



Meetings



Board Meeting: 2nd Saturday, March 14, 10:00 am online .
Kae will send out a reminder on or near Wed. , Mar. 11
with log-in info.

General Meeting: 3rd Saturday, March 21, 10:00 am at
Faith Lutheran Church, 926 W 6th Ave., Junction City.
Kae will send out a reminder on or near Wed. Mar. 18



Fjords-awakening to Spring



After the Olympics



The Olympics were a big thing in Feb. so we are going to make it a theme for this month as well as St. Patrick's Day, which is not a Scandinavian "Day" but is certainly a USA "Day". There are trivia questions about the Winter Olympics as well as St. Patrick's Day with answers on the last page.

NAME DAYS & NAME MEANINGS

Celebrating March Name Days

Marie-March 25-Finnish, Norwegian, Swedish

Name Meanings

Candice: Greek & Latin meaning glowing, pure

Joan: Hebrew meaning God is Gracious

Calendar Name from Kae

Candice: Edvin / Tale

Joan: Aleksander / Edvard / Sander



In consideration of our Sensitive Sisters we are asking anyone coming to an in person meeting to please refrain from using/wearing scented products to the meeting-

PLEASE NO PERFUME

Thank you
Tusen Takk

Stay Connected

Email: 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 (Informasjon)

Updates



Services for Edla have been postponed indefinitely & will probably not be public. She was cremated & will probably be interred with her husband at The Willamette Park Memorial Gardens in Albany.



For Sue as yet undetermined except sometime in Spring at her favorite place at Foster Lake.

Lodge Trip

At our Jan. meeting we passed out ballots to vote on places to go & it was decided 9-4 we go to the Oregon Gardens. We now have the date... **May 16** & place **The Oregon Gardens**, near Silverton, OR. We will be car pooling. We will soon decide times & expenses. We will need to know who's going, so if you are interested please keep it in mind so you can sign up. Cost WILL depend on how many are going. See Feb. minutes for details.



Randi's Jacket



I have a brand new Levi jacket that I took apart and re-worked but it's now too big for me. You see I have lost 50 lbs and the jacket does not fit. It is a size 18 woman and I don't want any money ,only cleaning out the closet as it were! Since my boobs have also gone ,the jacket looks awful on me!

Our Broken Links

Lamae is currently working on making a plaque to commemorate & remember our Sisters who have passed. It will hang in our meeting room. Thank you so much Lamae.



Our Library

Managed by Shirley

will be open for you to check out books at our meeting. We have quite a few books including the complete series of Bill Sullivans' and some of Randis'. Be sure to check them out with Shirley.



Easter Cookie Decorating Class

Submitted by Lynn

I have 2 potential dates to teach Easter Cookie Decorating Classes, time TBD.

Sunday March 29th and/or Tuesday March 31st.

I can easily take 8 ladies at each class, but will need to know that you are definitely coming as I will need time to prepare the cookies and buttercream ahead of time.

Please contact Lynn for more info or to sign up.



Face Book



Our Face Book page will soon be up to Grand Lodge standards. Sue started it & did it until her passing. Jean is presently Administrator but does not want to take care of this on a regular basis. Amey has the Grand Lodge criteria that we are asked to observe & will share it. Kathy will be getting it redone, Kae will help & Lynn will back up as needed.

Information (Informasjon)

Faith Lutheran Church News

<https://www.faithlutheranjc.org/newsletters>

Giving Opportunities, Sisters we can also help. Bring donations to the Meeting. Our Marshall Lamae will see that they are put in the proper places.

Bunches of Lunches: (BOL) Leave your donations of fruit cups and/or applesauce cups in the blue tote in the hall.

Bring your empty egg cartons to the hall, Larry will deliver to Local Aid for use.

Help For Low Income Pets & their people. Collecting warm socks, hats and gloves for people on the street (neighbors in Christ), place your donations in the marked box in the fellowship hall. Also, pet food (Kitty and Fido didn't like the new food you bought?) donate it... I take opened bags! Sandy W.

Donate your returnable cans and bottles. Use the blue bags found in the parish hall.



I run fast on tracks but I don't have feet. What am I?

Our Favorite Winter Olympic Sports

Linda: Figure Skating. Individual is my favorite.

Randi: Skiing, down hill high jumps.

Carol: Figure skating, it's musical and beautiful!

Shirley: I really like down hill skiing best. I just like how fast they can fly down the hill.

