



HAPPY NEW YEAR SISTERS



JANUARY SKIING IN NORWAY

2023

AGNES MATHILDE WERGLAND
LODGE #52
WILLAMETTE VALLEY, OREGON
THIS MAY BE VIEWED BY THE PUBLIC

January Meetings



Zoom Board Meeting:

January 21, 2023-10:00 AM.

Amey will set it up. I will send an email reminder on Wed., Jan. 18th. ALL **Present & New** Board Members are required to be present. We will have a lot to discuss going forward.

Lodge Meeting

January 28, 2023-10:00 AM at Fletchall Hall (barring any unforeseen circumstances). Watch for the reminder on Wed., Jan. 25 for any changes. If you are an officer be sure to be there--this is the Installation of Officers & pictures!

EDITOR'S NOTE



We have made it through yet another year. Thank you so much for hanging in there with me & all the help you have given, as well as the feed back for the past years newsletters. Last January we were just starting this program, it is a free program & I like it so well I will be trying the purchased one (more choices). You will notice starting this month there are some changes that I am making, notably the Mark Your Calendar will no longer be a part of the newsletter. It has been a part of it from the beginning & I think we all know about the different days throughout the year by now (they don't change) & perhaps you can always check online (several sites) or check past newsletters if you need. Also I am taking out the Useful Links or at least revising it.

Some months we may have more recipes or fun pages, others may be more cultural information. So watch for the changes & I sincerely hope you enjoy our re-vamped newsletter. It will be a work in progress. PLEASE if you have ANY requests or suggestions let me know. Also PLEASE remember to use the new email (I WILL remind you if you don't) so Kae won't have to forward everything.

Jean

paynejean6@gmail.com

January Celebrations

Loretta Searles Tucker...Birthday...Jan. 1

Karen Pierson...Birthday...Jan. 4



Celebrate Every Day

Stay Connected



Email: daughtersofnorway52@gmail.com

Face Book: <https://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 our in-person meeting pictures.

Tubfrim

Representative Shirley Bailey



Keep collecting those stamps!!

What is Tubfrim?

It is an organization that for over 90 years has collected used postage stamps & calling cards. They resell these to stamp dealers, private individuals & collectors in Norway & many other countries. The funds go to health & well-being promoting measures for healthy & disabled children & young people in Norway & to fight against Tuberculosis.

How to Save for Tubfrim

1. Collect only cancelled postage & used phone cards in good condition.
 2. Stamps that do not appear cancelled are accepted so please save them.
 3. Cut stamps off the envelope so that there is a slight margin from the stamp edge (ca. 1/2"). DO NOT cut off the perforations!
 4. If the stamps are found on an envelope or post cover over 50 years old-DO NOT cut it off, instead, the entire envelope should be sent.
 5. Damaged stamps or phone cards are not accepted, they are worthless.
 6. Stamps can come from any part of the world. Bring any saved stamps to an in-person meeting & put in the box provided on the Welcome Table.
- They are collected yearly at the end of the October meeting.**

Who Is She?

December was **Sue Scott**. Won by Kae Ellingsen. Kay won a jar of Christmas candy received at the December get-together. Second place was Kathy Solheim.

I cropped the picture so you can see the face better. Can you get it! Email me with your guess & the first email with the correct guess will receive a small prize at the January Meeting. You must be there to claim a prize. You may guess numerous times up to 8:00 the evening before the get-together. So you have a lot of time to guess-lets have a winner.



Door Prize & Tables

Maintained by Sue Scott

Door Prize: an item or items donated by a member. A free drawing; just for coming Members put name on back of ticket & place in container (on Welcome Table) when they sign-in. Drawing is at end of the meeting.

Sale Table is just that-items members have DONATED to be sold-the proceeds go to the Lodge. These items do NOT have to be Scandinavian, anything is fine. Be sure to mark it with a price, your name & the month when it was donated. If it is there 3 months & you don't take it back it can be used on the Raffle Table or as a Door Prize or donated to St. Vinnies. Please no IOU's (it messes up our bookkeeping). You may ask Sue to hold an item until a future meeting.

Our Raffle is usually 3 choices with 3 or more items (all donated by members). Tickets are purchased at \$1.00 each or 6 for \$5.00 before the meeting or at the break. The drawing is at the end of the meeting.

We need more items for the Door Prize & Raffle Table!
Something fresh for the Sale Table would be nice too!



