Daughters of Norway
(Døtre Av Norge)
Hulda Garborg Lodge #49
Founded August 29, 2009

November 2026
november 2026



My Dear Sisters From Lodge President

Sheryl Zinsli szinsli865@aol.com
949-436-0071

Hello Sisters,

November is here along with all the holidays and baking. Our next meeting will be on Saturday, November 21, 2026, at 10 a.m.

If you have any special family recipe that you make for the holidays, please share it with us (email: szinsli865@gmail.com).



October 10th, we had two events. One was at the Scandinavian Heritage Fair in Mission Viejo. Margaret Dewey, Judy Lucas and I attended *(above)*. It was very busy and successful event. We were able to reconnect with Sisters from the Turid Jespersen lodge. We sold cookies, head wreaths, and other crafts. This was our third year attending and we are looking forward to making it a yearly event.

Joy Tweedt Cook and Jody Winterstrom represented our lodge at the Christ the King Church in Fallbrook at their holiday event. They both greeted many people who were interested in who the Daughters of Norway are. They also were able to eat a lot of delicious food. *(see page 2)*

October 10th, three of our sisters, Cary Sullivan, Laurel Beale, and Judy Lucas, represented us at the Sons of Norway lodge dinner. They sold head wreaths, dolls, and gnomes.

November we will be looking at sisters interested in serving as an officer on our board. This is a great way to meet the sisters in our lodge. We are looking to fill the positions of President, Vice-President, Treasurer, and a Trustee.

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Happy Birthday!
Gratulerer med dagen!

♥ Melissa 12 Nov.
♥ Margaret G. 30 Nov.

Hulda Garborg Lodge #49
Meets at Fallbrook Regional Health District
1636 E. Mission Road • Fallbrook, CA 92028
Correspondence:
TBD
3rd Saturday of each month
General Meeting 10:15 am
Program 11:00 am

Mine Kjaere Søstre Fra Lodge Prez *cont'd*

If interested, you can call me for more information or if you have questions at 949-436-0071. Please consider one of these positions. You end up forming very strong friendships and learning more about the Daughters of Norway.

In October, one of our sisters Autumn, spent a day in Washington sewing a festdrakt. From the photos you can see she had a great time!

October has been a very fun and busy month this year. Until our meeting I wish all my sisters a month of joy and wellbeing. Stay safe and enjoy all the holiday pleasures coming up!

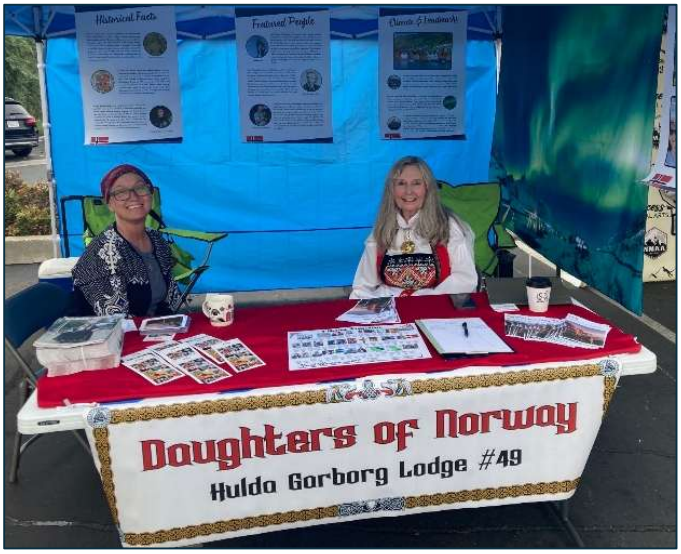
Sheryl Zinsli



Autumn R. is working on her Festdrakt!



Autumn R. is working on her Festdrakt!



Christ the King Lutheran Church had a **Fall Faire** and Hulda Garborg Lodge #49 Sisters Jody Winterstrom and Joy Tweedt Cook visited with attendees about joining Daughters of Norway. Several ladies signed up to learn more about our Sisterhood.

