



January 2026  
januar 2026

# Daughters of Norway

(Døtre Av Norge)

## Hulda Garborg Lodge #49

Founded August 29, 2009



**My Dear Sisters From Lodge President**  
Sheryl Zinsli [szinsli865@aol.com](mailto:szinsli865@aol.com)  
949-436-0071

Happy New Year Sisters,

I hope everyone had a wonderful holiday season. I know I had a houseful at Thanksgiving with my daughter, son-in-law, brother, and sister-in-law visiting. It was wonderful to see them. My brother told me that I was not to spend any time in the kitchen during Thanksgiving. He took us out to dinner and then we drove the seven blocks of Christmas decorations that are right around the corner from my house afterwards.

We had a lovely brunch at Margaret's home for our Christmas celebration. Lots of good food, laughter, and definitely good company. We were a small group because unfortunately it looked like the flu and cold season hit our membership. We got several cancellations from sisters who were down in



**Happy Birthday!**  
**Gratulerer med dagen!**

♥ Daphne 4 Jan.

♥ Laurel 27 Jan.

bed. I hope everyone is healthy now and ready to go for the new year.

Our January meeting will be the installation of some new officers. If you are attending, feel free to wear your bunads to help celebrate the occasion, I will be in my bunad. We will also have our normal pot luck afterwards.

I'm looking forward to this next year and the cultural program/trips that are being planned. Until the meeting:

Takk, i like måte! Godt nytt år til deg også! Ønsker deg også alt godt og en fantastisk start på 2026! Må det nye året bringe masse glede og lykke!

*(Thank you, in equal measure! Happy New Year to you too! Wishing you all the best and a fantastic start to 2026! May the new year bring lots of joy and happiness!)*

Sincerely,  
Sheryl

### 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](mailto:maresnick@aol.com)

#### 3rd Saturday of each month

General Meeting 10:00 am  
**Program 11:00 am**

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## 2025 Christmas Brunch December 20



Above: Barbara J. and Joy at food table; below: from left: Jody, Linda, Sheryl and Barbara F.



## 2026 Membership Dues

It is that time of year again. Your 2026 Membership fees are due in January. Our goal is to have all membership payments received by January 31st.

**Checks for \$38 are to be made out to DON Hulda Garborg #49. Or you can make payment through Zelle to DON Hulda Garborg #49 .**

Thanks in advance for your prompt attention.

Payments can be made at our meeting or sent to

Margaret Dewey  
24089 Crowned Partridge,  
Murrieta, CA 92562.



Left: Margaret D. and Joy; above left: Barbara D., Barbara J., Helen and Sarah,; above Joy, Helen, Margaret G. playing games; top, right: left to right, Sarah, and Margaret D. look on as Sheryl takes her turn.

# Spritz for Christmas

By Judy Lucas

Christmas traditions are important in my family. One of the most delicious traditions is Christmas cookies. My Mor mor treasured the tradition of baking seven kinds of cookies. My mother was sure to bake dozens of spritz in the shapes of trees, wreaths, snowflakes, camels, and more. I confess, we loved spritz so much that we baked them all year long. Need cookies to take to school or work? Spritz to the rescue! Who doesn't love a melt in your mouth fresh spritz cookie? My mother's 1950's Mirrow cookie press was cherished and well used.

Generations of bakers in my family used cookie presses just like my mother's Mirrow cookie press. Some of those cookie presses were bought at antique stores as I could no longer find the Mirrow cookie press in regular stores. The new models were difficult to use because of aging hands.

This Christmas found my family members scattered across the United States. My son James (*at right*) invited me to spend Christmas day with him. He planned a menu of ham, macaroni and cheese, Brussel sprouts, pickled beets, and homemade pumpkin

pie. He prepared most of it in advance to accommodate the fatigue that accompanies his Multiple Sclerosis. The high point of the day was baking spritz together. For the occasion, he had purchased a new OXO Good Grips cookie press from Amazon. This cookie press is easy on the hands! It operates by a ratcheting system. I share this with you, my dear sisters, because I want you all to be able to bake these delectable cookies inspite of limitations brought on by age or sore hands and fingers.