Lutefisk and Meatball Dinner

Sunday, January 29th

1:00, 2:30, or 4:00

All you can eat "family style" Lutefisk, Meatballs, Potatoes,
Coleslaw, Rolls, Flatbread, Lefse and Prune Pudding.

Coffee, Tea, and Milk as well!

Takeout orders available. All sales in advance!

\$40 for adults, \$20 for kids under 12

Tickets must be reserved by 1/20/2023

Credit/Debit: <https://sonjalodge.org/events-fundraising>

Cash/Check: email lutefisk@sonjalodge.org

Or leave a message at 541 344-1064

Sonja Lodge Sons of Norway 710 McKinley St. Eugene



Check It Out

[Daytona Danielson](#): suggested by Linda, Jill & Jean-sign up for her Newsletter "A Place at the Table". She has several cookbooks, has an interesting story, & good recipes. <https://daytonadanielsen.com/>

[What Nordic People Do to Stay Happy During the Winter Months](#): A nice article to read especially if January finds you fighting the "Blues".

<https://medium.com/wholistique/what-nordic-people-do-to-stay-happy-during-the-winter-months-e98c36ff5711>

Member News

Lise Loken: Greetings from Norway, hoping you are all safe. We are thinking of you all from across the Waves of the Atlantic and the land of the USA.

Henry and I attended the funeral of Asbjorn Ystebo (1) in November. He is the man who had the idea starting an emigration center at Sletta on Radoy Island in Hordaland, near Bergen.

He is the giant, who organized, took down, marked, packed into large containers, and shipped on train and ship the Emigrant Church' Emigrantkirken at Radoy.

He has received an St. Olav Medal from King Harald for it. King Harald and Queen Sonja visited Western Norway Emigration Center in Hordaland, Norway.

Carol Nielsen: went to Scan Fair early December & saw her nephew, Greg Nielsen, making Aebleskiver (2), ran into Kathy Solheim (3), & saw Debbie as a finalist for The Scandinavian of the year (4)!

Shirley Bailey: fell at Big Lots on Dec. 12 & after an ambulance ride to the emergency room discovered she had broken her shoulder at the socket. She is currently wearing it in a sling & hoping for it to start mending without surgery. So prayers for her quick recovery. (5)

Traci Garets: Traci posts often on Face Book & it is so helpful, hope you don't mind me picking it off & using it in the newsletter. She & Steve were able to spend some time with their granddaughter at Christmas time (6-8). They are now enjoying a vacation in Mexico. (9)

Marlene Turner: Has asked for prayers for her son-in-law, Royce who has ALS (Lou Gehrig's disease). They have 4 small children & Marlene & her husband have been spending most all of their time at her daughters home helping with everything, especially the children.

Kae Ellingsen: Originally planning to drive to my daughter's house in Yelm on the 23rd, we waited a day due to the icy roads. On the 24th, it was sleeting, raining and windy and we were glad to arrive in one piece! My daughter Karin and son-in-law Sverre made delicious baked halibut for Christmas Eve dinner and a wonderful prime rib roast for Christmas Day. Last year Karin made us lutefisk -- she said she was very happy not to do that again this year. The power went out on Christmas Eve for about an hour, thanks to some vandals. Good thing dinner was already done! We also were delayed one day on our return trip because we had gusts of 55mph winds in Yelm. The drive home was smooth and mostly uneventful, thankfully. Happy New Year to everybody!! Picture: Esvanya wanted to help Marley and me make krumkake, which she called "boomkake". (10)



1



2



3



4



5



6



7



8



9



10

LODGE NEWS

ONLY 8 OF US SHOWED UP FOR OUR DECEMBER COOKIE EXCHANGE GET-TOGETHER, BUT WE HAD AN ENJOYABLE COUPLE OF HOURS JUST VISITING. TRACI HAD GONE TO SCAN-FEST THE WEEKEND BEFORE & BROUGHT SOME ITEMS SHE BOUGHT TO SHARE. THE TOMTE GINGERBREAD HOUSE MOLD WAS MOST INTERESTING. TRACI ALSO SHARED SOME EXPERIENCES OF HER TRIP TO SCOTLAND, IRELAND & THE NETHERLANDS WHICH SPARKED A GOOD DISCUSSION ON GENEALOGY. WE DIDN'T DO ANY SINGING BUT THE VISITING WAS WONDERFUL. JEAN GAVE KAE THE PRIZES FROM NOVEMBER (A CANDLE HOLDER, CANDLES & GODIVA CANDY BAR) & DECEMBER (A CHRISTMAS JAR WITH VARIOUS CANDIES) "WHO IS SHE" NEWSLETTER CONTEST. TRACI BROUGHT THE KRANSEKAKE (FROZEN FROM FESTIVAL) THAT WE BROKE UP & SHARED (STILL GOOD BY THE WAY). WE ALL TOOK COOKIES HOME & AMEY MADE A BAG FOR MARIE, MARGIT, & EDLA (HEALTH REASONS THEY COULD NOT COME.) WHICH SHE WAS TAKING TO THEM THAT AFTERNOON. THANK YOU AMEY, SUCH A THOUGHTFUL GESTURE.