Save the Date - Christmas Brunch

December 19th, 11 am - 1 pm
Margaret's house
More information to come!

Tante Röd Project

Remember to bring Feminine Hygiene Products to the November Meeting as part of our helping the young women of the Empowerment Village in Temecula. The Village is part of the Hope Mission and offers rent-reduced, shared living for up to 14 moms and their children. During each mother's 2-year stay, they are equipped with resources, mentoring, accountability, education, and community connections designed to empower the women and their children to sustainably thrive independently on their own. Look for the Red Bag at each meeting!!!

Hulda Garborg Lodge #49 at the Vista Viking Festival Celebrating Nordic Culture & Community in the "Year of the Loki"

Submitted by Helen Davis

In September, the sisters of Daughters of Norway Hulda Garborg Lodge #49 were proud to participate in the 24th annual Vista Viking Festival—the "Year of the Loki"—marking their third consecutive year celebrating at the new location at the scenic grounds of Vista's Antique Gas & Steam Museum.

Sisters from the Lodge welcomed festival guests throughout the weekend; lodge members hosted an engaging cultural and genealogy booth where visitors could research family roots and learn more about lodge membership.

A special highlight of the lodge's presence included an immersive Saami cultural history demonstration presented by sisters Helen M. Westerlund Davis and Sarah Rose Davis.

Sister Judy Lucas also manned the Multiple Sclerosis booth, which raised money for the Walk for MS. This is a special spot for Judy as we have learned that MS runs in the genetics of many who are of Norwegian descent.



Photo at left: Year of Loki Parade at the Vista Viking Festival



Arctic culture in the heat and sun of Southern California

Hulda Garborg Lodge #49 Highlights

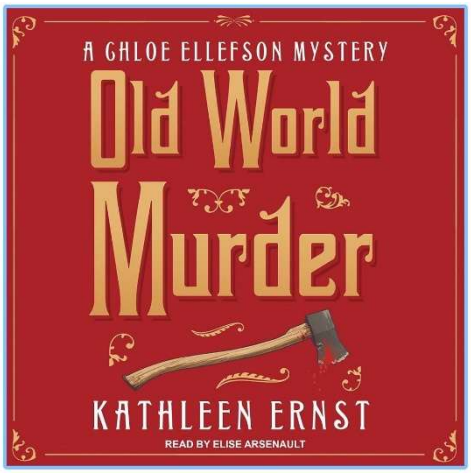
Helen Westerlund-Davis and her family joined the House of Norway in Balboa Park for their Leif Erikson Festival. The House of Norway put on a cultural event that included a Saami/Sami cultural presentation.



Photo Booth for the Walk for MS at Vista Viking Festival 2026 (see article on page 8)

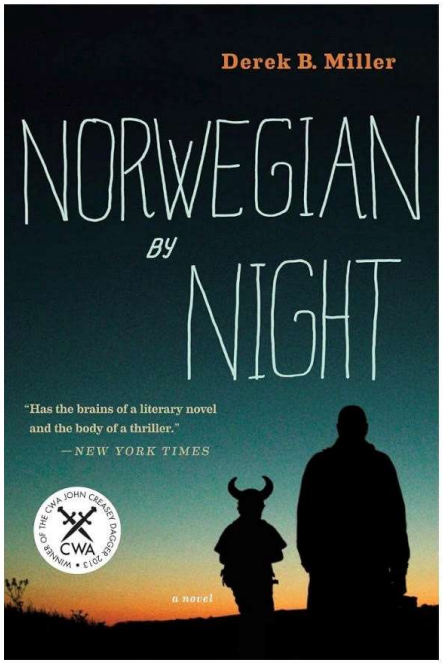
Book Reviews

Submitted by Sheryl Zinsli



Old World Murder

Trying to leave painful memories behind her, Chloe Ellefson is making a fresh start. She's the new collections curator at Old World Wisconsin, an outdoor ethnic museum showcasing 1870s settlement life. On her first day, Chloe meets with an elderly woman who begs her to find a priceless 18th-century Norwegian ale bowl that had been donated to the museum years ago. But before Chloe can find the heirloom and return it to her, the woman dies in a suspicious car crash.



