

# Daughters of Norway

(Døtre Av Norge)

## Hulda Garborg Lodge #49

Founded August 29, 2009



April 2026  
abril 2026

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

Dear Sisters,

March temperatures had us hiding in cool places and one of those was our lodge meeting on March 21st. We had a short business meeting and then met our newest member, Margo, who lives in the Fallbrook area.

We painted little Nisse and talked about March traditions in the Scandinavian countries. Our cultural director, Helen, made a wonderful traditional chicken dish that was served over flaky biscuits. We ended our meal with a roll filled with custard and lemon curd. If you didn't make the meeting, you missed out on wonderful food.

Joy Cook, co-vice president, presented at the Memoar Conference in Bergen on March 21st. We will be looking forward to hearing more about her presentation and experience. (see page 6)

The Rosemaling painters meet on the first and fourth Saturdays of the month, from 9 am to noon. They are busy painting a set of 4 chargers. Right now, they are finishing the top charger and on the 4th of April will start on the bottom charger (see photo above)

It was discussed and agreed upon that we need to have members RSVP when they are coming to our meetings along with the



item they are bringing for our potluck afterwards. This will help everyone determine how much of their dish that they will need to bring. Please text or email me by the Wednesday before the meeting.

A Swedish holiday saying...

***Glad Påsk – må våren bringa ljus och glädje!"***

*Translation: Happy Easter – may spring bring light and joy!*

Wishing everyone a wonderful April.  
*Sheryl, President*

### **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**

### **Happy Birthday!**

**Gratulerer med dagen!**

- ♥ Linda H. 7 Apr.
- ♥ Barbara 20 Apr.
- ♥ Lorie 21 Apr.

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## April-June Calendar of Events

### Saturday, April 18

*Daughters of Norway* - Lodge meeting, 10:15 am, Fallbrook Regional Health Center, 1636 E Mission Rd, Fallbrook, CA 92028

*Sons of Norway* - Paske Lunch 3PM Start time, Norway Hall, 2006 E Vista Way, Vista, CA 92084

### Saturday, May 16

*Daughters of Norway* - Lodge meeting, 10:15 am, Fallbrook Regional Health Center, 1636 E Mission Rd, Fallbrook, CA 92028

### Saturday, May 16 cont'd

*Sons of Norway* - Syttende Mai Celebration 4PM Start time, Norway Hall, 2006 E Vista Way, Vista, CA 92084

### Sunday, May 17

*Syttende Mai Celebration*, House of Norway, Look for more information in May Newsletter.



### Saturday, June 20

*Jonsok / Norway Hall Day* - Start time TBD, 2006 E Vista Way, Vista, CA 92084

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## Sisters from Afar

Dear Hulda Garborg sisters, I have a full life here in Omaha as I sing in a choir at church, do rosemaling every Wednesday and act as Judge in our Gudrid Lodge of 31 members.

On December 5, we did very well in our fundraiser at the Durham Museum which is an old art deco building which was once the train station, The museum hosts a cultural Holiday with many cultures dancing, and singing under a huge floor to ceiling freshly cut xmas tree. We sold cookies and hand embroidered towels.

Earlier in 2025, I went to Seattle for Syttende Mai and the opening of the Skadi lodge (*see photo at right*). Did not travel outside the country as I did in 2024 when I went to Sweden, Norway and Denmark and then Japan.

We had very little snow this winter, just bone chilling temperatures. Thought winter was over as my

daffodils were already blooming when we got hit with a lousy wind and snow blizzard, but then this is Omaha. This happened on Sunday with single digit degrees. Today we are in the 70's Go figure.

Miss you all,  
*Janna Armbruster*



## Events During My Daughter's Visit

by Judy Lucas

My daughter Suzanne recently came from Austin to visit me for 10 days. She worked very hard while she was here. She gave my garage door much needed attention by painting it. She weeded and cut back plants that were out of control. She also saw her brother when he was available.