Marcy: I like are figure skating for the the artistry and jumps.

Jean: curling, facinating how they control the stone.

Candy: couples figure skating, it's just beautiful.

Karen P: figure skating.



Stamps for the Wounded
<https://www.stampsforthewounded.org/>

Representative Shirley



KEEP COLLECTING & SAVING THOSE STAMPS!

We will continue saving stamps for *Stamps for the Wounded Project*. Please save all of your stamps & bring stamps to the meeting. The box to put them in will be next to the door. Or you can save them at home & bring them all at once to the October meeting.

Film Suggestions

Compiled by Amey from Meeting Questionnaires

Carol: "Song Sung Blue"

Lynn: "Now You See Me"

Linda: "Lincoln Lawyer"

Jill: "The Chaparone"

If you're in the mood for a series:

Linda: "Fallout"

Colleen likes "Justified", with its great characters, following US Marshal Raylan Givens as he delivers justice in Kentucky.

Kathy is revisiting the Little House on the Prairie series for a trip down memory lane.

Candice just finished "Firefly Lane" & is now reading the book.

Kae: Coming to Netflix on March 26th is Jo Nesbø's *Detective Hole*.

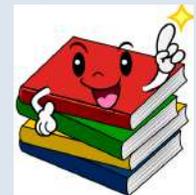


March 25
is International
Waffle Day!



Reading Suggestions

Compiled by Amey from Meeting Questionnaires



Lynn: "61 Hours" by Lee Child (a Reacher Book)

Carol: "The Betrayal of Anne Frank"

Linda: "Judge & Jury", a James Patterson/Andrew Gross book.

Member News (Medlemsnyheter)

Linda

Chewy sent me a lovely garden rock in memory of Pete. They're such a thoughtful company.



Kathy

Raven's Manor with my girlfriends...



Randi



Hi ya, I'm doing as well as can be expected for an 88 yr. 'young' whipper-snapper! I'm trying to catch up with my body and the doctor's yearly visits but that's easier said than done!!!

Currently, I have vertigo that won't go away and the phys.ther. can't figure out why it's lingering this long! I work with two of them and they have tried every maneuver known to them but alas- no change!!! Here I am -The Dizzy Dame Herself !! I don't dare drive when an attack of 'spinning' comes and that slows me down and I'm not liking that very much!

What can I say-Us 'ole ladies' are sooo special !!



Lynn
These 2 ladies, Colleen & Carol, did an amazing job decorating shortbread cookies with buttercream icing yesterday. I love seeing every individuals creativity in my classes, every cookie they make is truly an edible work of art. Great job you two!

Jill

My furry girls on a photo shoot with my son. Remi age 8 (light color 1/2 English bulldog & half German shepherd). Zeta, age 9 (brindle 2/3 Staffordshire terrier 1/4 Germ shepherd). Cool effects!



Jill

Started working at N W Natural Gas 55 years ago today! 2-8-71. Was there 36 years.



Traci

Sweet times with the in-laws as the fam gathers to say goodbye to Mike Garets (who'd passed before Christmas) at a Boise BBQ spot (where I took no photos) and later continued to fill this room at our hotel to watch the Seahawks win the Super Bowl.



Katrine

I've signed the lease to move into YaPoAh Terrace in Eugene, & will be moving in soon! Here's 3 of the baskets I sewed for Lydia's booth of her skin care line. Fabian and Hayes Wellness, now at Eugene Farmer's Market and at Eugene Saturday Market in April-- Fabianhayes.com



Lynn

I babysat my Grand Puppy, Xena, she is a 10 year old Italian Mastiff & weighs in at 90 pounds, I had a nice visit with my daughter & son-in-law..



Traci



A great visit with my dear folks. Oh! Try to guess how old they are!! Seriously! Dan is 97 and Mom is 84! Don't they look great?!

What is the average amount of Guinness served globally on St. Patrick's Day?

More Member News (Medlemsnyheter)

Emily

<https://www.facebook.com/emily.ograde.148/posts/pfbid0f91Z6NGcunvqbPtxuQDLpbDx6tyi6beF5HCA2CZcNBXQcDbPoG14i9SdEiA96Fd1l>

is taste testing all kinds of pickled "stuff" to see her opinions, etc. go to the link.



Candice & Jean

Had a Valentine/President's Day Tea.



Emily

Was having a conversation about 80's crimped hair with some people who weren't even born until 2005 last night, so here's my fourth grade picture! I had a lot of hair back then so mom crimped strategically, otherwise it would've taken hours!



