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## May 2026 Newsletter Eva Nansen Lodge 46 no

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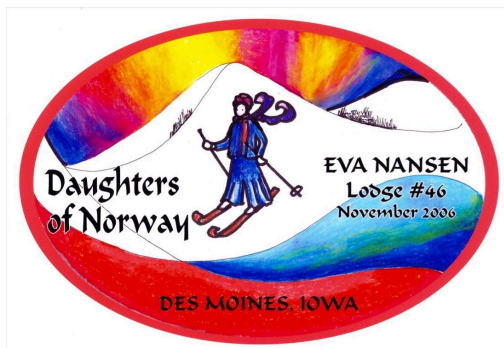
Lee Ann Bakros, Communications chair <don.eva.nansen.lodge46@107948566.mailchimpapp.com>

Sat, May 2, 2026 at 9:28 AM

Reply-To: don.eva.nansen.lodge46@gmail.com

To: Kirsten <dofnorway@gmail.com>

## May 2026 Lodge Newsletter



What's inside:  
Syttende Mai potluck &  
program, April photos, &  
more!

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## Programming



## **May Meeting, Tuesday, May 5, 2026**

**6:00 PM:** Set up potluck

**6:30 PM:** Syttende Mai potluck dinner (family welcome)

**7:00 PM:** Program followed by business meeting

**Where:** Faith Lutheran Church, 10395 University Ave, Clive

Our May program will be a Norwegian Hardanger Fiddle Informance by Eden Ehm

**What is Syttende Mai?**



Syttende Mai is Norway's National Day, commemorating the signing of the constitution ending 400 years of Danish rule on May 17, 1814. The day is celebrated with children's parades, people dressed in bunads, many Norwegian flags, and eating hot dogs and ice cream. Fun fact: The largest celebration outside of Norway is held in Seattle in the heavily Norwegian Ballard waterfront neighborhood.

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### Upcoming Meeting Dates

- Dates: Meetings are the 1st Tuesday of the month except November which is on the 2nd Tuesday. There are no meetings in June and July but June will have an activity.
- Times: 6:30 PM Social, 7:00 PM Program followed by a Business Meeting
- Location: Faith Lutheran Church, 10395 University Ave, Clive

All programs are on our Facebook page so you can share the events with interested friends.

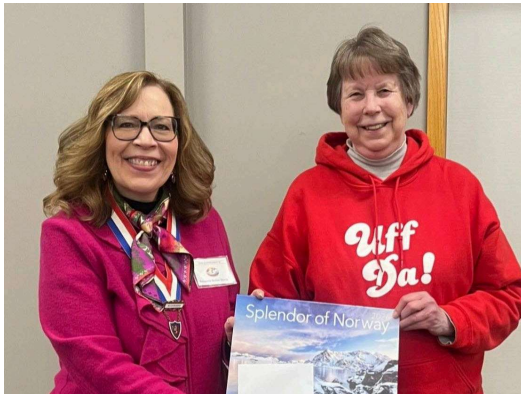
### Upcoming 2026 Programs

- May 5, 2026: Norwegian Hardanger Fiddle Informance by Eden Ehm of Decorah and Syttende Mai Potluck
- June & July: No meeting, however those interested will travel to Norway House in Minneapolis on June 20
- Aug. 4, 2026: Scandinavian Women by sister Ann Hanigan Kotz
- Sept. 1, 2026: How to Bake an Assortment of Norwegian Goodies by lodge members
- Oct. 6, 2026: Christkindlmarket Des Moines History and Highlights by Suzanne Hull, founder/director
- Nov. 10, 2026 (note this is the 2nd Tuesday due to the election): Eva Nansen Lodge #46 20th Anniversary Celebration
- Dec. 1, 2026: Christmas Potluck

## If you missed our April meeting, here's what you missed.

Linda Greethurst from the Iowa Genealogical Society and their Norwegian special interest group shared tips and hints for researching our ancestors.

Linda's full program slides can be viewed on our [Facebook page](#).