Norwegian by Night

In this winner of the Crime Writers Association John Creasey Dagger Award and the Guardian Best Crime and Thriller of the Year, a former Marine sniper and a newly orphaned boy race across the Norwegian wilderness, fleeing demons both real and imagined.

The Mystery of Nils



What's it about?

A Norwegian language learning book that uses a captivating story to teach vocabulary, grammar, and conversational skills, with online exercises, videos, and teacher support for effective learning.

If you are interested in meeting on Zoom in a book club to read this mystery and learn Norwegian, please contact me by text message at 949-436-0071.

See article on page 9 for more information.

Scandinavian Events…



Bikes in Tweed 2026

Hundreds of cyclists in tweed riding through the city like it's 1926. This is Bike in Tweed - one of Stockholm's most charming traditions.

Bike in Tweed event took place on Saturday, September 19, 2026, organized by the **Bicycle History Association (Cykelhistoriska Föreningen).**

Scandinavian Genealogy sites

Submitted by Sheryl Zinsli

Norwegian and Useful General Genealogy Web Sites

- http://www.rootsweb.ancestry.com/~wgnorway
- http://homepages.rootsweb.ancestry.com/~norway/
- http://norwayheritage.org/
- http://digitalarkivet.uib.no/
- http://www.cyndislist.com/
- http://www.cyndislist.com/norway.htm
- http://www.rootsweb.com
- http://www.genealogylinks.net/europe/norway/
- http://genealogy.about.com/od/norway/Norway_Genealogy_Norsk_Genealogi.htm
- http://www.ancestry.com
- (membership required)
- http://www.infonorway.com/?norway=history/genealogy
- http://expertgenealogy.com/free/Norway.htm
- http://www.borgos.nndata.no/
- http://www.sofn.com/norwegian_culture/RelatedSites.jsp#gen
- http://www.warsailors.com/materials/framegenlinks.html
- http://www.telusplanet.net/public/mtoll/norway.htm
- http://iagenweb.org/johnson/NorweiganGenealogy.htm

Useful Swedish Genealogy Web Sites

- http://www.rootsweb.com
- http://www.rootsweb.ancestry.com/~swewgw/
- http://www.rootsweb.ancestry.com/~wgsweden/
- Beginning Swedish Genealogy article:
- http://anc.rootsweb.com/learn/library/article.aspx?article=11098
- http://www.cyndislist.com/
- http://www.cyndislist.com/sweden
- http://www.genealogylinks.net/europe/sweden/
- http://genealogy.about.com/od/sweden/Sweden_Genealogy_Sverige_Genealogi.htm
- http://www.ancestry.com (membership required)
- http://expertgenealogy.com/free/Scandinavia.htm
- http://iagenweb.org/johnson/NorweiganGenealogy.htm
- https://www.familysearch.org/
- https://www.familysearch.org/search/collection/list#page=1&countryId=1927041
- http://www.familysearch.org/Eng/Search/rg/frameset_rg.asp?Dest=E&
- https://wiki.familysearch.org/en/Portal:Sweden
- http://www.theshipslist.com/Research/Resource
- http://www.familysearch.org/Eng/Search/rg/frameset_rg.asp?Dest=E&
- https:// wiki.familysearch.org/en/Portal:Sweden
- http://www.theshipslist.com/

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February, 1984

The Family Tree

by Gehard Naeseth

Norwegian Names

In the study of family history, names can often lead to new information. However, to have names work for you, it is necessary to understand them and how they are used. This month's article will attempt to provide some of that understanding.

Let's start with surnames, the last names. In Norway, these are both simple and complex. For the most part, there are three groups: the farm names, the city names, the immigrated names. Let's discuss them one by one.