"Twizzling" is the signature technical skill used in what Olympic sport?

Other News-Compiled from Meeting Questionnaire by Amey

Disree is learning the history of JC Retirement, with its Scandinavian roots. Karen P. loves playing bells with Central Lutheran and the harp for her husband, especially his favorite song "Beautiful Dreamer." Lynn went to the reopening of The Little Red Farm nursery.

Trips: Colleen went to Bingen WA, where she enjoyed wine tasting, good food, family fun and hot springs. Kathy went to Burien WA and Whidbey Island to provide technical support to GL board members.

Friends & Family: Carol attended a retirement party at Gratitude Brewery, and Disree went to the Student of the Year Dinner for Boys and Girls Club, where her partner's daughter (8 years old) was honored as Artist of the Year. Carol had visits from friends and family, and Disree saw her friend Jesmine and her daughter Louisiana in Manzanita (OR), where they watched the Super Bowl together. Carol saw her granddaughter perform at Sheldon HS in a satire of the Wizard of Oz called "Pegasus Play", and Linda saw her niece in "Nunsense" in Junction City. Amey coached the violinists in the Springfield HS production of "Joseph and the Amazing Technicolor Dreamcoat", then caught the show on opening night. Disree saw a *Talking Heads* cover band called "Life During Wartime" in Eugene. Karen P. attends her granddaughter's basketball games, the Eugene Symphony each month, and saw the Eugene Ballet perform "Cinderella". It's a treat when her piano students visit too.

Upcoming plans: Amey will perform three concerts with the Umpqua Chamber Ensemble in Roseburg, then in Eugene with her community orchestra, then leads an Irish music workshop, and finally will give a house concert with Doug. Lynn is excited to take multiple camping trips this year and enjoy her pool/spa and firepit without contractors coming and going. Disree is excited about her 19-year-old son's journey with the Army National Guard, and hopes to watch him graduate boot camp in Georgia in the Spring.

Viewing: Lynn and Shirley also watched the Super Bowl, and were especially happy that the Seahawks won. Lynn and Amey soaked in all the Winter Olympics.

We are crafting! See pictures here in "Member News" of Katrine's fabric baskets made for her daughter, Lydia's booth. Karen P. is working on socks using leftover yarn, and Shirley made St. Patrick's Kleenex cover boxes and also a Seattle Seahawks one too. Disree painted a highland cow in a bathtub at a paint and sip event with women she works with (no picture).

Shirley

Big Seahawks fan & just completed the Kleenex box to go with the rest of her collection! She also made St. Patrick Kleenex boxes & gave one to Jean.



Karen P.

The multicolored socks across the top has used the most colors so far! This is my collection of socks I've made! Here I am playing my Celtic harp! My husband requests Beautiful Dreamer, his favorite song. Here's our sweet dog Sammy near my socks basket!!



Meeting Information (møteinformasjon)

February Meeting-February 21, 2026

We had a well attended (11 officers, 4 members & 1 guest) meeting. We started with a Memorial to Sue. Amey draped the charter, then she played "The Bird Song" a happy song with fun lyrics, on her Hardanger Fiddle, because Sue was such a happy, cheerful person. Karen P. played the DofN "Mourning Song" during the moment of silence. Kathy then started our memories & made many of us cry. There were memories abounding to share, she will be greatly missed. We continued with the flag salute then Kathy had a video with the words sang for *Ja Vi Elsker* (see page 7 if you want to practice it) so we could work on line two. Kathy introduced our guest Disree Hewitson who has joined! & recognized birthdays & anniversaries, we sang *Happy Birthday*. We then proceeded with installation of Shirley as Assistant Marshall & Marie as 2 year Trustee. Amey started us on making our member puzzle (we each put our name on & designed a puzzle piece) which will hang in our room. She also passed out various questionnaires to be used for the magazine & newsletter. We took a break & enjoyed Chocolate (in honor of Valentines Day) brought by several members. Proceeded with the Business meeting. The Budget was submitted & approved. Our May Field Trip destination is Oregon Gardens, we will be carpooling & details upcoming. Candice gave a brief report on costs (see the minutes for details). It's been suggested we do a brown bag picnic if the weather is good & the lodge pay only for entrance & tram. Finished by drawing the door prize, a beautiful Norwegian sweater & plant poke donated by Lamae & a Velkommen sign donated by Lynn, all won by a very thrilled Colleen!