She also planned a visit to the Safari Park (formerly the Wild Animal Park). We had annual passes when my children were young,



and we went often. It has changed a great deal since those days! We rented an electric golf cart for me as my knee prevents me from hiking the hills of the Safari Park. It was a glorious day! We saw the new elephant enclosure, the tiger playing in his water pool, and everything in between.

The park was not crowded. There was only one small group dining outside when we had our lunch. We considered our trip to the Safari Park very successful. Two days after our visit, we learned that Park staff caught a rabid bat on the rock wall of an outdoor dining area. Humm, I had brushed something off my ankle and realized that something had bitten me during our lunch.

Could the two incidents be related? The odds are against that. But I checked with my doctor, who sent me to an urgent care that has the rabies vaccine on hand. Yes, I was headed into an adventure I never expected or wanted. The doctors weighed the evidence and probability. The chance that it was a rabid bat that bit me is unlikely but possible. The chance of dying if I were bitten by a rabid bat and did not take the rabies injection series is 100%. The Scripps doctors insisted I take the

series of injections.

Well, the multiple injections around the injury site were painful! I received a shot in the arm, too, that day. My daughter drove me back for my second injection. Paula Montagna drove me back on Thursday for my penultimate injection. Paula took the photo of me with the Cat in the Hat. Dr. Suess was a generous supporter of this Scripps hospital. Next Thursday I will get the last injection. Yay!!



The nurses told me they have many people come in for the rabies series in the summer. Campers leave their tents open during the night, only to discover that a bat has joined them in the tent. Bats can bite you without you feeling it. A bat in your tent will get you the series of shots. Keep your tents zipped closed! Avoid repeating my adventure. Bats are important to us! I still respect them. And I will go back to the Safari Park.



*Above: A visit to the Carlsbad beach.  
Top Left: My daughter Suzanne and me*

## Easter in Norway

In Norwegian, Easter is known as *påske*. The period begins with Palm Sunday, known as *palmesøndag*. Maundy Thursday (*skjærtorsdag*) and Good Friday (*langfredag*) come a few days later.

It is a weeklong holiday when most people head to the outdoors. Crime mysteries, chocolate, and citrus fruits, like oranges, are a big thing to eat during the week. Yellow, symbolic of new life and sunshine, is the favorite color for all things during Easter

Oranges, especially tangerines and clementines, are a staple in Norwegian homes. During Easter week, the average of four citrus fruits per person are eaten during the holiday week. If you have a large family that's a lot of oranges!

**Question:** Do you know what started the Norwegian obsession with crime mysteries?

## Answer:

A 1923 Norwegian crime novel *Bergenstoget plyndret i nat* (The Bergen Train Was Looted Last Night), kick started *Påskekrim* ("Easter crime"). It was written by Norwegian authors Nordahl Grieg and Nils Lie, under the pseudonym Jonathan Jev.

It was presented, below the master header, in the national newspaper days before Easter confusing many as to whether it was a true story.

There is also a three day crime fiction festival, Krimfestivalen, in Oslo before Easter week. If you are into intense murder mystery, author Jo Nesbit who is a favorite in Norway, writes a series titled Detective Hole. You can watch it on Netflix right now. Be prepared to see the villain murder a lot of people over the course of the series.

Dear Sisters,

April is here and with it comes the annual Walk MS. This year is especially exciting for me as the National MS Society will be honoring my son James. I am very glad that he will be recognized as he extends a great deal of his limited energy on promoting the walk and fundraising.

I invite you and your families to join us on April 25th on Armada Dr. in Carlsbad. My team, the Vista Viking Festival Walk MS Team, will have both our parade boat and the photo opportunity Viking ship there at the walk. Come have your photo taken in the photo opp ship! Join the team as a physical or virtual walker. There is no charge to join the team. Two routes are offered; the 1 mile route and the 3 mile route. You can always stay with the ships and not actually walk. Please come at 9 am to support my son James as he is honored. This charity is very important to me. I want a cure for this destructive disease.