Several centuries ago, the authorities established permanent names and numbers for all of the farms in Norway, names which are still used today. In subsequent years many, perhaps most, of these farms were subdivided, sometimes into many parts. It is not unusual to find such a subdivision called by the name of the larger farm, together with a farm number (*gaard nummer*, abbreviated to *br*). In many cases, the subdivision developed its own name.

Professor Oluf Rygh in his nineteen-volume set, *Norse Gaardnavne*, has carefully listed all of these farms, together with their farm numbers, arranging them by county and community. In addition, he has included the variant spellings of the names over the years, as well as the meanings and derivation of the names. Of the nineteen volumes, the first eighteen are devoted to the eighteen counties of Norway. Volume nineteen is an index. This set can often help a great deal in determining where in Norway a family came from. When only one farm in Norway uses a certain name, Rygh will usually locate that farm for you.

This article cannot go into all of the complexities of farm names. However, it is important to point out that the language reform in Norway has had its effect upon names. The Danish influence has had Dahl, instead of Dal: Rondestvedt, instead of Ronnestvet; and numerous similar examples. But this is nothing new. A study of some of the names in Rygh's books will show that spelling has changed over a long period of time. In fact, it can be argued that in earlier years careful spelling was not a particular concern.

We may want to return to this subject in a future issue. But now we must look at other kinds of names.

A full Norwegian name is usually made up of three parts: the first name; the middle name; the last name. What about the middle name, often called a patronymic? This is a name which shows the name of the father. Thus Olsen, Pedersen, Eriksen, simply mean son of Ole, son of Peder, son of Erik. Here is another complication, in that about a hundred years ago, authorities both in Norway and the United States decided that this kind of surname could not be changed with each generation. More than a century ago, the name, Peder Guliksen Haugen, meant: Peder, son of Gulik, living on the Haugen farm.

A great many city dwellers used only the patronymic, simply because they did not live on a farm. Some city dwellers brought with them the names of the farms they had left behind.

Many of Norway's clergymen, merchants, and officials emigrated from Denmark, and occasionally from other countries. Usually, they and their families retained, generation by generation, the names from their former homeland. Examples include Wright, Smith, Blichfeldt, Tschudi, Zelitz, Sverdrup, and many, many others.

New Genealogical Resources

A new tool for Norwegian genealogists searching in Asker and Bærum is available. It is a computer compiled index of parish records from 1726 to 1807. The work contains christenings, marriages and burials for the first seven years indexed alphabetically by head of family, for the remaining years, deaths are indexed by name of head of family, by wife's name, and by farm name.

The Vesterheim Genealogical Center in Madison, WI and the Genealogical Department in Salt Lake City have copies of this work. Personal copies are available from the compiler, Helen S Ullmann, 713 Main Street, Acton, MA 01720.

Tyvandeslekta—en Grätoppgren is the name of a new book which records the Tyvand family history— that is to say, of nearly everyone who claims a connection to Drangedal and Kragerø in Telemark. The book follows the descendants of Peder Finneid Tyvand and Johanne Pedersdatter Grødsjø who were married in 1742. Both of them were descendants of Halvor Grätopp, who lived in the 14th century.

Written by the late Leif Lønne, the 608-page book portrays the everyday life and festive occasions of nine generations. Write: I/S Tyvandeslekta, c/o Per Lia, N-3790 Helle, Norway.

FYI…
First time in San Diego….

The Swiss Winter Village.
November 27-30th.
More information at:
https://swisswintervillage.com/san-diego/

Hygge, Holiday & Hans Christian Andersen - A Walking Tour
$66 · Holiday walking tour
- Date & Time: Wednesday, December 30, 2026 at 7:00 PM (part of a repeating Julefest series)

Venue: Solvang Visitor Center, 1637-1639 Copenhagen Dr, Solvang, Santa Barbara County,

Christmas Bazaar & Lucia Celebration
Sat, Dec 5, 10:00 AM
Scandinavian holiday market
- Venue: Mt. Olive Lutheran Church, Santa Monica, CA
- Description: A traditional Scandinavian Christmas bazaar and St. Lucia celebration featuring a candlelit choir procession, unique Nordic crafts, and Swedish holiday treats like glögg and saffron buns.
- Cost/Tickets: $15 for early bird online admission or $20 at the door; children 12 and under enter for free. More info via the SWEA Los Angeles Facebook Event.