Culture (Kultur)

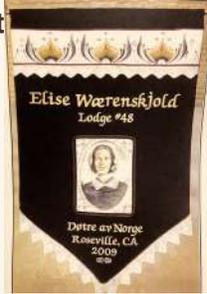
Our Sister Lodge

<https://www.daughtersofnorway.org/>

Submitted by Amey

Elise Wærenskjold #48

in Roseville, CA (near Sacramento) was founded in 2009. They meet at 2pm the first Saturday of the month, skipping holiday weekends, July and August. They meet at a Lutheran church. In the Sacramento area, they sell Scandinavian crafts and lefse at a Scandinavian Festival in October and a Viking Fest in November. Past GL President and big fan of AMW #52 Karen Bartos is a member, and they helped host the Reno Convention.



Lodge Name

Elise Wærenskjold was born in Norway in 1815, the daughter of a minister. Three years into her marriage with a wealthy but domineering man, she walked away to join a circle of progressive friends. She heard about America, so she left for Texas in 1847 seeking independence and a milder climate. Her writings about her experience and advice for Norwegian immigrants became a book ("Light on the Prairie") and she was called "the lady with the pen." She opened a handicraft school for girls, edited the publication "Norge og Amerika", and was a rancher, teacher and community activist.



Culture for March

Submitted by Amey



It's time for a book exchange! Remember how new crime fiction gets published in Norway around Easter? That way, people have a new thriller to read on their peaceful holiday weekend in the mountains. We'll talk about popular contemporary Scandinavian authors. Bring a book of any genre to pass along, then pick up a different one to take home! If you have a sackful, bring them all and we'll donate what doesn't go home with members. If you don't have a book, bring a title or author you'd like to recommend.



Ja Vi Elsker

Line 2

Sohm deh stee-ger frem

Line 1

Yah, vee elsker det-teh lán-neh



When is an Irish potato not an Irish potato?

KOS(ELIG)

This is a common feature of all the Scandinavian countries: We have a word to describe the feeling of warmth and friendliness that arises from sharing simple pleasures of life with people you like.

Danish hygge, Swedish mys, and Norwegian kos all describe roughly the same thing. We often try to translate it into words such as "nice" or "cozy," but those only describe parts of what is "kos" or "koselig."

Kos means being snowed in at your cabin in the mountains, in front of a roaring fire with cocoa, pastries, and a good crime novel...

Interesting Tidbit

Submitted by Kae

Did you know?



NORWAY LOST
11 DAYS
IN 1700

--- 11 DAYS ---
DISAPPEARED.



In 1700, when Denmark-Norway switched from the Julian calendar to the Gregorian calendar, the dates had to be adjusted to realign with the solar year. As a result, the calendar jumped straight from Sunday 18 February to Monday 1 March – and the 11 days in between simply disappeared. It's a fascinating reminder that even timekeeping has a history shaped by science, politics, and reform.



Culture (Kultur) Olympics-Submitted by Candice

Fascinating facts

- The ancient Olympics were held between about 776 BC-394AD in Olympia, Greece.
- In ancient games, athletes participated naked
- The modern Olympics were restored in 1896 in Athens, Greece.
- 1924 was the the 1st Winter Olympics; they had 6 sports, 9 disciplines, and 16 events. 292 athletes participated from 16 countries.
- 102 years later at the 2026 games they've added 1 sport, 7 disciplines & 100 events. 2871 athletes participated from 92 countries.

Winter Olympics

- The first gold was won by a US Speed Skater
- In 1924 Finland & Norway won 28 medals, more than the rest of the nations combined
- From 1921 - 1948 art was included
- In 1936 Finlander Kalle Jalkanen won the cross country ski relay despite stopping & picking up his teeth that had accidentally been spit out into the snow.
- 7 athletes have won at both the summer & winter games
- The games have been canceled three times; 1916, 1940, & 1944, because of war.
- 1980 saw the "Miracle on Ice" when the young, amateur US hockey team beat the professional, "unbeatable" Soviet Union Team. This year we claimed the gold for the first time since then.
- In 1994 the games split, staggering every 2 years.
- Those that participate without a country such as Russia and Belarus this year, participate as AIN, a French acronym translating to "individual neutral athletes".
- The U.S. is the only nation to win gold at every winter olympics.
- If held in the southern hemisphere, they take place in August instead of February.

What do winter sportsters often eat/drink before runs?

