



Daughters of Norway

(Døtre Av Norge)

Hulda Garborg Lodge #49



March 2026
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Founded August 29, 2009

My Dear Sisters From Lodge President

Sheryl Zinsli szinsli865@aol.com
949-436-0071

Hello Sisters,

Well, we made it through February. On the 14th, Jody Winterstrom, Barbara Judd, and I spent the afternoon at the Temecula Heritage Museum in Old Town Temecula. They graciously invited us to set up a display table showing what the Daughters of Norway is about and what we do. We wore our bunads, so many visitors stopped to look and take pictures.



We had several ladies stop and look at our table and actually got a couple new members. The museum also donated a

flag and several posters that they had made up of Norway to our lodge. It was a

very successful day for us.

February 21st was our Soups and Sweaters meeting. It was also Helen's first cultural program and she had a wonderful hands-on Swedish craft for spring along with explaining how spring is welcomed into their homes. Everyone went home with a Swedish feather adorned arrangement made of twigs and colorful feathers called a paskris.

If you are interested in some of our other activities...

The book club is reading

"Splinter" by Paul McHugh.

The rosemaling group is starting a new

Continued on page 2



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!*

- ♥ Grace 14 Mar.
- ♥ Bonnie 21 Mar.
- ♥ Stephanie 26 Mar.

What's Inside

- Pres. Article, Sisters Afar, Dues info, book club p. 2
- Cultural Director Notes p. 3
- Scandinavian Facebook Finds p. 4
- Story of Frozen Norwegian Med Student p.5

Mine Kjaere Søstre Fra Lodge Prez *cont'd*



project. They are painting four chargers with each plate being painted in a different rosemaling style. There is also a group of us meeting to learn Needle felting.

I recently read a wonderful saying...

Remember you are not alone, and I am not alone. We are in a Sisterhood together, and together we can make it. That definitely describes our Daughter of Norway organization and especially our Hulda Garborg Lodge. (From SarahMae.com)

Our next meeting is March 21st. Please come and join us.

*Ha en fin dag! (Have a nice day!)
Sincerely,
Sheryl Zinsli*

Sisters from Afar

Our sister, Grace Stell from Valencia CA, was able to attend our February meeting. It was so nice to sit and catch up with her. She is hoping to attend a few meetings during the year, and we are looking forward to that happening.

So many of our lodge sisters live out of the area and rarely can actually attend a meeting. When they can attend, it always makes our meetings extra special.

If anyone who can't attend regularly would like to drop us a message telling us what you are up to and where you are, it would be wonderful to be able to connect. Please feel free to send an email to me and I will see that it gets put into the upcoming newsletter.

Hope to hear from some of you!!!
Sheryl Zinsli, President
Szinsli865@aol.com

Membership Dues due by March 31

Sisters, your 2026 Membership fee of \$38 is now due.

Checks, cash or Zelle payments can be made at the February Meeting. Checks (DON Hulda Garborg #49) can be sent to Margaret Dewey 24089 Crowned Partridge, Murrieta, CA 92562.

Zelle payments to DON Hulda Garborg #49 or use Zelle code

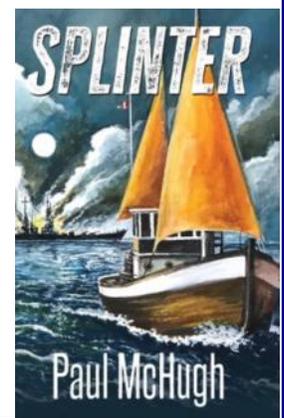
Scan this code in your bank's app to pay
HULDA
HuldaGarborgLodge49



zelle

BOOK CLUB - is reading "Splinter" by Paul McHugh. It is a story of 2 teenagers who become part of the Norwegian Resistance during WWII. It is currently free on Kindle or you can purchase a paperback edition. Please let me know by text or email if you are joining us so I can keep you informed of meetings.

Happy Reading,
Margaret Dewey
951-217-9268
Mjdewey20@gmail.com



Cultural Director Notes

Helen Davis hdavis@guhsd.net

The February cultural event started with our “Save the Date” theme, which highlights significant Scandinavian “Red Days” *røde dager* which are official public holidays when banks, schools, and most retail stores close by law. “Flag Days,” which are important national observances marked by the flying of flags and cultural recognition.

During February, our Lodge learned about several meaningful dates within Nordic culture. We recognized February 6 – Sámi National Day, which honors the heritage, culture, and unity of the Sámi people across the Nordic countries. We also discussed Mother’s Day in Norway, a special day celebrating mothers and family traditions. In addition, we watched a video of the Norwegian royal family singing "Happy Birthday" to King Harald V on the royal palace balcony. February 21st is King Harald

V's birthday.

The cultural craft activity focused on Fastelavn, a Scandinavian tradition celebrated just before Lent. Participants created Fastelavn arrangements, learning about the history of the holiday and how communities historically welcomed the approaching spring season through decorations, treats, and family activities.

Each monthly gathering includes an introduction to the cultural significance of these dates, along with crafts, food, and interactive learning activities that help participants experience Nordic traditions firsthand.

