



2023 Newsletter  
 Agnes Mathilde Wergeland  
 Lodge #52  
 Willamette Valley, Oregon  
 This may be viewed by the Public



Huk Beach, Oslo, Norway in August

### August Meetings



**Board Meeting: August 19, 2023, 10:00 am**

There will be our usual zoom board meeting. Watch your email August 16 for log in info.

**General Meeting: August 26, 2023-10:00am**

We will be back at Fletchall Hall, getting on with the rest of our year. Watch your email for the reminder on August 23.

### August Celebrations Birthdays

- Nancy Harder...3
- Judy Collins...17
- Katrina Nash...19
- Lynsay Beck...21
- Shirley Bailey...24

### Anniversaries

- Becky Kinyon...4
- Katrina Nash...7
- Randi McKinnon...8
- Lisa Loken...12

Celebrate Everyday!!

### August

August was named after a major figure of the ancient Roman World, Augustus Caesar (63 B.C.- A.D. 14). He was the first Roman emperor (though he never claimed the title) and the grandnephew of the previous ruler Julius Caesar (who named July after himself).



Aug. 13: International Left-Handers Day

August 26: is Women's Equality Day,



Full Sturgeon Moon & Super Blue Moon: August 1 & August 30

Zodiac signs: Leo & Virgo

August Flowers: gladiolus and the poppy.  
 The Gladiolus symbolizes strength of character, sincerity, and generosity.  
 The Poppy symbolizes eternal sleep, oblivion, and also imagination.



### August Gem: Peridot

symbolize strength and healing power, protecting its wearer from nightmares and evil, ensuring harmony and happiness.



### August Sayings & Verse

- If the first week of August is unusually warm, The winter will be white and long.
- As August, so February.
- When it rains in August, It raises honey and wine.



### A Noon Scene by William Cullen Bryant

"The quiet August noon has come,  
 A slumberous silence fills the sky;  
 The winds are still, the trees are dumb,  
 In glassy sleep the waters lie."



### Stay Connected

Email: [daughtersofnorway52@gmail.com](mailto:daughtersofnorway52@gmail.com)

Face Book: <http://www.facebook.com/groups/amw52>

Email us with questions or comments. Check out our Face Book page. We try to post Scandinavian items often & we do post pictures of our in-person meetings.



## Information

Tubfrim or Stamps for the Wounded  
Maintained by Shirley Bailey



KEEP COLLECTING & SAVING THOSE STAMPS!

We will be saving stamps for either/or both Tubfrim and/or Stamps to the Wounded Project. Please put them in the box on the Welcome Table. We will decide where & how they will be donated at a later meeting.

For more information check at:

<https://www.stampsforthewounded.org>

or

The February 2023 Newsletter.

## Who is She?

This month we have a cute 3 month old baby picture & I cropped it so you can get a better view of her face. Can you guess her? Email me ([paynejean6@gmail.com](mailto:paynejean6@gmail.com)) with your guess & be the first email with the correct guess to receive a small prize at the August meeting. You must be at the meeting to claim a prize. You may guess numerous times up to Thursday night before the meeting.



## A Special Invite from Judy



Dear Daughters of Norway and friends,  
You might have heard that I'm in the middle of moving. There seems to be so much going on!

My daughter, Rachel, is coming out to see my new apartment in August, so I thought I should host an Open House for everyone who would enjoy seeing it too. The party will be on Saturday, August 19th from 2 to 5 pm. It will be here at Garden Way Retirement Apartments 175 So. Garden Way, Apt. #227 Eugene, Oregon 97401

Garden Way runs north and south, between Harlow Road and Martin Luther King/Centennial Blvd. My telephone numbers remain the same: 541-344-7700 landline, and 541-915-7816 cell/texting.

Let me know if you are able to come. I want to have plenty of lemonade!

Judy Collins

NO gifts please!