Swedish Christmas Fair
Sun, Nov 22, 10:30 AM
$9 · Holiday cultural fair
- Venue: Elks Lodge #1959, Huntington Beach, CA
- Description: A festive Swedish Christmas fair showcasing holiday goods, Nordic baked goods, crafts, a traditional Saint Lucia pageant, and a visit from Santa.
- Cost/Tickets: Available via the Swedish Christmas Fair Eventbrite Page. [1, 2, 3, 4]

If you'd like, let me know if you are looking for specific dates, family-friendly activities, or events closer to a particular Southern California county, and I can refine these options for you

Popular Scandinavian Holiday Movies & TV Shows
- Home for Christmas (Hjem til jul): A cozy Netflix Norwegian romantic-comedy series
- A Storm for Christmas: Netflix movie about strangers being stuck in the Oslo airport due to extreme weather the day before Christmas.
- ***If you are looking for a book club online check out these***

Continued on p. 7

Scandinavia House Nordic Book Club: Meets monthly in the Halldór Laxness Library in New York City and online via a Goodreads community and Zoom sessions. Upcoming winter sessions feature works like Queen by Birgitta Trotzig (November 3, 2026), The Strongest Woman in the World by Steinunn G. Helgadóttir (December 8, 2026), and After the North Pole by Erling Kagge (January 12, 2027).

Vesterheim's Bokprat: A specialized online book club exploring Norwegian and Scandinavian classics and translated fiction.

Nordiska Book Club: A virtual community connecting readers over seasonal and historical Nordic reads

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November Scandinavian holidays

- **All Saints' Day** (Alla helgons dag): Celebrated on the Saturday between October 31 and November 6 in Sweden and Finland, and the first Sunday of November in Denmark. Families gather to remember departed loved ones by placing lighted candles and flowers on graves, making cemeteries glow after dark.
- **St. Martin's Eve** (Mårtensafton): Observed on November 10, primarily in Sweden and Denmark. Families and restaurants host traditional feasts centered around roast goose.
- **Julebord Season**: In Norway and neighboring regions, November kicks off the festive julebord season, where friends and colleagues gather at restaurants for traditional holiday food, drinks, and socializing.
- **Early Christmas Markets**: Major cities open their seasonal markets by late November, featuring twinkling lights, artisanal crafts, and spiced mulled wine (glögg / gløgg).

Recipe Box

Submitted by Margaret Dewey

I was in Minnesota a few times this fall. My cousin shared this recipe for **Uffda Bars.** They are yummy and so far everyone has loved them.

Uffda Bars

2 (8-oz.) cream cheese
3/4 c. sugar
1 egg yolk
1 tsp. vanilla
1 egg white
2 tubes crescent rolls
1/4 c. sugar and 1 tsp. cinnamon (mixed)

Cream together cream cheese, sugar, egg yolk and vanilla. Spread one tube crescent rolls on greased cookie sheet. Spread cream cheese mixture over top. Top with second tube of crescent rolls. Beat egg white to soft peaks - spread on top. Sprinkle with sugar cinnamon mixture.

Bake 350 for 30 minutes



FLYING OVER NORWAY (4K UHD) 1HR Ambient Drone Film

Flying Over Norway

There is no commentary, just music, and the sound of the ocean and seagulls.

Norwegian Heritage and Multiple Sclerosis *Submitted by Helen Davis*



Our Sister Judy Lucas has been a leader in our local multiple sclerosis chapter and raises money for the annual MS Walk during our community's annual Vista Viking Festival. It turns out that multiple sclerosis potentially runs through many who have Norwegian heritage.

