



Daughters of Norway

(Døtre Av Norge)

Hulda Garborg Lodge #49



October 2025
oktober 2025

Founded August 29, 2009

My Dear Sisters From Lodge President
Sheryl Zinsli szinsli865@aol.com
949-436-0071

Hello sisters,

September is coming to a close and we as sisters have learned at our September meeting about Sami mythology. We shouldn't take our garbage out at night because we'll attract trolls or we shouldn't whistle because that's how trolls attract each other. Boy am I in trouble because I take my garbage out at night and I call my foster dogs back into the house by one quick whistle!

Hopefully you were able to attend our Zoom meeting in September where we learned even more on mythology from Helen's presentation. Thank you, Helen for doing that presentation. It was a great presentation and I've had several sisters send

me little notes saying how much they enjoyed it.

The Vista Viking festival was the third weekend of the month. Saturday we had sunny, very warm weather and then Sunday we actually had rain which was very refreshing. The fiber arts group did well and visitors seem to really enjoy the Rosemaling display.

The Rosemaling classes are starting up again so if you are interested in learning contact Astrid Fisher.

Viking festival is over and now we can rest until our April Heritage Fair in Mission Viejo hosted by Turid Jespersen Daughters of Norway. We will be having a table at this fair to sell our crafts and cookies. We sold out of the cookies our lodge sisters baked this last year during the heritage fair.

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Barbara F. and Sheryl manning genealogy booth.

Hulda Garborg Lodge #49

**Meets at Fallbrook Regional Health District
1636 E. Mission Road • Fallbrook, CA 92028**

Correspondence:

Melissa Resnick, Secretary
P.O. Box 3006 • Fallbrook, CA 92088
maresnick@aol.com

3rd Saturday of each month

General Meeting 10:00 am

Program 11:00 am

Happy Birthday! **Gratulerer med dagen!**

♥ Erin 2 Oct. ♥ Joy 3 Oct.

♥ Laila 3 Oct. ♥ Autumn 5 Oct

♥ Danielle 5 Oct. ♥ Janna 14 Oct.

♥ Debra 30 Oct.

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Mine Kjaere Søstre Fra Lodge Prez cont'd

Our book club is starting their fourth book for the year if you're interested in joining in (they meet on zoom) contact Margaret Dewey for more information.

Our big news is it that very shortly we will be updating our Facebook page!!

*Med vennlig hilsen,
Sheryl*

BOOK CLUB -

At our last zoom meeting, it was decided our next book would be Old World Murder by Kathleen Ernst. This is book one of the Chloe Ellefsen Mystery series.

I hope you will join us in reading Old World Murder

Margaret Dewey
dwe3tmj@aol.com • 951-217-9268

“Norway Beyond the Nutshell”

Daughters of Norway received a communication from the Rick Steves Travel Company

"Hello, Daughters of Norway organizers!

My name is Gabe Gunnink, and I'm reaching out on behalf of Rick Steves' Europe to invite you and your Daughters of Norway members to a free virtual travel event exploring “Norway Beyond the Nutshell.”

On **Monday, October 6**, Norway tour guide Pål Johansen will offer a virtual tour of Norway's less-explored destinations — from seaside Ålesund and the Norwegian Riviera to the Gudbrandsdalen Valley wreathed with national parks. Along the way, Pål will share travel tips and stories, and at the end, he'll answer questions from the audience.

The event will begin at 9:00pm Eastern / 6:00pm Pacific and last about 70 minutes. It's completely free to join, and you can register here: https://us06web.zoom.us/webinar/register/WN_1Rnocf1FQ3Oyq7141odefw#/registration

I believe the members of the Daughters of Norway will find the show fun and informative, so I hope you'll consider sharing it with them. If you have any questions about the event, please let me know — and we hope to have you join us soon!"

Viking Festival photos: Below: Laurel and her 2 Foreign exchange students, from left, Famka from the Netherlands and Emma from Norway. See more photos are on p. 4



Above: Laurel (at right) helps teach knitting; right: Fiber group table and Barbara Felder in her Viking dress



Cultural Programs

Danielle Carlson

October: Barbara Felder will share about her trip to Norway and the interview she did in Norway about the 200th anniversary of the Restauration sailing.

November: I will show you a demo of how to make Norwegian brown cheese and will bring some to the meeting!

December: Christmas luncheon - no cultural program

Hulda Garborg Lodge Recipe File



The *skillingsbolle* is a Bergen favourite pastry. It's enjoyed both as an everyday snack and at parties. It is found throughout Norway but the real skillingsbolle originates from Bergen. It originally had raisins but during WWII due to shortage of supplies they were left out.

This pastry was a popular German pastry that the Hanseatic League brought to Bergen in the 16th century and has been popular for over 500 years

now. You should never leave Bergen without having devoured at least one.