Jean, Linda, Traci, & Ellen



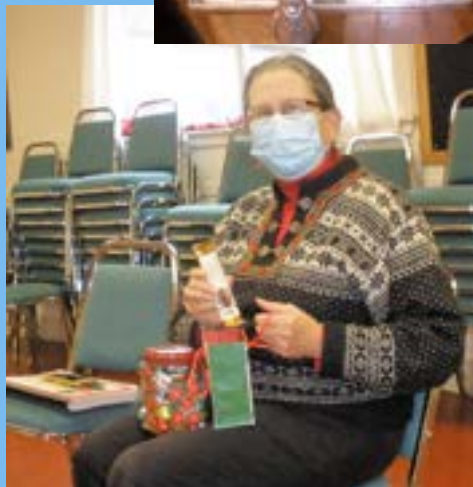
Jill & Amey



Traci sharing, Ellen & Jill



Tomete
Gingerbread
House



Kae with Nov. & Dec. prizes



Cookies & Traci's Krumkake



Culture

fika history

The word fika originated from the 19th century word kaffi (coffee) – then Swedes switched positions of the two syllables and removed one f.
kaffi -> ffi-kä -> fika

During the history of Sweden, coffee had been banned several times. Some Swedes didn't follow the rules and had to come up with a secret word to meet for "kaffi".

Ingvar

Submitted by Candice Watson



Young Swede, Ingvar Kamprad, had a dream to create a better life for as many people as possible, no matter the size of their wallet. It started when he wanted to help his family during the depression and in 1931 at just 5 years old he started selling matches. He soon expanded his business to include fish, Christmas cards, magazines and garden seeds. He borrowed his mother's bike to reach as many people as possible until he earned enough to buy his own. He figured out ways to make a profit for the family and create lower prices for his customers. At 14 he moved to boarding school where he kept a stack of pens, watches, wallets, and belts under his bed to sell to his fellow students. Since he did so well in school, at graduation, his father rewarded him by paying the registration fee and signing a legal consent, since he was not yet of age, to set up his own firm. He named his company from the initials of his name, Ingvar Kamprad from Elmtaryd (the farm he grew up on), Agunnaryd (the nearby village). So IKEA began in 1943. He continued his business as a direct import, mail order business all through college. Furniture debuted in his 1948 brochure. And that is the story of how a young boy from Sweden became a teenage founder of a global enterprise.

Finland's Nokia

Submitted by Candice Watson



Nokia is an internet communication and information technology company that started as a pulp mill in Espoo, Finland in 1865. Mining engineer Frank Idestrom started the mill on the shore of the Tammerkoski rapids near Tampere. He opened his second mill in 1868. Frank retired in 1896. By 1922, the company partnered with Finnish Rubberworks and The Cable Factory. The three companies merged in 1967 and restructured into four businesses; forestry, cable, rubber, and electrodes. After another restructuring in 1977 they became the third largest TV manufacturer of Europe. In 1982 they launched their first car phone. They had the first international cellular network and they were the first to allow roaming. In 1996 they manufactured the first mobile phones with stereo and subwoofers. Between 1998 and 2008 they were the largest vendor of mobile cell phones worldwide. In 2014 Microsoft bought Nokia's mobile phone business. In 2016 they returned to the mobile phone market through patent licensing for most all of the largest mobile phone companies. As of 2018 they were the world's 3rd largest network equipment manufacturer. Today they evolve networks, develop new products, and conduct research in AI, machine learning, and autonomous transportation. Their culture and operating principles still reflect on their Finnish roots. Their Labs hold many records in innovation, including 9 Nobels. They have 87,000 employees in 130 different countries, including three in Finland. They account for 4% of the country's GDP and 21% of exports and are on "Finland's most attractive employer" list.