I hope to see you there! Please call, text, or email me if you have any questions! I would love to hear from you! 760 505-9260

and [jbornelucas@gmail.com](mailto:jbornelucas@gmail.com)

Hilsen,

Judy Lucas

Team Captain

Vista Viking Festival Walk MS Team

<https://events.nationalmssociety.org/participant/769864>

### Date & Location

Saturday, April 25, 2026

Business Park on

Armada Dr

5796 Armada Dr

Carlsbad, CA 92008

### Schedule

Site Opens: 8:00 am

Ceremony Starts: 9:15

am

Walk Kickoff: 9:30 am

## Kladdkaka (Sticky Chocolate

**Cake):** A popular, gooey chocolate cake served with cream, often made to satisfy a chocolate craving during the holiday

- **Ingredients**

- o 4¾ ounces salted butter, (US = just over ½ cup, or just over 1 stick)  
cups [cocoa powder](#), (plus 1 tablespoon) unsweetened, plus extra for sprinkling
- o 1¾ cups sugar
- o 1 cup plain flour, (actually, just less than a full cup, about 0.85 cups)
- 1 teaspoon [vanilla extract](#)
- o 3 eggs, lightly whisked



- **Instructions**

- o Pre-heat the oven to 180C/355F. Line the bottom of a 7-9 inch (see note below) springform cake pan with a circle of baking paper, then grease the paper and the sides of the pan. Melt the butter in a medium saucepan, then take off the heat and set aside.

Add the cocoa, sugar, flour and vanilla to the butter and stir a little. Then add the eggs and stir everything together until well combined.

Pour the mixture into the cake pan and bake for 20 to 25 minutes (see note below) until the top is set but the centre is still gooey (the top should be firm but crack under a little pressure from your finger).

## Spring Damekor Concert

Wed. June 3, 7 pm

Temecula Music Teacher

[27649 Commerce Center Dr, Temecula](#)

The theme is “United in Song”. We thought that with all the discord in our country and in our world right now, we wanted to find music that brings us together. Most but not all of the songs we’ll be singing are sung in their original Scandinavian languages (we’ll sneak one in from Ukraine—but, hey, the Vikings had an established settlement in Ukraine!) One exciting bit of news! We are awaiting a new musical instrument from Finland called a Kantele. The Kantele is a zither-like instrument that is very common (at right)in Finland. We can’t wait to try it out on one of the songs we will be doing in June 3.

*Photo from Pinterest.com*




## Memoar Conference in Bergen on March 21st.


Joy sent 3 pictures, one (*photo at right*) is when she completed the Oral History Interview with a Historian from Bergen University. They have a project of Oral Interviews in and outside of Norway.


The nonprofit organization is called Memoar. These interviews were done in Norway and on zoom, in the last 2 years. Memoar aims to collect, document, archive and share oral source material about lived life and historical development through life stories. She completed hers in January 2026. They then asked her to present at their Conference March 20 & 21 on zoom. She did participate and 2 of the pictures below are the Conference Pamphlet.



2025 ▾ 2024 2023 ▾ 2021-2022 2020 2019

 15:15 - **Tro på Grønland møter tro på prærien,**  
**Kari G. Hempel** om migrasjon, religion og integrering blant norske innvandrere i USA og pakistanske innvandrere i Norge. Kari er forfatter og emerita ved Universitetet i Stavanger

 15:35 - **Ekko fra eksilet – Verdier og minner som består,**  
**Håkon Flølo Sjøgaard** om chilenske tilbakevandrere fra Norge. Håkon er lingvist fra UiB som nå bur i Asker

 15:30 - **Good morning, California!** - Fjernintervju med **Joy Cook**, president i "Daughters of Norway", på videolink fra Fairbanks, California. Intervjuar Sebastian Kaasa

15:45 - slutt for dagen

2023 ▾ 2021-2022 2020 2019 2018 Arrangør

## MEMOARKONFERANSEN 20-21.MARS 2026:

Memoarkonferansen blir i år arrangert utanfor Bergen for fyrste gong; Fredag 20 og laurdag 21. mars går konferansen av stapelen i lokala til Deichmans bibliotek på Tøyen i Oslo. Det blir også sluttkonferansen i prosjekt Migrasjonsminne (sjå [www.migrasjonsminne.no](http://www.migrasjonsminne.no)).