The historical connection between Multiple Sclerosis (MS) and people of Norwegian descent traces back roughly 5,000 years. Around 3,000 BCE, a culture called the Yamnaya herders migrated into Scandinavia, bringing specific immune-related gene variants (such as HLA-DRB1) that triggered strong, pro-inflammatory immune responses. At the time, these active genes were a huge help for survival. They protected nomadic herders from getting sick from dangerous diseases spread by farm animals.

As these genetic traits were spread further through Northern Europe during the Viking era, they became deeply rooted in Scandinavian populations. However, in today's modern environment, which lacks the intense pathogen burden of ancient times, these same protective immune genes can turn inward, leading to chronic autoimmune reactions.

While this heritage accounts for the higher prevalence of multiple sclerosis (MS) among Norwegians and people of Nordic descent today, developing the condition generally requires a combination of this genetic baseline alongside modern environmental triggers like Vitamin D deficiency or past viral infections.

Modern multiple sclerosis (MS) research is fighting the disease from three main angles: stopping it in its tracks, fixing past damage, and helping people live better lives today.

To stop MS, scientists are creating vaccines against viruses that trigger the condition and developing new medicines that teach the immune system to stop attacking nerves. To repair existing damage, researchers are testing therapies to rebuild the protective coating around brain cells and using stem cells to "reset" the body's defenses.

Finally, researchers are improving daily life by creating better treatments for fatigue and pain, using smartphone apps to track symptoms early, and designing exercise and diet plans that help protect long-term brain health.

Hulda Garborg craft visits Norway

You just never know where ripples go! I have been making floral headwreaths for our Hulda Garborg lodge for many years. We sell them to raise money for the lodge.

This past year, our sisters at Turid Jesperson bought some of our headwreaths. Mother and daughter Karen and Tamara had planned a trip to Norway to celebrate the 17th of May. They carefully packed their bunads for the special event. They decided to take their floral head-wreaths! Tamara said they just put the headwreaths in their luggage and they traveled well. Karen and Tamara had their picture taken at the parade. They were so happy to be decked out so completely! I am gob-smacked that

something I made was taken back to Norway for the 17th of Mai. You never know the travels of the items you make!

Judy Lucas

The photo of Karen and Tamara in Oslo at the 17th of Mai parade is in the August/September Dotre.

Book Club and Norwegian Language Learning

Ernas drøm
En mann kommer langs veien
En turist? Nei,
Erna kjenner mannen. Han smiler.
Det er mannen fra stasjonen.
Hun smiler også.
Mannen går forbi.
Hun roper etter ham. Men han hører ikke.
Han forsvinner!

What is this mystery all about? Want to learn more about Erna's dream? Join our new Book Club, using The Mystery of Nils, by Werner Skalla - a Norwegian language course for beginners!

This book is available on Amazon.com. Enjoy a great mystery and learn lots about life, the language, and culture in Norway. Starting in January or February, this will be a weekly adventure in person and/or by Zoom. Melissa Resnick will be the coordinator.

Please RSVP with your interest in, or questions regarding this Book Exploration by December 31, 2026. I would like to see at least 5-10 people join in the club.

This is a chapter book (26), so I foresee reading a chapter a week, a long-term adventure. You would be encouraged to keep up with the weekly readings and tasks. The chapters are 3-5 pages with reading and exercises. This will include discussion, language exercises, and rotating discussion leadership.

Please text or email your interest in this book club by 12/31/2026 to Melissa Resnick at 818-269-0461 or maresnick@aol.com.

Firm commitment is required to begin and sustain this Book Club/Norwegian Language class. Thank you to all who are interested! It should be lots of fun, too. Time and place will be established by consensus once we have an interested group.

Friends and family are encouraged to join in.

Tusen takk!

Unexpected Finds

by Suzy Moramarco

Lucette and I went to a local gift shop recently, that is made up of many vendor booths. One of the booths had Scandinavian Delights Fruit Spreads - Lingonberry, Blueberry and Apricot. We had to get the Lingonberry Fruit Spread. We have not had anything Lingonberry since we left California.

I made waffles in our heart shaped waffle maker. The waffles were delicious with the Lingonberry Fruit Spread.