## Check It Out



Traci Garets: we were entertained & fascinated by an impersonator of John A. Thompson "Snowshoe" who gave us a lunch time narration of his stories. He introduced snow skis to the western US: <https://snowshoethompson.org/the-story/>

Jean Payne: Folk Dresses & Finnish Summer Traditions: <https://www.youtube.com/watch?v=CL9EajlXnzc>

Jean Payne: Tall Ships Race 2023: <https://lehmkuhl.no/en/artikler/tall-ships-races-2023-christmas-campaign-15/?fbclid=IwAR1j6tyrdn2ei0IBHj8d-aiA-dEu9aS1mEp8wHi7yn20p5gg-fgULOEuF0c>

Jean Payne: 29 new Scandinavian themed coloring pages from Hovden Wear company. <https://www.facebook.com/hashtag/adultcoloringpages>



# Convention

July 13-15, 2023 Reno, Nevada



For more pictures see Amey's Convention Photo Album sent July 31.

Traci, Linda & Amey: Day 1-July 10: Left Eugene 10:00. Taco Truck lunch & Linda's 1st visit to Crater Lake (1 & 2)

Linda Peterson: Our hotel (The Silver Legacy) was nice and our room was huge! The distance from our room to the meeting rooms was a nice little walk on concrete so we got our exercise. Oh yeah, did anyone else notice the elevation was 5000 ft & low humidity? I enjoyed seeing so many of my other lodge sisters again and had fun catching up. I made several new friends too.

Kae Ellingsen: I was there for only a couple days and only attended Cultural Day and the Meet & Greet. I helped Judy Swanson with her rosemary booth. (3 & 4)

Kathy Solheim: Convention was busy and fun! I found the two classes I attended (from the same presenter) Publish your Family History and StoryCorps engaging. The presentations gave me ideas for a project for our lodge that everyone will be able to participate in. It was great to meet up with some of our fellow members with whom I've developed a friendship over the years and to also meet new sisters with whom I will develop deeper friendships. I did meet up with the members of my joint lodge Solheim #20 (Butte, MT) and was able to talk to them and take a photo with them. They had a couple of newer members traveling with them who also attended convention. (5, 6, & 7)

Traci Garets: Look what I won! Aebleskiver days, I can offer all the jams my hubby makes plus applesauce! Fun stuff like that! (8)

Ellen Costello: related that she really liked the large rooms at the hotel, and things were organized well. She enjoyed it very much.



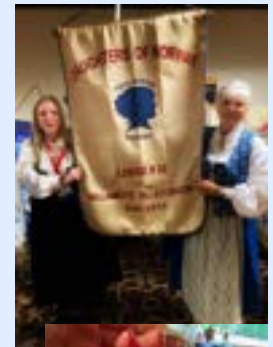
1 & 2



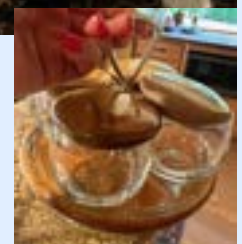
3 & 4



5, 6, & 7



8





## Scandinavian Festival Info

**August 10-13, 2023**

[junctioncityscandia.org](http://junctioncityscandia.org)

## Country Days

Thursday...Norwegian

Friday...Swedish

Saturday...Danish

Sunday...Finnish



## Booth Schedule



Talk to Amey if you have any questions or want to do the Thursday shift.

**Thursday 9:45-noon Karin Letcher**

**4-6 pm \_\_\_\_\_ needed**

**Friday 9:45-noon Karen Pierson**

**4-6 pm Ellen Costello**

**Saturday 9:45-noon Rosemarie Mello**

**9:45-noon Linda Peterson & Amey Herman**

## QUESTIONS?

Contact Amey Herman

## Baked Goods



After packaging cookies please let Amey know **what & how many bags you have...**inventory is important for us & booth purposes. **Needed by Tuesday setup.**

All packages need a label with **product name, Daughters of Norway, AMW #52 & price.**

If you need labels let Jean know she can mail.

Small Cone Peppernuts...**\$1.00**

All other packages of cookies should be at least **\$2.00**

## D n' A Schedule



Amey Herman & Doug will be performing music with the Hardanger Fiddle each evening on the Festival Park Stage (across from Fletchall Hall).