### Anatomy of a Name

• Nils	Knutsen	Bakke
• Anne	Olstdatter	Ramstad

↓ ↓ ↓

Given Name      Father's First Name      Gaard Name

-s or -son or -sen refers to a male child  
-d or -datter or -dotter or -dtr refers to a female child

### Most Common Female Names

• Anne	Berit/Brit	Karen/Kari
• Elen	Maren	Kirsten
• Ingeborg	Johanna	Dorte
• Margrethe	Elisabeth	Olava
• Marit/Mari	Live/Livø	Gjertrud

### Most Common Male Names

• Ole	Peder	Hans
• Nils	Anders	Jakob
• Lars	Jens	Jon/Joen
• Paul/Povel	Kristen	Johannes
• Erik	Johan	Andreas

### A CLUE, A CLUE

- If your immigrant ancestor used a name ending in son/sen or datter/dotter/dtr, you usually know the father's name.
- If your immigrant's surname did NOT end in son/sen or datter/dotter/dtr, you probably will know the name of the gaard (OR the parish) where he/she lived before moving to America.

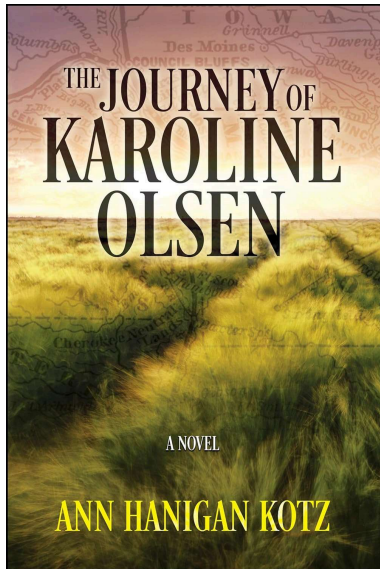
### Digitalarkivet

<http://digitalarkivet.uib.no/>

The #1 website for researching Norwegian records!

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## Scandinavian Book Club



Our Scandinavian book club will meet at 2:00 PM, Sunday, May 17, at the Franklin Avenue Library, 5000 Franklin Ave, to discuss *The Journey of Karoline Olsen* by Ann Hanigan Kotz. In addition to discussing the book, we will be joined by the author!

The book club is open to members and non-members, and meets every other month at 2:00 PM on the third Sunday of the month at Franklin Avenue Library.

- July 19, 2026: *Giants in the Earth* by OE Rolvaag
- Sept. 20, 2026: *Kon Tiki* by Thor Heyerdahl
- Nov. 15, 2026: *What We Leave Behind* by Barb Solberg

[Click here for a list of researched titles.](#)

Direct questions and suggestions to [Lee Ann Bakros](#).

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## May, June, July Birthdays

Happy birthday from your lodge Sisters to you!

May  
Kary Austin



Janice Evans  
Diane Johnson  
Vanna Johnson  
Ann Hanigan Kotz  
Kari Paulsen

June  
Maia Albrecht  
Terry Askelson  
Lee Ann Bakros  
Sandy Hansen  
Sheri Kobolt  
Audra Nelson  
Naomi Payer  
Melinda Swoyer  
Babette Thome

July  
Beverly Baer  
Catharine Fitzsimmons  
Danette Kobolt  
Bev Rosenbeck  
Kay Sacquitne  
Kris Shepard-Bain

*May your birthday and every day be filled with the warmth of sunshine, the happiness of smiles, the sounds of laughter, the feeling of love, and the sharing of good cheer.*

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**Norwegian Minute**



## Living and traveling in Norway

Once again, Scandinavian countries fill the top slots of the world's happiest countries. The rankings produced annually by Gallup, the Oxford Wellbeing Research Center, and the UN Sustainable Development Solutions Network are based on a three-year average of residents' ratings of their own lives across factors such as GDP, social support, life expectancy, perceived freedom, generosity, and corruption.

2026 rankings: Finland (1), Iceland (2), Denmark (3), Costa Rica (4 - their first time in the top 10), Sweden (5), and Norway (6). The United States ranked 23.

Norway was also named one of the best countries for women traveling solo. Solo women over 50 are one of the fastest-growing segments in travel. However, women are more likely than men to cite safety concerns, especially at night, when planning travel.

Norway's appeal to solo women travelers is as much about nature as safety. Popular destinations include the Lofoten Islands, Svalbard, the pink sand shores of Mjelle, the beaches of Unstad and Haukland, and the fishing village of Nusfjord.

