



Daughters of Norway

(Døtre Av Norge)

Hulda Garborg Lodge #49

Founded August 29, 2009



September 2026
september 2026

My Dear Sisters From Lodge President

Sheryl Zinsli szinsli865@aol.com

949-436-0071

Hello Sisters,

August is ending and September is right around the corner. Our August meeting ended with a lefse making demonstration and then all the Sisters tried rolling out their own lefse which we all ate at our potluck lunch afterward. It was so good!! (below: Jody with her Lefse wand, Tamara on left)



We're looking forward to several different activities. The Viking Festival runs September 19th and 20th. If you have a few hours to spare those days and can volunteer to work at our table, please contact me at szinsli865@gmail.com. We will be located in the Cultural Tent along with genealogy, Rosemaling, Fiber arts, and of

course, our Daughters of Norway table.

Since the Viking Festival is the same date as our normal Daughters of Norway meeting, we will be having a Zoom meeting on Saturday, September 12th at 10:00 a.m. Look for an email with the Zoom link to the meeting.

Our October is also going to be busy. We have been invited to participate in the Scandinavian Festival on October 10th from 11 am to 3:00 pm. Our Sisters from Turid Jespersen Lodge #44 have invited us to participate with them. The location is the Norman P. Murray Community and Senior Center, 24932 Veterans Way in Mission Viejo. We will participate by selling head wreaths, Holiday ornaments and other crafts our lodge sisters have created. We will

Continued on page 2

Hulda Garborg Lodge #49

Meets at Fallbrook Regional Health District
1636 E. Mission Road • Fallbrook, CA 92028

Correspondence:

TBD

**This month only 2nd Saturday
September 12, 10 a.m. on Zoom**

What's Inside

Scandinavian Heritage Fest., Convention News p. 2

Vista Viking Festival p. 3

Sisters' Travels p. 4

Lodge Anniversary, Making Lefse p. 5

Lefse recipe, Love of Trolls p.6

Trolls cont'd, Tante Rød Project p. 7

Officer Positions p. 8-9

King Harald RIP, Unexpected Finds p. 9

Happy Birthday!

Gratulerer med dagen!

♥ Gloria 2 Sept. ♥ Sarah 10 Sept.

♥ Lucette 28 Sept. ♥ Nathalie 28 Sept

♥ Ruth 28 Sept. ♥ Suzy 28 Sept.

Mine Kjaere Søstre Fra Lodge Prez *cont'd*

also be selling Scandinavian cookies made by our lodge sisters, if you are able and willing to bake cookies, please contact me at [s zinsli865@gmail.com](mailto:zinsli865@gmail.com). This is the one fundraising activity for Hulda Garborg Lodge #49, that we participate in each year.

Our October meeting will be at the regular

time and at our regular meeting place on the third Saturday of the month, October 17th. Hope to see you at the Viking Festival and our Zoom meeting!!

Luke til og god helse til vi ses igjen!!!

Good luck and good health until we meet again.

Sheryl Zinsli



The poster for the Scandinavian Heritage Fair features a vertical column of four national flags (Norway, Sweden, Denmark, and Finland) on the left, next to the title "SCANDINAVIAN HERITAGE FAIR" in large, bold, blue letters. To the right of the flags, the event details are listed: Date: October 10, 2026, Time: 11am - 3pm, Place: Norman P. Murray Center, 24932 Veterans Way, Mission Viejo, CA 92692. Below this, three columns of activities are listed: Displays of (Bunads, Knitted Sweaters, 99th Infantry Battalion (Separate)), Preparation of Traditional Foods (Aebleskiver, Krumkake, Lefse and Norwegian Waffles), and Demonstrations of (Rosemaling, Spinning, Weaving, Wood Carvers, Wood Burners). At the bottom left, it says "Also featuring products from Norrdesign T-Shirts, Joan Johnson Watercolor Cards, and Many More Scandinavian Vendors". In the center bottom, there is a small blue box with white text that reads "FOR SALE (SOME VENDORS ARE CASH ONLY) Kransekake, Soups, Risikrem, Open-faced sandwiches, Scandinavian desserts". On the right side of the poster is a colorful illustration of a woman with long blonde braids, wearing a traditional Norwegian folk costume with a white blouse and a dark vest, standing in front of a colorful, stylized background.