**Happiness is a place
between too much and
too little.**

- Finnish proverb



Legos

Submitted by Candice Watson



yes, those are actual people in the picture!

This past year Lego celebrated their 90th birthday. The company was passed from father to son and now grandchild. They started in Billund, Denmark by Master carpenter and joiner, Ole Kirk Christensen when he started making wooden toys in 1932. In 1934 he got the name from the Danish phrase "leg godt", meaning "play well". Their motto, "det bedste er ikke for godt", strongly believed by Ole, is roughly "only the best is good enough." Created to remind employees never to skimp on quality. In 1949 they made their first plastic brick after buying his first plastic molding machine in 1946. Ole's Son, Godfrey, developed the " system " of play. They soon cut out the rest of the toys and concentrated on the interlocking blocks. In 1958 the modern Lego brick was patented. They opened their first Park in Billund in 1968. Although already marketed to children from age of three to 14 they expanded the toys to include toddlers (duplo bricks) and older teens and adults (themes). They have issued a video game, movies, and TV series. They've added Braille, robotics, plant-based plastic, and recycled plastics to their product line. Lego was named toy of the century and has been ranked as the world's most powerful brand. In May 2011 the space shuttle endeavor brought 13 Lego kits to the international space station. The largest model ever created was in New York made of over 5 million bricks; a 1:1 scale model of an X-Wing. Other records have also been a 112 ft Tower and a 4 km railway.

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A man too busy to take care of his health is like a mechanic too busy to take care of his tools.

DANISH PROVERB

SHACONDESQUIER.COM

"Snowshoe Thompson"

<https://visitcarsonvalley.org/snowshoe-thompson-mailman-sierra/>

Norwegian Jon Torsteinson Rue, a.k.a. "Snowshoe Thompson," from Telemark County, emigrated to the U.S. at age 10 and maintained the only winter mail route over the Sierra Nevada Mountains, from 1856 to 1876, on "snowshoes" (we call them skis today). In the 20 years that he carried mail and small articles which sometimes weighed as much as 100lbs in the pack upon his back twice a month during the winter, he experienced several adventures that would challenge the heartiest of men. Taking three days to reach the Town of Genoa from Placerville and only two days upon return, he was never lost while traveling even at night. There are several books including children's books written about him. Check Amazon.



FUN PAGE

LEXOPHILES

Although not in the dictionary, it is reported that "Lexophile" describes a person who loves sentences such as, "You can tune a piano, but you can't tuna fish," and, "To write with a broken pencil is pointless."

An annual competition is held by the 'New York Times' to see who can create the best original lexophile.

- **A thief who stole a calendar got twelve months.**
- **When the smog lifts in Los Angeles, U.C.L.A.**
- **I got some batteries that were given out free of charge**



HAPPY NEW YEAR





ACROSS

- A mechanical or electrical device for measuring time.
- First month of the year.
- All the descendants of a common ancestor.
- the point in time at which something starts.
- Low explosive pyrotechnic device used for entertainment purposes.
- A social gathering of invited guests.

DOWN

- January 1st
- A white sparkling wine associated with celebration.
- A firm decision to do or not to do something.
- Counting numerals in reverse order to zero.
- A person one knows and with whom one has a bond of mutual affection.
- Twelve o'clock at night.

JOKE OF THE MONTH (Månedens Vits)

.Facts about staying healthy:

1. If walking/cycling is good for your health, the postman would be immortal.
2. A whale swims all day, only eats fish, drinks water and is fat.
3. A rabbit runs and hops and only lives 15 years.
4. A tortoise doesn't run, does nothing ..yet lives for 450 years.

AND YOU TELL ME TO EXERCISE!

I don't think so ...

Incredible.



HEALTHY FOOD

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

- | | | |
|----------|------------|------------|
| Milk | Avocado | Artichokes |
| Yogurt | Cantaloupe | Ginger |
| Apple | Raspberry | Spinach |
| Banana | Tomato | Squash |
| Broccoli | Cranberry | Garlic |
| Cherry | lemon | Peanuts |
| Cheese | Lime | Shellfish |
| Bread | Fig | Salmon |
| Apricots | Onion | Crab |