Winter Events

- 1924 had 9 disciplines: Bobsleigh, Cross Country Skiing, Curling, Figure skating, Ice Hockey, Military Patrol, Nordic Combined, Ski Jumping, & Speed Skating.
- 1928 Added Skeleton & removed Curling.
- 1932 Skeleton again went away.
- 1936 added Alpine Skiing.
- 1948 Skeleton was added back.
- 1952 Skeleton disappeared again.
- Nothing changed in 1956.
- In 1960, Biathlon was added & Bobsled was subtracted.
- 1964 saw the Bobsled return & Luge added.
- All disciplines remain the same until 1992 when Freestyle Skiing & Short Track Speed Skating were added.
- 1994 saw no changes.
- 1998 Curling once again reappeared along with Snowboarding.
- 2002 Skeleton was once again added.
- No changes 2006-2022
- In 2026 Ski Mountaineering was added..

2026 Medal Tally

Iceland - Five athletes participated in Alpine & Cross Country Skiing but did not win medals- 0 Total

Denmark - 1 sv-Speed Skating-1 Total

Finland - 1 sv, 2 brz-Nordic Combined, 3 brz-Biathlon, Cross Country, & Hockey-Total 6, 1 sv, 5 brz

Norway - 7 gd 2 sv 5 brz-Cross Country, 3 gd 5 sv 3 brz-Biathlon, 2 gd 2 sv 1 brz-Ski Jump, 1 gd 2 sv 1 brz-Speed Skate, 1 sv 1 brz -Alpine Ski, 2 gd-Freestyle Ski, 3 gd-Nordic Combine, Total-41, 18 gd, 12 sv, 11 brz

Sweden - 5 gd 4 sv 2 brz-Cross Country Ski, 1 gd 1 sv 1 brz-Biathlon, 1 sv 1 brz-Alpine Ski, 2 gd-Curling, 1 brz-Freestyle Ski-Total 18, 8 gd 6 sv 4 brz

United States - 2 gd 4 sv 1 brz-Freestyle Ski, 2 gd 2 sv 1 brz-Speed Skate, 2 gd 1 sv 1 brz- Alpine Ski, 1 gd 2 sv 3 brz-Cross Country Ski, 1 gd 1 brz-Bobsled, 1 sv 1 brz-Snowboard, 2 gd-Hockey 2 gd 1sv-Fig Skate, 1 sv-Curling, 1 brz-Short Track Speed Skate-Total 33, 12 gd, 12 sv 9 brz

Women In the Olympics

The first female Olympic Winner was in ancient Greece. Her name was Kyniska. She was the daughter of a king. Although women were not allowed to compete, chariot racing awards were given to the horse's owner, not the rider. Her 4 horses won in 396 and 392BC.

The 1st modern Olympics with female athletes was in 1900. 22 women of 99 athletes competed in tennis, golf, sailing, croquet, & equestrianism. The first woman to receive the prize was Hélène de Pourtalès on Switzerland's sailing team.

The first individual female winner was Charlotte Cooper, a Briton tennis player. Slowly through the years, more events were added & more women participated. In 1991 a rule was made where every new sport must include a women's event.

In 2008, boxing & baseball were the only two sports not open to women. 2012 was nicknamed "Women's Games" due to record participation. Women competed in every sport & it was the 1st time all participating nations included women.

In 2024 female athletes reached the 50% mark.

Although it has made great strides for inclusivity, there's still a long way to go to achieve equality. For example, although they finally allowed women into boxing, at the same time they wanted them to wear skirts so they could "distinguish them from the males", since they both wore headgear. Schedules give men's sports the prime spots. The broadcast of sports has not made a lot of progress. Leadership positions still favor men. for example, women only make up 13% - 21% of coaches.

Surprising Events in Past

Olympics

There have been some interesting events throughout history. Not all were official, many were demonstrations or trials. Here's a list of some of them: Angling...Architecture...Breaking... Cannon Shooting...Chess...Cricket... Firefighting...Hurling...Handball... Hot Air Ballooning...Kite Flying... flying...Live Pigeon Shooting...Life-saving...Lacrosse...Music...Motor-boating...Pistol Dueling (using wax bullets)... Polo...Pigeon Racing... Painting...Plunge For Distance... Rugby...Rope Climbing...Speed Skiing Solo Synchronized Swimming...Ski Ballet...Sculpture...Skijoring... Tug-of-War...Tumbling...Wushu..Winter Pentathlon