SCANDINAVIAN HERITAGE FAIR

Date: October 10, 2026
Time: 11am - 3pm
Place: Norman P. Murray Center
24932 Veterans Way
Mission Viejo, CA 92692

Displays of:
Bunads
Knitted Sweaters
99th Infantry Battalion (Separate)

Preparation of Traditional Foods:
Aebleskiver
Krumkake
Lefse and Norwegian Waffles

Demonstrations of:
Rosemaling
Spinning
Weaving
Wood Carvers
Wood Burners

Also featuring products from
Norrdesign T-Shirts
Joan Johnson Watercolor Cards
and Many More Scandinavian Vendors

FOR SALE
(SOME VENDORS ARE CASH ONLY)
Kransekake, Soups,
Risikrem,
Open-faced sandwiches,
Scandinavian desserts

Daughters of Norway 2027 National Meeting

Starting September 1, 2026, you can book your hotel room for the 2027 Convention at the Seattle Airport Marriott in SeaTac, Washington, July 22-24, 2027.

Please use the link below to book your room. For this Convention you will be required to prepay your first night. This was added in order to reduce the number of late cancellations that happened in the past, which resulted in the Convention Committee paying thousands of dollars in attrition fees to the hotel.

To start your reservation, click on the link below. Please make sure the dates you plan to stay are correct - the default "start date" is a day earlier than most will arrive. The booking process will time out if you take too long, and you will have to start over. Be sure you have everything you need handy (like your credit card) when you start booking your reservation.

We are very excited to share the wonderful Pacific Northwest with our Daughters of Norway sisters!

If you have questions about booking the hotel, please contact Kathi Skarbo at kskarbo@comcast.net.

We hope to see you in July 2027 -

Vista Viking Festival 2026 Year of Loki

Submitted by Cary Sullivan

Once again, we are in the culture tent: First Rosemaling, under the instruction of sister Astrid Fisher, they will be having daily demos, selling rosemaled items, and displaying students' work. This year for the first time, the rosemaling group will be selling rosemaling kits, containing everything need to learn to paint a small coaster, cost \$5.00.

Our Norge fiber group under the



instruction of sister Laurel Beale (*above at last year's VVF*) will be doing daily demos, knitting, weaving, spinning, and using the weighted loom.

Our weighted loom has had some updating, thanks to our wood carver, painted and sealed and warped.

We will have a lot of wonderful items for sale. We also have about 7 different kits for sale this year, ranging from \$5.00 to \$25.00. These kits come with everything needed, including instructions. Plus, we are there to help out. These kits are for all age groups.

Our fiber group was gifted a truck load of wonderful merino wool from a weaving blanket co. that is no longer in operations. This was a wonderful gift. We shared the wool with all members.

Our fiber group made little kits to make a MS scarf in the colors of cream, green, orange. MS colors. In the kit they get the wool, instructions and handmade bamboo knitting needles. Kits cost \$5.00 with a 100% going to MS.

There will be a genealogy booth again this year with handouts and maps. Sister Sheryl Zinsli (*below with Barbara F. at VVF 2025*) will be manning this booth

Daughters will have a booth right next to



genealogy, with information about daughters, signup sheet, they also will be selling head wreaths, dolls and famous visors, hats, a few other items. No cookies this year, sorry.

In the encampment area, Sister Helen Davis and her family will have a Sami cultural lavvu (promise) dwelling and beautiful gakti dress in blue and vibrant colors and embroidery and information all about the Sami people. (*Last year's Sami*



encampment along with the Damekor.)

Sister Lynn Bradley's Damekor, women's choir, will be performing daily, singing Norwegian folk songs.

This year's Viking Festival should be one to remember. Beside our culture tent, there are many other attractions, food, beer booth, kids zone, Strong man competition, vendors of all kinds. Loki will be seen all over the Viking festival.

Sisters' Summer Travels

Submitted by Helen Westerlund-Davis

As is a cherished tradition in Norway and Sweden, the summer months are often a special time for family holidays, travel, and reconnecting with loved ones. During the summer, sisters of our Lodge took advantage of the beautiful weather to visit family and friends, explore their Scandinavian cultural roots, and create lasting memories. For others, summer provided an opportunity to discover new places and enjoy adventures in different states. Other sisters are beginning an exciting new chapter as they look toward retirement and consider moving closer to family. These summer journeys brought opportunities for connection, exploration, and the embrace of both our heritage and the adventures that lie ahead.



Helen Feeding
reindeer in
Tromsø,
Norway



Above: Visby, Gotland, Sweden

L-R Sarah Rose Davis, Martha R Westerlund (Helen's mom and Sarah's grandmother) and Helen Westerlund-Davis -3 generations started in Iceland, traveled to Sweden, Gotland and then finally ending in Norway and the Arctic Circle.



Above: Barbara Felder and her family - Washington State; Right: Barbara Felder and her daughter beside one of Thomas Dambo trolls.