**Thursday: 8:00 - 8:45**

**Friday: 8:00 - 8:45**

**Saturday 8:00 - 8:45**

**Sunday 7:00 - 7:45**

## Demo Schedule



This year we have Linda Peterson & Kae Ellingsen doing 4 demos-1 per day - **Scandinavian Bakeware.** It will be held at the Mall Platform (7th & Greenwood)

**Thursday: 11:30 - 12:00**

**Friday: 11:30- 12:00**

**Saturday: 12:00 - 12:30**

**Sunday: 11:00 - 11:30**

## Costume Show

Submitted by Rosemarie Mello



They need people with authentic Scandinavian costumes for the Costume Show. Please if you have one & can participate call **Gerry Dabsha at 541-998-5870.**

It will be held at the Mall Platform (7th & Greenwood).

**Thursday: 3-3:30**

**Friday 3-3:30.**

**Saturday 12:30-1:00.**

**Sunday 3-3:30.**

## Other Duties

Transporting product to the Hall:

Linda Peterson & Karin Letcher

Set Up Aug. 8 6:30: Amey Herman & Ellen Costello

Take down Aug. 13 after 8:00 pm: Amey Herman & Kae Ellingsen

## Member News

**See page 6 for pictures of corresponding numbers.**

**Linda Peterson:** Traci, Amey & I rented an SUV and drove to Reno for convention. I hadn't been to Crater Lake before so we planned a longer stop to check it out. It was stellar & words can not describe it's beauty! (1 & 2)

**Rosemarie Mello:** Could use our prayers, she is going through some tough emotional times right now.

**Emily O'Grady:** The last weekend in June, I attended the first annual Eugene Beauty expo. I was excited to see Portland hairdresser Presley Poe demo her curly cut. I also ran into an old friend, my instructor Mr. Jeffrey. The weekend before the Fourth of July, my Aunt Nella & Uncle Kevin came up from southern California. Dad's cancer makes him tire easily, but we had a nice time driving around & some good food. We took my uncle to Cottage Grove so he could see where his great uncle Homer Galloway ran the old newspaper, & visited the historical society which has a plaque from the dedication of the city hall, with Homer's name on it. (3, 4 & 5)

**Karin Letcher:** I went to Boulder Creek in June for a sibling reunion. My sister lives in the Santa Cruz mountains. Her house is big enough for all of us! Beautiful setting. Then I went to Southern California to visit my daughter & family. Got to see grandsons & great grands. Had a sweet time! (6)

**Kathy Solheim:** Here is the power of genealogy. I was recently helping a woman in Scotland to determine the identity of her mom's birth father by using a combination of DNA & records. I was able to solve their mystery in four days. I was also able to provide her with living contacts. He was a soldier in the Norwegian Air Force during WWII who was on tour abroad. She arranged a flower delivery to me (from Scotland) with a card. I'm very touched... Helping bridge connections is why I love this hobby so much. (7)

**Kae Ellingsen:** I gave myself one day of rest after my two days at Convention & then drove to Washington to celebrate with family as my oldest granddaughter turned 16 on July 16th! Can't believe it. Time flies so fast. We celebrated on two different days because her friends weren't available until the 19th. On the 16th, she wanted sushi for dinner. The sushi restaurants in Yelm were closed, so we drove to Olympia, WA to Asahi Sushi where we had an absolutely delicious dinner! However, my daughter found a live bug in her salad & when she brought it to the waitress's attention, she laughed & said my daughter had found her pet! We laughed it off but Karin didn't eat any more of her salad. On the 19th, we celebrated at the house with a smorgasbord of food & then the parents, birthday girl & guests drove in two vehicles to Bullwinkles in Burien, WA to ride go-carts & play arcade games. I sensibly stayed home & took care of the dogs. Traffic was a mess due to several accidents in Dupont, Yelm & Roy, so it took them 3 hours to get from Yelm to Burien! Wow! Coming back was much faster.

**Shirley Bailey:** has a walk-in shower! Now she can easily take one without help getting in & out of tub. She was finally able to start some therapy for her knee. She is hanging in there. (10)

**Marcy Rosecrans:** This past year has been crazy busy for the Rosecrans family. Rod spent the fall 2022 clearing our land & getting it prepped for building. I have completed my first year of college (round 2). I made the presidents list all three terms while dealing with long covid brain fog. Proud of myself for that because college is stinking hard when you are getting older! Tess's house will be ready to move into in September. They are super excited! Tess is starting her last year of her Bachelor's degree & she works at an elementary school. Brooklyn & her family just moved to Casper, Wyoming. They are about 3 hours 45 minutes from us now. Tess & I have been busy trying to help organize Brooklyn's house. All in all, it has been a fruitful year for all of us. Wishing you all health and happiness!