Norway Keeps the Monarchy

<https://www.facebook.com/groups/103083339748542/permalink/25895193956777460>



Norway's Decision

<https://www.facebook.com/photo/?fbid=744766378598373&set=a.221382817603401>



A decision in 1990 changed everything. Today, Norway is one of the wealthiest countries in the world. It has a sovereign fund worth \$1.9 trillion, about \$340,000 for each of its 5 million citizens,

5 American Towns That Give You A Taste of Scandinavia

Submitted by Linda

<https://www.nationalgeographic.com/travel/article/american-towns-taste-of-scandinavia>



From California to Kansas, these communities built by Northern European settlers and sustained by their descendants offer travelers a cultural bridge between the U.S. and the Nordic world.

Submitted by Traci



Instead of calling it the Winter Olympics, can we just rename it "Norway's Annual Trophy Pickup – Featuring 90 Very Athletic Opening Acts"?

Honestly, at this point it's less an international competition and more a documentary about Norway's hobbies.

It's not a medal ceremony – it's just Norway checking lost and found.

Norway & the Ukraine

When Russia tries to erase Ukraine's identity, it rewrites Norwegian history.

<https://www.facebook.com/groups/103083339748542/permalink/25737704049193119>



According to St. Patrick what do the 3 leaves of the shamrock symbolize?



Sweden and Winter Salting



Sweden's new edible road salt is saving birds from deadly dehydration. Made with beet extract and maize starch, it melts ice safely while feeding wildlife instead of poisoning them during brutal winters.

Food and Recipes (Mat og oppskrifter)

Recipe of the Month (Månedens oppskrift)

I usually reserve this for a Scandinavian recipe but thought this appropriate since it went viral after Norwegian swimmer, Henrik Christensen's comments during the Summer Olympics.

Olympic Chocolate Muffins

<https://www.acozykitchen.com/olympic-chocolate-muffins-recipe>

Norwegian swimmer, Henrik Christensen, has made everyone crave these triple chocolate muffins from the Olympic village dining hall. They are now thought of as the official Olympic Chocolate Muffins. They're tall bakery-style chocolate muffins that have a bit of ganache in the center, a large crumb and square chocolate chunks. Delicious!



Muffin Ingredients

- 125 (1/2) grams (cup) granulated sugar
- 1 large egg
- 1/4 cup neutral oil, (such as vegetable, canola or avocado oil)
- 1 teaspoon instant coffee
- 1 teaspoon pure vanilla extract
- 1/4 teaspoon kosher salt
- 1/2 teaspoon baking soda
- 1 (120) cup (g) all-purpose flour
- 35 (1/3) grams (cup) baking cocoa
- 150(5) ml(ounces) buttermilk, warmed
- Handful milk or dark chocolate chunks

Chocolate Ganache Ingredients

- 3 ounces dark chocolate, chopped
- 1/4 cup heavy cream

Directions

1. Preheat oven to 350F. In a medium bowl, whisk together the sugar, egg, neutral oil, instant coffee, vanilla and salt. We want a smooth mixture. Sift in the baking soda and salt; mix. Next, sift in the all-purpose flour and baking cocoa. Pour in the warm buttermilk and mix one last time.
2. Add four tulip muffin liners to a muffin tin. If you're using regular muffin liners, add six! Fill up the muffin liners. Top with a handful of chocolate chunks.
3. Place in the oven and raise the oven temperature to 425F and bake for 7 minutes. Bring the temperature down to 350F and bake for another 10-12 minutes, until a skewer comes out clean.

To Make the Ganache:

1. While the muffins are cooling, make the ganache. Chop up the chocolate and add it to a heatproof bowl. Warm up the heavy cream and pour it over the chocolate. Let it sit for 1-2 minutes and then mix it up until smooth. Transfer to a piping bag or ziplock bag.
2. When the muffins have cooled a bit, use a paring knife to remove the center. Pipe the ganache in the center of each of the muffins. Serve them up and enjoy.

Tips and Tricks:

The secret to perfectly domed bakery-style muffins is to bake them at two temperatures. I like to start at a higher temperature and then reduce the temperature after a few minutes for the remainder of baking. The initial high heat gives the muffins a jolt resulting in super tall muffins. I do this trick with my Blueberry Muffins and swear by it!

Judy's Recipe Corner

Oat Waffle

<https://www.foodnetwork.com/recipes/alton-brown/oat-waffle-recipe-1922047>



Oat & Waffle, covers St. Patrick's Day & Waffle Day this month.