In truth, James did all the work. I kept him company at the table where he was working. I munched on crackers and smoked oysters while he pressed dozens of cookies. For a little while we were

in our own little world: mother and son focused on each other over a time honored tradition. At the end of the day, James sent some cookies home with me. They remind me of the time spent together and the passage of traditions. Once I was the cookie baker for a young family. As the children grew they liked to put colored sugar sprinkles on the cookies. Then they wanted to press the cookies out themselves. When they became young adults, they each got their own cookie press. This Christmas I became the one who watched as my son used a modern version of the cookie press of my childhood. Time races on. Fortunately for me, the spritz cookie tradition has been carried into the present. My Mor and Mor mor would be so pleased.

See page 5 for Spritz recipe.



*baked Christmas tree cookies*

# Scandinavian New Years Traditions

Submitted by Sheryl Zinsli

## Norway

- o **Royal Addresses:** Tune in for the Monarch's speech.
- Food & Luck: Enjoy riskrem (rice pudding) with a hidden almond for good fortune. Their dinner preference is usually turkey, or fish.
- o **Fireworks:** Large displays, often with individual fireworks allowed in public spaces.
- Costumes: A "Halloween-like" tradition (Nyttarsbukk) where people dress up and visit friends.

## Sweden

- o **Poetry:** Listen to the recitation of "Ring, Out, Wild Bells" (Ring, o, vilda klockor) at midnight.
- o **Fireworks:** Spectacular public displays, especially in Stockholm.  
**Cheers:** Toast with champagne and shout "Gott Nytt År!" (Happy New Year)  
many Swedes watch a showing of the 1969 British slapstick show *Grevinnan och betjän ten* (in English this translates to "Dinner for One / The Countess and the Butler"), this is also broadcast in Denmark.

## Finland

**Tin Casting:** This is another less observed tradition known as the "uuden vuoden tina" which is the melting of metal as a way of telling the fortune to come in the New Year. Individuals who participate in this tradition choose a piece of metal to melt down and once in a liquid state it is tossed into cold water where it reshapes back into a solid. The shape of the new formed metal will predict future events that may happen in the following new year. For example: a ring = marriage, baby doll = children, coin = wealth.

**Big Bash:** Helsinki's Senate Square hosts large public celebrations with music and fireworks.

## Iceland

**Family Dinner** & watching Aramotaskaupio afterwards. the satirical comedy show *Áramótaskaupið* (The New Year's Eve Comedy Show) from 10:30 p.m. until just before midnight.

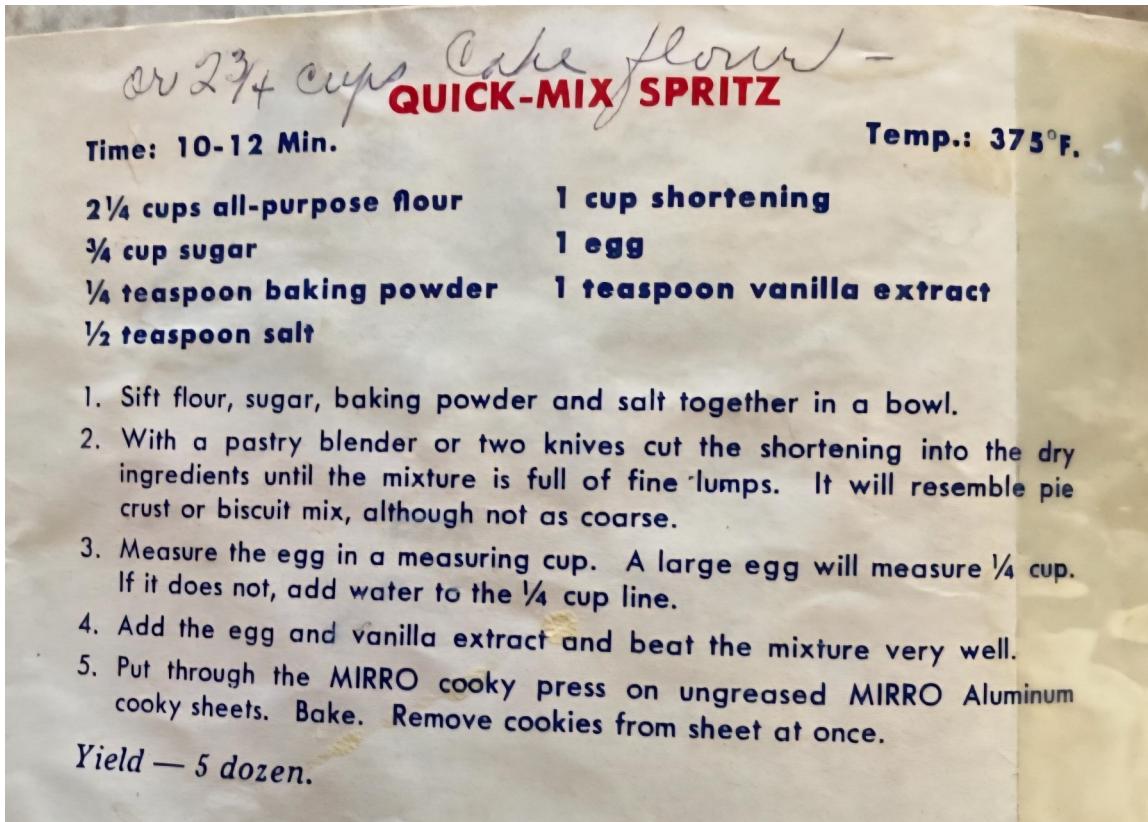
**Neighborhood Bonfires** (Brennur): Around 8 p.m. people head to large bonfires in their communities, singing and socializing, a tradition dating back to Viking times to ward off spirits.