## Member News Pictures



1&2



3, 4 & 5



6



7



8 & 9



10

## July Meeting

We had an enjoyable worksession meeting to get ready for Festival. 10 of us did baking & planning. This year we will be selling Kathy Solheim's Organic Doggy Biscuits.



Linda Peterson preparing to make Waffle cookies



making Waffle cookies



Kathy Solheim showing Organic Dog Biscuits



Cookies cooling



Discussion



Back: Karin Letcher, Ellen Costello, Amey Herman, Linda Peterson, Kathy Solheim  
Front: Karen Pierson, Jean Payne, Jill Arnold, Rosemarie Mello



Same as previous with Kae Ellingsen in Jean Payne's place



Iceland is located in the Atlantic and Arctic oceans & is the most sparsely populated country in Europe. One of Iceland's largest branches of economy is tourism. Iceland itself is the 18th largest island in the world & it has 45 named Islands around it as well as thousands of skerries & rocks. Only five of these are actually inhabited. Five are historic Islands, Akurey, Engey, Lundey, Þerney, & Viðey. All except Engey have available tours. The features of the islands are constantly changing due to the volcanoes in the area. There are islands that emerge & disappear because of this volcanic activity. Often the islands have their own landforms of rivers, lakes, mountains, & valleys that are intact & well preserved because they are isolated. The most imminent one is Surtsey, also the southernmost point of Iceland. It was formed in a volcanic eruption which began below sea level & reached the surface on the 14th of November 1963. The eruption continued until 1967. This has provided the scientific world with a pristine natural laboratory free from human interference to study. Surtsey has been producing unique long-term information on the colonization process of new land by plants & animal life. They began studying the island in 1964 & scientists have observed the arrival of seeds carried by ocean currents, the appearance of molds, bacteria, & fungi, followed in 1965 by the first vascular plant of which there were 10 species by the end of the first decade. By 2004 that number had increased to 60 together with other bryophytes, lichens, & fungi. 89 species of birds have been recorded on the island 57 which actually breed elsewhere in Iceland. The island is also home to 335 species of invertebrates. The largest of the islands is Heimaey, (home Island). It is 8 sq. mi. but it was 7sq. miles before the eruption of nearby Eldfell volcano in January 1973. It is the most densely populated island with 4500 inhabitants. It was catastrophically damaged during the eruption which destroyed half of the town. It also has a population of about 8 million puffins. The smallest island is Kolbeinsey, which is the former northernmost point of the country. Today it has eroded so much that it is only visible at low tide.

The other three inhabited Islands are Flatey in Breiðafjörður (there is also an island named Flatey in Skjálfandi-uninhabited), Grímsey & Hrísey. Flatey in Breiðafjörður is .3 mile it is actually part of a cluster of 40 islands & islets forged under the extreme weight of a glacier. The island only has 5 inhabitants during the winter but in summer the number rises as many mainlanders have houses there. There's only one road on the island that connects the ferry dock with the so-called "Old village". Grímsey is one quarter sq. mile located in the North on the Arctic circle in Húnaflói Bay. The population is approximately 85. Hrísey is approximately 5 sq. mi. It is the second largest island in Iceland & is situated in the Eyjafjörður fjord. It has a population of approximately 120. Lacking natural predators, the island is a sanctuary for birds such as eider duck, Arctic tern, & ptarmigan. Now, Flatey in Skjálfandi used to have about 120 inhabitants back in 1942, but today is only inhabited seasonally by fishermen catching cod & lumpfish. Engey Island is not inhabited now but does have an Old lighthouse that was built in 1902. Málmeys Island was inhabited by about 15 people until a devastating fire in 1950. Melrakkæy Island was also inhabited in the past. Today it is a protected area because of the dense bird population. It is the only Island that is illegal to visit. Elliðaey has no inhabitants, however local hunters visit there because there is a hunting lodge on the island. In fact, the lodge is the only house & is often referred to as "the loneliest house in the world". Björk does not live there. Papey Island was also inhabited & had been inhabited since the settlement of Iceland & up until 1966. Today it houses a large puffin colony, a lighthouse, a church, a dwelling house, & an automated weather station. Vigur Island is in the north just below the Arctic circle it's the second largest island of the Ísafjarðardjúp fjord. It houses the northernmost windmill in the world which was built in 1840. It & it's barn, cow shed, smokehouse, garage, & finally a two-story, 10 bedroom house featuring a spacious lobby, a large kitchen, wine cellar, & gated outdoor hall was recently up for sale, but has sold. Æðey island is inhabited by one family working in its privately owned farm.