Other top destinations for solo women travelers are Costa Rica, Estonia, Vietnam, and Uruguay.

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# Lodge Lending Library

**Did you know your lodge has a lending library?** We have more than 50 titles including fiction, mystery, mythology, children's books, history, rosemaling and hardanger designs, cookbooks, and travel booklets. We even have language and music CDs, a travel DVD, and a puzzle!

Each month, librarian Naomi Payer brings the items to the meeting so you can pick something out to take home.

[Click here to see our list of items.](#)

Want to check out an item or donate your item to the lending library? See [Naomi Payer](#) at one of our monthly meetings.

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## Bits and Pieces

1. Email August **newsletter articles** no later than Friday, July 24, to [Lee Ann Bakros](#)
  2. **If you know of a Sister who is ill, having surgery, or experiencing other health issues**, inform Sunshine Chair [Alexa Mitchell](#).
  3. Take a moment to LIKE us on [Facebook](#) and see what is happening.
  4. View our [Daughters of Norway's Lodge webpage](#). Members can sign in through the Members Page. The username and password is in our monthly lodge minutes. Contact [Ann Hanigan Kotz](#) for access to our lodge's private, member-only website.
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## Eva Nansen Lodge #46 2026 Officers

### 2026 Officers

President: Ann Hanigan Kotz

Vice President: Sheryl Farrand

Judge: (vacant)

Secretary: Kay Sacquitne

Financial Secretary: Danette Kobolt

Treasurer: Ann Campbell

Cultural Director: Rebecca Butler Mona

Marshall: Carol Lunde

1-year Trustee: Bev Rosenbeck  
2-year Trustee: Irene Simonsen  
3-year Trustee: Vanna Johnson

### 2026 Non-elected Positions

Communications: Lee Ann Bakros  
Greeters: Cheryl Newsom, Lois Wergeland  
iPad coordinators: Carol Lunde, Michelle Henderson, Mandy Kubik  
Librarian: Naomi Payer  
Musician: Lee Ann Bakros  
Scribe: Lisa Hamilton  
Sunshine: Alexa Mitchell



2026 Eva Nansen Lodge Officers: Vanna Johnson, Rebecca Butler Mona, Kay Sacquitne, Ann Hanigan Kotz, Danette Kobolt, Sheryl Farrand, Carol Lunde, Bev Rosenbeck, Irene Simonsen; not pictured Ann Campbell

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## About Eva Nansen

Lodge 46 was named in honor of famous Norwegian romance opera singer, Eva Helene Sars Nansen (born Dec. 17, 1859 in Christiania, Akershus, Norway, and died Dec. 9, 1907 in Lysaker, Bærum, Akershus, Norway).

Eva was the youngest of 21 children of Michael Sars and Maren Cathrine Welhaven. At age 28, she left for Berlin to study opera with a contemporary of Tchaikovsky. Eva knew Norwegian composer Edvard



Grieg and she performed his music beautifully.

Eva was relatively short but very athletic and became a pioneer in mountain and cross-country skiing. She was a smart and practical woman and realized the need for women to stop wearing only dresses while practicing the sport. Thus, she became the first woman in Norway to wear “trousers” while skiing!



Eva married ski pioneer, famous Norwegian explorer and scientist, Fridtjof Nansen on Sept. 6, 1889. They were a very “modern” couple, both continuing their individual vocations after their marriage. Eva not only continued to sing in operas at home and in other parts of Europe and Scandinavia, but she also gave lessons when at home.

At the age of 49 (1907), Eva sang a final concert in a well-received performance in London. Not long afterwards that same year, Eva died suddenly of pneumonia. That left her husband a widower with five relatively young children to raise: Liv (14), Kåre (10), Irmelin (7), Odd (6), and Åsmund (4).



Share



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This is your official Eva Nansen Lodge 46 Newsletter emailed the first of each month to all Sisters.

**STAY SUBSCRIBED.**

All Sisters are welcome to submit news articles and photos to editor [Lee Ann Bakros](#).

**Our email address is:** [don.eva.nansen.lodge46@gmail.com](mailto:don.eva.nansen.lodge46@gmail.com)

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