Looking ahead to March, we will explore Nordic Day and learn about the cultural significance of this important celebration across the Nordic countries. Nordic Day is a celebration of Nordic cooperation. The day marks the signing of the Helsinki Treaty on 23 March 1962.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|------------------------------|---------|-----------|----------|---|----------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 International Women's Day | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 International Day of Happiness. | 21 |
| 22 | 23. Nordic Day | 24 | 25 | 26 | 27 | 28 |
| 29 Palm Sunday <i>Palmesøndag</i> | 30 | 31 | | | | |
| <ul style="list-style-type: none"> February-March: Carnival Day (the day before Lent begins) Nordic Day- 5-6 days of celebrations and collaborations ending on March 23rd. March 20th International Day of Happiness. | | | | | | |

Inspirational Quote: "The roots are where it starts... Sun, moon, land, animals are important... I am not the main thing here, the human." — Ursula Länsman, Inari Sami reindeer herder

Inspirational Quote: *Det er ikke dårlig vær, bare dårlig klær*" There is no bad weather, only bad clothes

Scandinavian Facebook Finds



Norway's **Smøla** experiment proves painting **one** wind turbine blade **black** slashes **bird collisions** by over **70%**, saving **countless lives**.

INCREDIBLE FACTS

Incredible Facts

One simple brush of black paint turned giant turbines into unexpected bird sav-
iors.

At Norway's Smøla wind farm, re-
searchers discovered a surprisingly ef-
fective solution to reduce bird collisions
with wind turbines. By painting just one
of the three rotating blades black, they
created a clearer visual signal for birds
in flight.

The result was remarkable — bird colli-
sions dropped by more than 70 percent.
This small and inexpensive change
demonstrated how thoughtful design
can protect wildlife while still allowing
renewable energy to power the future.

Things You Don't Know

Most cities hire people to pick up ciga-
rette butts. Sweden hired crows. And they
work for peanuts. Literally.

A Swedish startup called Corvid Clean-
ing built a machine that rewards wild crows
for picking up cigarette butts — the number
one litter item in Swedish cities. A crow
drops a butt into the slot, a camera verifies
it, and out comes a peanut.

No training camps. No cages. The
crows figured out the system on their own,
because corvids are among the most intelli-
gent animals on the planet. They use tools,
solve puzzles, and apparently — run side
hustles.

The machine tracks every deposit. The
counter on this one reads 124. That's 124
cigarette butts picked up by birds no one
asked to help.



NEWS

**SWEDEN BUILT A SMART MACHINE
WHERE CROWS TRADE TRASH FOR
FOOD, TURNING THESE CLEVER
BIRDS INTO CITY CLEANERS**

FACEBOOK.COM/THINGSYOUdontKNOWOFFICIAL

Swedish medical student survives freezing in Norway

May 20, 1999. Near Narvik, northern Norway. Anna Bågenholm, a 29-year-old Swedish medical student, was skiing with friends on a late spring day when everything went wrong in an instant.

She hit a patch of ice, lost control, and fell head-first into a frozen stream. The ice closed over her. She was trapped underneath, in water barely above freezing, unable to surface.

Her friends immediately tried to pull her out. They couldn't reach her. She'd gone under too fast, been swept slightly downstream by the current beneath the ice.

Anna was conscious. For several minutes, she fought—trying to break through the ice, trying to find a way out. Then she found an air pocket—a small gap between the ice and the water, where creek flow had created a tiny breathing space.

For 40 minutes, Anna Bågenholm clung to rocks underwater, her face pressed to that air pocket, breathing in the freezing dark while her friends desperately tried to reach her. Her body temperature was plummeting. The water was nearly 0°C. Hypothermia was setting in rapidly—first shivering, then confusion, then the shivering stopped as her body shut down non-essential functions.

After 40 minutes in the water, Anna's heart stopped.

She went into cardiac arrest, still trapped under the ice, her body temperature dropping toward levels incompatible with life.

Her friends couldn't save her alone. They'd called for help immediately, but in remote northern Norway, rescue takes time.

Another 40 minutes passed. Anna was underwater, not breathing, her heart silent, her body temperature falling. Eighty minutes total.

When rescuers finally pulled her from the water, Anna Bågenholm was, by any conventional measure, dead.

THE RESCUE:

A rescue team with specialized equipment finally reached the site. They cut through the ice and pulled Anna's body from the water.

No pulse. No breathing. Pupils dilated and non-reactive. Skin gray-blue.

They immediately began CPR and transported her by helicopter to Tromsø University Hospital—about 100 kilometers away, the nearest facility with the expertise and equipment to handle severe hypothermia.

When Anna arrived at Tromsø, her core body temperature was 13.7°C (56.7°F).

For context, normal human body temperature is 37°C (98.6°F). Mild hypothermia is 35-32°C. Severe hypothermia is below 28°C.

Anna was at 13.7°C.

The coldest recorded body temperature ever survived by a human.

To continue the story go to https://en.wikipedia.org/wiki/Anna_B%C3%A5genholm



1999: Trapped under ice 80 minutes. Heart stopped. Body temp 13.7°C—coldest ever survived. Today she's a radiologist at the hospital that saved her.