Of the 45 named Islands, there are tours to 17 of them. Tours vary greatly & can be as short as a half a day to a couple of days with some camping. Some include hikes, animal viewing, natural landforms, & photography courses. Summer is the best time to visit. Iceland also has ferry tours which are pretty popular & there are different types. Some transport to the islands & others will just do the whale watching & bird watching tours. Creatures you could see include Atlan puffins, auks, eider ducks, Arctic tern, fulmars, ptarmigans, black gull molts, horses etc etc.

## Norway's Long Tunnel

Submitted by Candice Watson



Do you know where the world's longest road tunnel is? It's Lærdal Tunnel (Lærdalstunmelen) in Norway. It's 24 and 1/2 km long or 15.2 MI. It links Aurland & Lærdal in Sögn & provides a ferry free connection between Oslo & Bergen. It opened November 27th 2000.

Construction started in 1995. It takes approximately 20 minutes to drive through it, which prompted engineers to include special features designed to alleviate claustrophobia & tiredness. Although there are no emergency exits, engineers separated the tunnel into different sections to give the illusion that drivers are traveling through a number of smaller tunnels. In the smaller sections, drivers can take breaks. Special lighting is a key factor of the safety measures in place. A lighting system simulating natural light at dawn has been installed in all parts of the tunnel. The main part is illuminated with white light while the extensions are permeated with blue-yellow lights to give the impression of sunrise. It has 15 turn points, 48 breakdown lay-bys & they installed phones at closer intervals than normal. Safety equipment & monitoring are installed. It is the first in the world to be equipped with an air treatment plant. It's heaviest traffic in an hour is 400 vehicles. In 2019 the average vehicles per day was 2050. There is no toll. Norway is currently working on plans for the Boknafjord Tunnel, which will be the longest & deepest at 16.7 mi. long & 1286 feet below sea level. Construction is expected to be completed in 2029.

From a class taken by Traci Garets & Linda Peterson at Convention submitted by Traci Garets

### 10 Facts about viking Women

1. They could carry **weapons**.
2. Her first marriage was **Arranged** (but she could pick her next husband.)
3. They travelled on Viking ships.
4. The lady was **IN CHARGE** of the household finances.
5. She had more **FREEDOM** and **POWER** than women in the rest of Europe during the Viking age
6. It was **SHAMEFUL** for a man to harm a Viking woman.
7. Women were sometimes buried with **keys** as a symbol of their **STATUS** in the home.
8. They did the jobs of **MEN** while they were away raiding.
9. A Viking woman could **DIVORCE** her husband.
10. Viking women could be merchants.

PRIMARY TOPIC SHOP

## Iceland Trivia



Due to its isolated location, the Icelandic language has changed very little from its original roots. Modern Icelanders can still read texts written in the 10th Century with relative ease.

A Fun Word  
submitted by Kae Ellingsen



Ingefær snaps is the Norwegian word for ginger snaps. Ask Kae how to pronounce it.



## AUGUST FOOD DAYS

Submitted by Candice Watson

I hope all of you are enjoying summer. You will probably notice that we have a lot of fruit this month, including



bananas (NATIONAL BANANA LOVERS DAY on the 27th), cherries, lemons (LEMON JUICE DAY is the 29th), peaches (EAT A PEACH DAY is the 22nd), and raspberries (RASPBERRIES & CREAM on the 7th). But, let us start by continuing our ice cream consumption from last month! August 1st is MILKSHAKE DAY, a great way to



start the month. Then the 6th is ROOT BEER FLOATS, the 8th is INTERNATIONAL SMOOTHIE DAY, make it an ice cream smoothie! On the 10th enjoy FROZEN CUSTARD (Tillamook has a new product line out & they're



delicious). On the 14th it's NATIONAL CREAMSICLE DAY, and the 19th is SOFT ICE CREAM DAY. On the 21st it's NATIONAL SPUMONI DAY, the 25th is BANANA SPLIT DAY & the 26th, although it's not really ice cream it's closely related, have a CHERRY POPSICLE.

