active ingredi-  
ents: \$5.80  
Percent markup: 4,696%

Norvasc: 10 mg  
Consumer price (100 tablets):  
\$188.29 Cost of general active  
ingredients: \$0.14  
Percent markup: 134,493%

Paxil: 20 mg  
Consumer price (100 tablets):  
\$220.27  
Cost of general active ingredi-  
ents: \$7.60  
Percent markup: 2,898%

Prevacid: 30 mg  
Consumer price (100 tablets):  
\$44.77  
Cost of general active ingredi-  
ents: \$1.01  
Percent markup: 34,136%

Prilosec: 20 mg  
Consumer price (100 tablets):  
\$360.97  
Cost of general active ingredients  
\$0.52  
Percent markup: 69,417%

Prozac: 20 mg  
Consumer price (100 tablets) :  
\$247.47  
Cost of general active ingredi-  
ents: \$0.11  
Percent markup: 224,973%

Tenormin: 50 mg  
Consumer price (100 tablets):  
\$104.47  
Cost of general active ingredi-  
ents: \$0.13  
Percent markup: 80,362%

Vasotec: 10 mg  
Consumer price (100 tablets):  
\$102.37  
Cost of general active ingredi-  
ents: \$0.20  
Percent markup: 51,185%

Xanax: 1 mg  
Consumer price (100 tablets) :  
\$136.79  
Cost of general active ingredi-  
ents: \$0.024  
Percent markup: 569,958%

Zestril: 20 mg  
Consumer price (100 tablets)  
\$89.89  
Cost of general active ingredients  
\$3.20  
Percent markup: 2,809

Zithromax: 600 mg  
Consumer price (100 tablets):  
\$1,482.19  
Cost of general active ingredi-  
ents: \$18.78  
Percent markup: 7,892%

Zocor: 40 mg  
Consumer price (100 tablets):  
\$350.27  
Cost of general active ingredi-  
ents: \$8.63  
Percent markup: 4,059%

Zoloft: 50 mg  
Consumer price: \$206.87  
Cost of general active ingredi-  
ents: \$1.75  
Percent markup: 11,821%

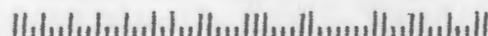
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**Daughters of Norway**  
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Tacoma WA 98447-0013

98447+0013



Since the cost of prescription drugs is so outrageous, I thought everyone should know about this. Please read the following and pass it on. It pays to shop around. This helps to solve the mystery as to why they can afford to put a Walgreen's on every corner. On Monday night, Steve Wilson, an investigative reporter for Channel 7 News in Detroit, did a story on generic drug price gouging by pharmacies. He found in his investigation, that some of these generic drugs were marked up as much as 3,000% or more. Yes, that's not a typo.....three thousand percent! So often, we blame the drug companies for the high cost of drugs, and usually rightfully so. But in this case, the fault clearly lies with the pharmacies themselves. For example, if you had to buy a prescription drug, and bought the name brand,

you might pay \$100 for 100 pills. The pharmacist might tell you that if you get the generic equivalent, they would only cost \$80, making you think you are "saving" \$20. What the pharmacist is not telling you is that those 100 generic pills may have only cost him \$10!

At the end of the report, one of the anchors asked Mr. Wilson whether or not there were any pharmacies that did not adhere to this practice, and he said that Costco consistently charged little over their cost for the generic drugs.

I went to the Costco site, where you can look up any drug, and get its online price. It says that the in-store prices are consistent with the online prices. I was appalled. Just to give you one example from my own experience, I had to use the drug, Compazine, which helps prevent nausea in chemo patients. I

used the generic equivalent, which cost \$54.99 for 60 pills at CVS. I ~~checked~~ the price at Costco, and I ~~could~~ have bought 100 pills for \$19.89. For 145 of my pain pills, I paid \$72.57. I could have got 150 at Costco for \$28.08.

I would like to mention, that although Costco is a "membership" type store, you do NOT have to be a member to buy prescriptions there, as it is a federally regulated substance. You just tell them at the door that you wish to use the pharmacy, and they will let you in. (this is true)

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