Food

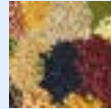
Food Days

Submitted by Candice Watson

The holiday season has coming to an end, and you may, like most, feel you overindulged a bit the last month or two. So, after you celebrate **National Hangover Day on January 1st**, you've had your last gorge out at a **Buffet on January 2nd**, eaten your last **Chocolate Covered Cherry**



and **Tossed Out that Fruit Cake on January 3rd**, you can commit to a healthier January starting on **National Keto Day the 5th. National Bean Day on the 6th**



is a good start for a

healthier protein choice and maybe try some **Apricots** instead of those candies and cookies **on the 9th. Celebrate National Hot Tea Day on the 12th**



with a slimming herbal tea or a healthy

green tea. Enjoy a good healthy **Curried Chicken** for supper that same night. Instead of a cookie exchange, plan a **Soup Swap on the 15th. National Popcorn Day**



is the 19th, and

popcorn is actually a very good light snack if you skip the loads of butter. You can replace the butter with a light spray of butter flavored nonstick cooking spray, it's a lot lower fat and helps the salt or seasoning stick. For **National Granola Bar day on the 21st** make a good high protein low fat choice. If your diet food is getting really boring, you could spice it up with a bit of **Hot Sauce Day on the 22nd**. Dress up your celery with a little bit of peanut butter on **National Peanut Butter Day the 24th**.



Be proud of yourself and find a tasty juice on **National Green Juice Day**

on the 26th (see recipe) to round out your month of healthier eating.

Green Juice

<https://simpleveganblog.com/4-ingredient-fall-juice/#tasty-recipes-9251-jump-target>

Ingredients

- 6 apples
- 2 oranges
- 4 cups Swiss chard (145 g)
- 2 celery sticks



Instructions

1. Wash all the ingredients.
2. Peel the oranges.
3. Chop the fruits and veggies.
4. Put everything through the juicer.
5. Strain the juice for a better texture

Notes

- If the fruits and veggies are not organic, you should peel them.
- Feel free to use or add other ingredients if you want.



Word List for New Year Crossword Puzzle on Pg. 8

- | | | |
|---------------|------------------|---------------|
| 2. clock | 11. fireworks | 4. resolution |
| 8. January | 12. party | 5. countdown |
| 9. family | 1. New Years Day | 6. friend |
| 10. beginning | 3. champagne | 7. midnight |

Swedish Bean and Bacon Soup

<https://www.womansday.com/food-recipes/food-drinks/recipes/a9412/swedish-bean-bacon-soup-120680/>

INGREDIENTS

- 6 strip bacon
- 1 c. chopped onion
- 7 c. chicken broth (from cubes)
- 2 c. Sliced Carrots
- 1 tsp. dried marjoram
- 1/2 tsp. ground allspice
- 1 small bay leaf
- 1 can small white beans
- 1 can Great Northern Beans
- 1 can navy beans
- 1 large potato
- 4 c. Shredded cabbage
- sour cream & bacon bits



DIRECTIONS

1. Cook bacon in a 5-quart pot over medium heat 5 minutes or until crisp. Drain on paper towels. Pour off all but 1 tablespoon fat.
2. Sauté onion in fat 4 minutes or until soft. Add broth, the carrots, potato, bacon, marjoram, allspice, and bay leaf. Bring to a boil, reduce heat, cover, and simmer 20 minutes.
3. Add cabbage and boil gently 10 minutes or until vegetables are tender. Discard bay leaf. Using an emulsion blender just a little makes a creamier soup. Top servings with sour cream & bacon bits.

I made this for Christmas Eve dinner-very good but made a few changes to the original & no cabbage.

Judy's Recipe Corner

Judy sent me a lot of recipes months ago that were used for a Sons of Norway project. This was one of them submitted by Kae Ellingsen.

Løk med Ostesaus (Onions with Cheese Sauce) - Serves 4

Ingredients:

- 6 onions, medium (I use yellow onions)
- 1 tsp. salt
- 3 Tbsp butter (softened; I use salted butter)
- 1 tsp. paprika
- 3 Tbsp flour
- 1 tsp. curry
- 1-1/8 cups coffee creamer (I use heavy whipping cream)
- 3 Tbsp breadcrumbs (I use Panko)
- 1/2 cup cheese, Jarlsberg or Gouda (I use Jarlsberg)

Directions:

Cut onions and boil onions until tender. Place in a 2-1/2 qt. baking dish.

Make white sauce using butter, flour and the cream.

Add grated cheese, salt, paprika, and curry and pour

over the onions. Sprinkle with bread crumbs and bake uncovered at 350° F for 15 minutes.



*Thank you to all who helped
with January's Newsletter.*

*Your input is always
welcome & important.*



*Wishing each of you a Blessed, Healthy, & Happy New Year
Your Editor, Jean*