August also includes a lot of pie & pie-like desserts. I say "pie-like" because I know bombes & tarts & turnovers are not technically pies, but they are very similar. Again we'll start off on the 1st with RASPBERRY CREAM PIE DAY & HOMEMADE PIE DAY both. The 4th, BRAHAM PIE DAY, is not a kind of pie but a place known for great pies! They'd love for you to visit Braham, Minnesota to enjoy pie eating & baking contests as well as lots of other fun pie related activities. The 5th is JAMAICAN PATTY DAY which is a type of pasty or fried pie. The 11th is BAKEWELL TART DAY, an English confection with a short crust pastry that holds raspberry jam & frangipane that's topped with almonds. Also on the 11th, it is both RASPBERRY BOMBE & RASPBERRY TART DAY. On the 15th enjoy some



LEMON MERIQUE & on the 18th its NATIONAL ICE CREAM PIE DAY. On the 20th enjoy some CHOCOATE PECAN PIE.



Now August is also NATIONAL SANDWICH MONTH, quite a versatile dish as pretty much anything can be "sandwiched" between other things, it doesn't have to be bread, the limit is your imagination! Here's some



ideas to start you off; the 2nd is NATIONAL ICE CREAM SANDWICH DAY. The 4th is CHOCOLATE CHIP COOKIE DAY, put a couple together with frosting in the middle. The 5th is NATIONAL MUSTARD DAY, always goes



good on a meat sandwich. On the 11th it's NATIONAL PANINI DAY & August is NATIONAL PANINI MONTH as well. The 13th is FILET MIGNON DAY that would definitely make a tasty sandwich. The 16th is BRATWURST DAY another good sandwich. The 18th is FAIJITA DAY, meat and cheese between two tortillas. The 19th is NATIONAL HOT & SPICY DAY. Use your imagination on this one. The 20th is BACON LOVERS DAY. Do I see



a BLT in your future? The 22nd is NATIONAL BAO DAY, split it in half & throw something yummy in in-between. The 23rd is CUBAN SANDWICH DAY, the 24th is BURGER DAY, & the 25th is WAFFLE DAY. I bet some chicken or eggs & sausage would go good between a couple of waffles!



## Recipe of the Month (Månedens oppskrift)

Danish Smorrebrod, which translates as "butter bread," includes countless open-face sandwich combinations, from minimal to lavish.

### Marinerede Slid-Merinated Herring

Rye Bread  
Butter  
Marinated Herring  
Onions & Capers



### Rejer og aeg-Shrimp & Egg

White Bread  
Aioli  
Shrimp & Eggs  
Garden Cress



### Hønsesalat-Chicken Salad

Rye Bread  
Mustard, Creme Fresh  
Chicken Salad  
Mushrooms, Asparagus, Bacon



### Leverpostej-Liver Pate

Rye Bread  
Butter  
Liver Pate  
Pickled Red Beets, Mushrooms



### Roastbeef- Roast Beef

Rye Bread  
Horseradish, Roumolad  
Roast Beef  
Fried Onions, & Cornichons



### Gravlax-Salmon

White Bread  
Mustard  
Gravlax  
Dill, Lemon Slices



### Blue Cheese & Apple With Bacon

Rye Bread  
Butter  
Danish Blue Cheese  
Apple & Bacon



### Kartoffel -Potato

Rye Bread  
Butter  
Lettuce, Sliced Potato  
Sour Cream, Fried Onion, Chives



### Smoked Salmon-Lax

Rye Bread  
Butter  
Smoked Salmon, Cucumber  
Pickled Red Onion,  
Dill, Lemon Slices



## Judy's Recipe Corner -Submitted by Judy Collins

Not Scandinavian, but sounds yummy...Something a little different from the Scandinavian style Cucumber Salads. <https://www.food.com/recipe/thai-cucumber-salad-93536>