Do you have a favorite family pastry? Please share the recipe with our lodge and we will add it to our lodge recipe file.

Next month a brief history of Kringle.

Forget the wild-haired savages. Here's what Vikings really looked like

Hollywood has gravely distorted our image.

By [Mihai Andrei](#) [September 11, 2025](#) in [Archaeology](#), [News](#)

The first true portrait of a Viking has emerged from a museum drawer after 200 years, and it's absolutely not what you expect. A curator at the National Museum of Denmark has rediscovered a tiny, 10th-century ivory figurine, a stunningly detailed carving of a man with an ornate hairstyle, a braided goatee, and a shrewd expression. This intriguing gentleman had his portrait fashioned into the "king" of a chess-like board game popular with Vikings.



Curator Peter Pentz made the finding, which is now hailed as a landmark discovery that counters the brutish stereotype and offers a rare, intimate glimpse into a world of sophisticated and meticulously groomed Norse elites.

To read the rest of this go to <https://www.zmescience.com/science/archaeology/forget-the-wild-haired-savages-heres-what-vikings-really-looked-like/>

Submitted by Diane Gravlín

Vesterheim News –

H.R.H. Crown Prince Haakon visits Vesterheim on October 6!

You are invited to join Vesterheim, Luther College, and the city of Decorah to welcome His Royal Highness Crown Prince Haakon of Norway to Decorah on Monday, October 6, 2025!

This historic occasion is part of the Crown Prince's official visit to the United States, celebrating the enduring ties between Norway and the U.S. and promoting continued collaboration in business, education, and culture.

In Decorah, there will be a street festival celebration on and around the Vesterheim campus beginning at 10 a.m. with musical performances, folk art demonstrations, and food trucks. Admission to the museum will be free the entire day. Activities include a public ceremony and ribbon cutting for The Royal Family Samlingshall (Gathering Hall) in Hanson Vesterheim Commons, featuring remarks from His Royal Highness Crown Prince Haakon.

Following the ribbon cutting, the Crown Prince will give remarks at the Luther College Celebration Convocation.

Mark your calendars! More information to come about the festivities in Decorah.

[Stay up to date on the event and enjoy this historical information about the Norwegian Royal Family and their visits to Vesterheim.](#)

Submitted by Joy Cook

Below: Damekor with the Samis; right and bottom: Sami encampment at the Viking Festival.



Ruth Mowat celebrated her 100th birthday September 28 with family and friends. Ruth had shared her Dotre with her friends and they recognized me and came over to day hello. She was also recruiting for our DON!!!

Submitted by Joy Cook

Below left: Ruth and family with her cake; below center: Ruth blowing out her candles; right: Joy with Ruth.



Fun Facts

Finnish

"Ei ole koiraa karvoihin katsominen."

Translation: "Don't judge a dog by its fur." This saying encourages people to not judge solely on outward appearances.

Swedish

"Man ska inte sälja skinnet förrän björnen är skjuten."

Translation: "Don't sell the skin before the bear is shot." This proverb suggest that people shouldn't make assumptions or plans based on something that hasn't happened yet.

Norwegian

"Det er ikke bare bare."

Translation: "It's not only only." This saying conveys that something is not as easy or simple as it may seem.

NORDIC COOKING FOLK ART COURSES

THROUGH VESTERHEIM

For more information go to <https://store.vesterheim.org/collections/nordic-cooking-folk-art-courses>



2025-11-01 – Cozy Up with a Bowl of Trøndelag's Iconic Regional Dish: Sodd! (Online)

Schedule: November 1 (10:00 am-Noon CT) Instructor: Nevada Berg Location: This is an online class hosted on Zoom. Join celebrated cook and author Nevada Berg in making Trøndelag's most beloved festive dish – sodd! A hearty soup made with lamb, small meatballs,...

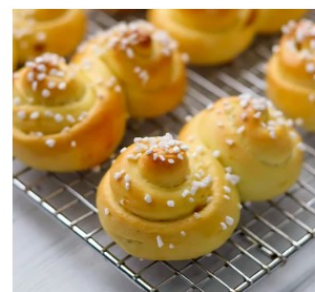
from **\$30.00**



2025-11-15 – Pancake Tarta (Online)

Schedule: November 15 (3:00-5:00 pm CT) Instructor: Patrice Johnson Location: This is an online class hosted on Zoom. "Crepe cakes" have been all the rage for a few years now. Join us to create two Nordic versions of this fun...

from **\$30.00**



2025-12-06 – St. Lucia Buns (Online)

Schedule: December 6 (1:00-2:00 pm and 3:00-4:00 pm CT) Instructor: Kristi Bissell Location: This is an online class hosted on Zoom. Celebrate the light during the darkest time of year with a cozy and festive baking class featuring St....

from **\$30.00**