**Fireworks Frenzy:** After the comedy show, the real fireworks begin, with locals lighting hundreds of tons of fireworks, creating a spectacular, chaotic display across the sky, especially around midnight.

**Midnight Cheers:** Church bells ring, and the sky erupts in light as the new year begins, often followed by a move to house parties or late-night bars.

*Continued at the bottom of p. 5*

Here is the spritz recipe I use. This is the recipe that came with my Mirrow cookie press sixty years ago. That recipe book includes chocolate spritz, almond spritz, sugar cookies, and more. *Judy*



## Scandinavian New Years Traditions *continued*

### Denmark

- o **Royal Addresses:** Watch the King's and Prime Minister's speeches on TV.
- o **Dinner** is often duck or cod, with champagne toasts enjoyed with good company.
- o **Jumping In:** After dinner they watch the countdown from Copenhagen and they leap from a chair or sofa at midnight to jump into the new year.
- o **Plate Smashing:** Break old plates on friends' doorsteps for good luck.

### Sami

- o **Fires & Gatherings:** Celebrated with family gatherings, feasts (often featuring reindeer), and sometimes modern fireworks, similar to Finnish New Year's.

- o **Church Services:** Sámi-language church services are common in some areas, blending Christian and traditional practices.

**Reflection:** The time is generally reflective, focusing on the transition of seasons and the hope for renewal as light returns to the Arctic.

Sámi New Year is a blend of honoring ancestral spirits, connecting with nature's cycles, celebrating reindeer husbandry, and participating in broader Scandinavian New Year's festivities, all while reinforcing Sámi cultural identity

# No, Vikings Didn't Have Horns On Their Helmets – Here's The True Origins of the Myth

Learn more about the Vikings, their lifestyle, and where the stereotypical horned helmet originated from.

Written by Sara Novak

Dec 26, 2025, 11:00 AM | 3 min read



Representations of Viking helmets (*Image Credit: Stig Alenas/Shutterstock*)

Throughout the last century, the Vikings have been depicted in so many inaccurate ways. They were male-dominated, brutal, homogenous, and, of course, they wore the infamous horned helmet. In reality, things were much less dramatic and, well horned helmets might have been worn, they weren't worn by the Vikings.

The Vikings were a seafaring group of Norse people who, in the early Middle Ages, explored, raided, and conquered other civilizations in and around Europe, as well as regions in the North Atlantic, including Iceland, Greenland, and Newfoundland, according to a report from Smith College. But perhaps even more interesting, the Vikings were not a homogeneous bunch, but rather, they were a mix of many North Germanic tribes.

“The word Viking is an occupation, not an ethnicity,” says Colin Connors, a postdoctoral fellow in the Institute for Archaeology, Conservation, and History at the University of Oslo. People living in Scandinavia at the time would not have used the term “Viking” to describe themselves; rather, they would have used it to refer to the Medieval pirates who raided villages.

“It was more of a job description,” he adds.

To continue reading go to <https://www.discovermagazine.com/no-vikings-didnt-have-horns-on-their-helmets-here-s-the-true-origins-of-the-myth-48426>