### THAI CUCUMBER SALAD



#### INGREDIENTS

- 1 1/2 tablespoons fresh lime juice
- 1 1/2 tablespoons rice wine vinegar
- 1 tablespoon canola oil
- 1 clove garlic, minced
- 1 teaspoon brown sugar
- 1 teaspoon lime zest
- 1/2 - 1 small jalapeno, seeded and minced
- salt and pepper
- 1 seedless cucumber
- 1 small red bell pepper
- 1 medium carrot
- 1/2 small red onion
- 1-2 tablespoon chopped cilantro (optional)
- 1/4 cup dry roasted peanuts, chopped

#### DIRECTIONS

1. Whisk the first 7 ingredients (lime juice through jalapeno) in a large bowl. Season with salt and pepper.
2. Trim the ends from the cucumber. Split lengthwise in half. Slice very thinly. Toss into the dressing.
3. Halve the red pepper vertically, core and remove seeds and white membranes. Slice the pepper, horizontally, into very thin strips. Add to the dressing and toss.
4. Peel the carrot and trim off ends. Slice diagonally into very thin slices. Add to the rest of the salad.
5. Peel the onion and cut in half horizontally. Slice vertically into very thin strips. Add these to the bowl and toss everything together until well mixed.
6. Set aside for at least one hour, stirring occasionally (this can be marinated for up to 8 hours, but refrigerate if marinating for longer than 2 hours).
7. Transfer to a serving bowl. Sprinkle cilantro (if used) and peanuts over top.



### Fruits Crossword

DIRECTIONS: Fill in the crossword puzzle grid with the name of each fruit following the numbers and direction indicated. Use the word bank if you get stuck.

APPLE	KIWI
APRICOT	LEMON
AVOCADO	ORANGE
BANANAS	PEAR
BLACKBERRY	PINEAPPLE
CHERRIES	RASPBERRY
COCONUT	STRAWBERRY
GRAPEFRUIT	WATERMELON
GRAPES	

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### Summer Word Search

B F G P W W S C A M P I N G S P X  
 A A N R V D L X T C B N B B F O Q  
 A I R C I W V O X W Q Y E B G O H  
 T E R B W L H G I C S A B T J L U  
 G U N C E S L N V N C L Z E E L N  
 Z O B Q O C Z I O H O Y C F K I N  
 J Q I K B N U W N I W I M K W A W  
 E E S J T E D E K G T Y T Q H T L  
 N H N T W R B I K R W A R A I N R  
 S T G X A E A G T M A E X U C E M  
 A A K H N O N V A I N P S A L A F  
 P B F G Z I B E E I O M R C L H V  
 I N Z X M V R D H L I N I E N E T  
 V U V M X C P S E W I S I A T Y R  
 R S I F E W N J S E P N E N Y A J  
 S W V C W U Y W H O P C G V G J W  
 S C I Z S I M B P J O S J A S Y V

- |            |          |                  |            |
|------------|----------|------------------|------------|
| RELAXATION | BARBECUE | VACATION         | WATER PARK |
| TRAVELING  | OCEAN    | SWIMSUIT         | LAKE       |
| HOT        | BEACH    | AIR CONDITIONING | POOL       |
| SUNSHINE   | SUNBATHE | SWIMMING         | CAMPING    |
| POPSICLE   | GRILLING | ICE CREAM        | SPEEDBOAT  |



### JOKE OF THE MONTH (Månedens Vits)



You're not losing  
your memory...

You're just really good  
at letting go of the past!

How did it get  
so late so soon?  
It's night before  
it's afternoon.  
December is here  
before it's June.  
My goodness how  
the time has flown.  
How did it get  
so late so soon?

-Dr. Seuss



## Other Upcoming Events



### Nordic Northwest Events for August

<https://www.nordicnorthwest.org/exhibit>

Nordic Northwest is delighted to announce its newest addition to its Campus will be a giant hand-built troll sculpture, coming in the summer of 2023! This sculpture is part of the **Northwest Nordic Troll Hunt**.

The Troll Hunt includes six sites in the Pacific Northwest with five trolls within Washington and one in Oregon. Fashioned entirely out of recycled materials. Volunteer opportunities including the construction and building of the troll itself as well as supporting the construction crews. The two volunteer categories include:  
**Troll Building:** You'll be right in the thick of the action, assisting in the construction and installation process. It's like being part of a fairy tale construction crew!  
**Lunchtime Legends:** If wielding hammers and saws isn't your thing, fear not. Be a lunchtime legend and whip up delicious and nutritious meals for our hardworking crew.