Ingredients

- 5 1/2 ounces (1 3/4 cup) old fashioned rolled oats
- 4 ounces (1 cup) all-purpose flour
- 3 tablespoons sugar
- 1 teaspoon baking powder
- 1 teaspoon kosher salt
- 1/2 teaspoon baking soda
- 3 large eggs, beaten
- 2 ounces unsalted butter, melted and slightly cooled
- 16 ounces buttermilk at room temperature

Directions

1. Heat a 10-inch saute pan over medium heat. Add the oats and cook, stirring occasionally, until toasted, about 3 minutes. Cool the oats in the pan for 2 to 3 minutes. Grind the toasted oats in a food processor until the consistency of whole-wheat flour, about 3 minutes.
2. Heat a waffle iron according to manufacturer's directions.
3. Whisk together the toasted oat flour, all-purpose flour, sugar, baking powder, salt, and baking soda in a medium bowl. Whisk the eggs and melted butter together in another bowl, then add the buttermilk. Add the wet ingredients to the dry and stir until combined.
4. Rest the batter for 5 minutes. Ladle the recommended amount of waffle batter into the hot iron. Close the iron top and cook until the waffle is golden on both sides and is easily removed from the iron. Repeat with remaining batter.

Brain Food Page (morsom Side)

Winter Olympics

Word Search

DIRECTIONS:
Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

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

- ALPINE SKIING
- BIATHLON
- BOBSLEIGH
- CROSS-COUNTRY SKIING
- CURLING
- FIGURE SKATING
- FREESTYLE SKATING
- ICE HOCKEY
- LUGE
- NORDIC COMBINED
- SKELETON
- SKI JUMPING
- SKI MOUNTAINEERING
- SNOWBOARDING
- SPEED SKATING



What is the oldest Winter Olympic sport?

JOKE OF THE MONTH (Månedens Vits)



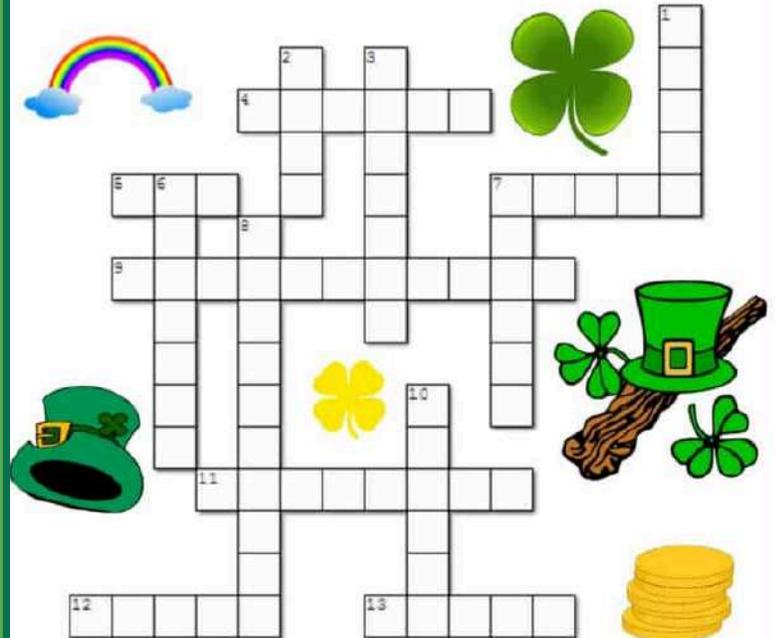
How much dye is used to make the Chicago River green on St. Patrick's Day

Did You Know? Winter Olympics



1. Two Stoats are the mascots for 2026 (a stoat is a small weasel-like animal that is a cross between a weasel and an otter).
2. Curling dates back to the 16th Century.
3. US Alpine skier Mikaela Shiffrin brought 35 pairs of skis with her to PyeongChang 2018.
4. The only country to have won a gold medal at every Olympic Winter Games is the United States.
5. The first torch relay in the Winter Olympic games was in 1952.
6. Approximately 2,900 athletes from 90 different countries are competing in the 2026 Winter Olympics.
7. Six sets of siblings are competing at this year's Olympics.
8. The United States has hosted the Winter Olympics a record four times.
9. Twelve countries have sent athletes to every Winter Olympics.
10. Six of those countries have won a medal at every games.