**Exhibition: Threads | Þræðir : Intertwined in Iceland: Textiles and Book Arts: July 8-Nov. 5**  
Books and textiles are the two forms of artistic expression that have the longest history and tradition in Iceland, but it is rare that books and textiles are intertwined. The works in this exhibition are connected through stitching, weaving, knotting, tying, binding, pattern and storyline.

**Outdoor Film Screening: Troll Hunter: August 4, 2023, 8:30 PM - 10 PM; doors open at 7:30, \$5-15; Fogelbo Lawn, 1hr 30min, Language: Norwegian with English Subs**  
This Norwegian dark fantasy is a mock-documentary that will make you laugh!

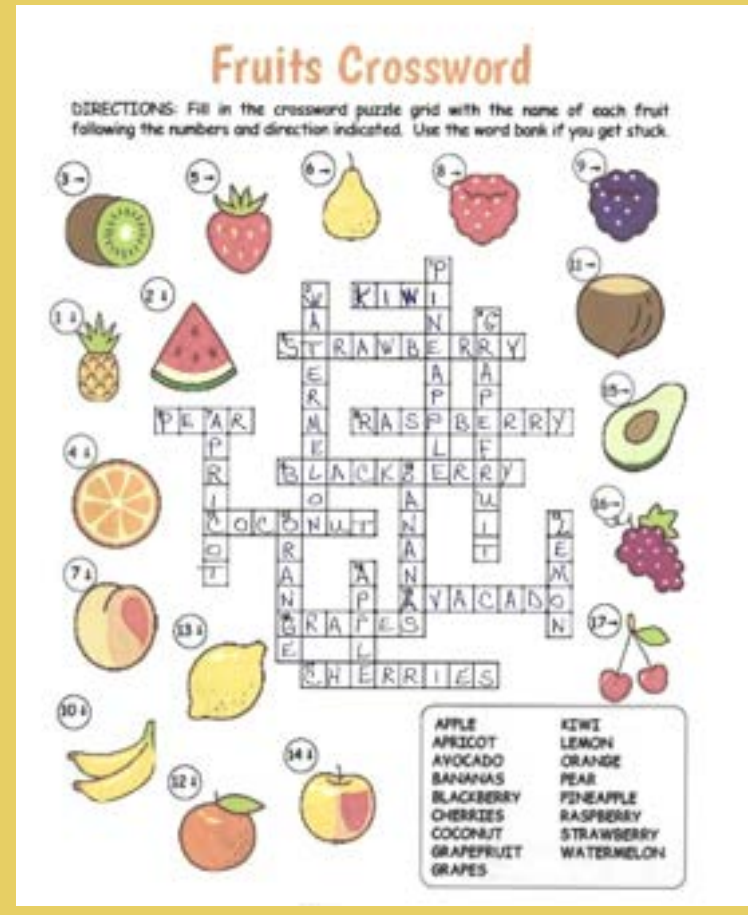
**Skål Night: August 9, 6 PM - 8 PM, Nordia House, \$5-15.** Ridgewalker Brewing & Wyrld Meadery offering tastings with the option to purchase their products. This is a family friendly event but you must be 21 years or older to drink alcohol.

**Forest Bathing: August 9; 6:30-7:30 PM; \$6-15; Nordic Northwest Campus.** Friluftsliv [free-loves-liv] is the Norwegian philosophy of open-air living or disconnecting from daily stress. What better place to do that than at Nordic Northwest. You will walk through the grounds with arborist and forest-bathing leader Dustin Marchello.

**The ABBAgraphs: August 12, 2023, 7 PM, doors open at 6 PM, Nordia House, \$20-40.** The ABBAgraphs, an internationally acclaimed ABBA tribute band,

**Viking Beer Fest: August 25-26, 3:00-10:00 both days, grounds, \$39-\$59.** 2 day Festival including beer tasting,, re-enactments, activities, vendors, & entertainment.





Thank you to all who helped with August's Newsletter. Your input is always welcome & important.