ST. PATRICK'S DAY CROSSWORD PUZZLE



Across

4. capital of Ireland
5. a type of Irish dance
7. if you do not wear green on March 17 this will happen
9. the day St. Patrick's Day falls on
11. the national emblem of Ireland
12. yellow and blue make _____
13. from Ireland

Down

1. the 3rd month of the year
2. good fortune
3. nonsense or misleading talk
6. called the Emerald Isle
7. a starchy vegetable
8. a sprite
10. 4 leaf _____

Upcoming Events (Kommende arrangementer)



Amey's Concert

an orchestra concert that includes Grieg's suite from Peer Gynt

Sunday March 8, 3pm,

Willamette HS in Eugene.

More info: escorchestra.org

Free Concert

Submitted by Kae



on **March 22** at 3pm by the Eugene Opera Chorus at the church, 1376 Olive St. in Eugene.

Nordic Northwest Events for March

<https://www.nordicnorthwest.org/upcoming-events>

Go to website for more info, tickets, etc.



- Mar. 1- Kalevala: Finnish Cultural Day
- Mar. 6- The Teachers' Defiance
- Mar. 8- Fungi Film Fest 2025 Winners Screening
- Mar. 11- Heirlooms, Artifacts, and Objects: How Museums Build and Use Their Collection
- Mar. 13- Fogelbo Tours
- Mar. 14- Kids Viking Knitting with a Lucet Fork
- Mar. 21- Beginning Nordic Band Weaving on a Band Heddle

There are also multiple knitting, conversation, etc. events on a monthly basis



<https://vesterheim.org/>
Online Folk Art Courses

<https://vesterheim.org/folk-art-school/>



- **Mar. 11:** March Bokprat: Minnesota (Wolf Hour) by Jo Nesbø (Online) enrollment deadline Mar. 6
- **Mar. 21:** Cultural Connections: Tlingit Spoon Carving (Webinar) enrollment deadline Mar. 7
- **Mar. 21:** Nordic Waffles (Online) enrollment deadline Mar. 6
- **Mar. 28:** Waffle Sandwiches (Online) enrollment deadline Mar. 13

On Demand Classes starting in March

- First Cuts: Scandinavian Flat Plane Figure Carving
- Norwegian Language for Travelers
- Sølje-Inspired Earrings

What are curling stones made of & where does it come from?

Fika Tea
Headed by Carol



Scandinavian Cultural Foundation is hosting a Fika Tea and we are invited.

May 2 1:00-3:00

Our Lodge has reserved a table and 12 members have said they were interested. Contact Carol for more info. We will have more info as it comes available.

Carol, Amey & Kae will be putting together a raffle basket to be donated.

CRA Os Zoom Class with Astrid Fisher

13" diameter chartreuse plate

<https://www.facebook.com/events/25652183184452363>

3 morning Os Zoom Class taught by Astrid Fisher (with recording available afterwards)

8:30am - 11:30 AM April 1, 2, & 3, 2026.

Project is a 13" chartreuse plate or similar item you wish to paint on.

California Rosemaling Association 2026 members pay \$60.00 and non-members pay \$75.00 (includes a 2026 membership to CRA).

Taught in Acrylics and oil painters welcome. Need basic stroke knowledge and understanding.

When registering online at <https://www.califrosemaler.org> events page, be sure to complete the math problem at end that will allow you to immediately be registered. You will receive instant notice. If not, registration did not get completed. Also, you'll receive a notice in your email with details on payment required and where to send it.



Answers & Extras (svar og tillegg)

Winter Olympics

Word Search

DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

- ALPINE SKIING
- BIATHLON
- BOBSLEIGH
- CROSS-COUNTRY SKIING
- CURLING
- FIGURE SKATING
- FREESTYLE SKATING
- ICE HOCKEY
- LUGE
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Brain Teasers

page 1: 1924, Chamonix, France
 page 2: Light Blue
 page 3: A relay baton
 page 4: 13 million
 page 5: Ice dancing
 page 6: One, after that it's no longer empty

page 7: When it's a french fry
 page 8: Hot Sauce
 page 9: The Holy Trinity
 page 11a: figure skating
 page 11b: 40-50 pounds of an environmentally friendly, vegetable-based powdered green dye .
 page 12: Granite, a small island off Scotland called Ailsa Craig.



A BIG THANK YOU TO ALL WHO HAVE HELPED WITH THE NEWSLETTER THIS MONTH..TUSEN TAKK