Cultural Director's Report

Submitted by Helen Westerlund-Davis

During our August Lodge meeting, Joy Cook honored the past and present presidents of Hulda Garborg Lodge #49 for the lodge's 17th anniversary by presenting beautiful roses and warm hugs to current lodge president Sheryl Zinsli and past lodge president Judy Lucas. Joy asked the lodge sisters to recognize and celebrate their dedication and leadership. The celebration also marked the **17th anniversary of the creation of Hulda Garborg Lodge #49**, honoring 17 years of friendship, heritage, and community. It was a wonderful opportunity to celebrate our Lodge's history while recognizing the women who have helped make it special.



Learning to Make Lefse.

At Hulda Garborg Lodge #49, Sisters and one husband had the wonderful opportunity to learn how to make traditional Norwegian lefse. Margaret and her daughter, Tamara, generously shared their knowledge and demonstrated how to make this beloved Norwegian dish. They explained the ingredients, preparation, rolling, and cooking techniques for making delicious lefse. Everyone enjoyed learning about the traditions and skills passed down through Margaret's mother.

The gathering provided an opportunity to learn not only a recipe but also an important part of Norwegian heritage and culture. Members enjoyed working together, asking questions, and sharing in the experience. It was a memorable day of preserving Norwegian traditions while also adapting them to modern dietary needs.

Helen's husband, Derrick Davis, was invited to participate and learn alongside the group. His role was especially helpful because he wanted to understand the recipe well enough to translate it into a gluten-free version.

Lefse is one of those recipes that is passed down from generation to generation, and each generation will have a different twist or tweak to making the lefse. Lefse is a recipe to experiment with and fun to create.

Lefse recipe on next page.



Margaret's Mother's Lefse Recipe

Margaret kindly shared her Mother's recipe.

- 2.5 lb russet potatoes— need to be russets
 - ½ cup butter
 - ⅓ cup heavy cream
 - 1 TBS salt
 - 1 TBS sugar
- 2 ½ cups flour

Directions:

Peel potatoes and boil until tender. Do not over cook

2. Run hot potatoes through ricer

Mix in butter, cream, salt and sugar. Cool mixture in the refrigerator.

Add flour and work in well. Return dough to the refrigerator if not made right away.

Roll dough into walnut size balls with hands. Then roll out into thin disks. The larger the balls the larger the disks.

Cook on 400 degree griddle until golden brown.

Let lefse cool in between towels before eating.



Norway's Love Affair with Trolls

Submitted by Helen Westerlund-Davis

The other day, I read a Reddit post titled “Do Norwegians really love their trolls?” Included in the question was a picture of one of those tourist shops filled with a variety of trolls. During my travels this summer, my daughter and mom visited three cities in Norway with very popular troll museums. We visited the one in Bergen, Norway. To answer the Reddit Post. “Yes, Norwegians



love their trolls.”

Trolls are one of the most recognizable and beloved figures in Norwegian folklore and cultural history. In traditional Norwegian stories, trolls were mysterious creatures believed to live in mountains, forests, caves, and other remote places.

Many legends described trolls as powerful beings who could be mischievous, frightening, or sometimes helpful to people.

Stories about trolls were passed down through generations, especially through oral storytelling in rural communities.

Norwegian folklore collectors such as Peter Christen Asbjørnsen and Jørgen Moe helped preserve many of these traditional tales during the 19th century. Trolls have become an important part of Norway's cultural identity and are closely connected to the country's dramatic mountains, forests, and landscapes. Some legends say that trolls could turn to stone when exposed to sunlight, which helped explain unusual rock formations found throughout Norway. Over time, trolls became less frightening and more playful characters in books, artwork, souvenirs, and Norwegian tourism.

Today, trolls remain a popular symbol of Norwegian heritage and are enjoyed by both children and adults. The enduring love of trolls reflects Norway's appreciation for storytelling,



Continued on p. 7 **Norway's Love Affair with Trolls *cont'd*.**

nature, imagination, and the traditions that connect generations.

Seattle, Washington, is home to several enormous troll sculptures created by Danish artist Thomas Dambo as part of his worldwide art project. Thomas Dambo is an artist and environmentalist from Denmark who is known for creating giant sculptures from recycled and reused materials.

His work combines art, storytelling, sustainability, and community involvement. In Seattle, his famous trolls include **Bjørn the Trash Bear**, **Oscar the Bird King**, **Frank the Dog**, **Jacob Two Trees**, and **Nessy the Sea Monster**. These larger-than-life sculptures are placed in public spaces where people can visit, photograph, and interact with them. The Seattle trolls were created as part of Dambo's **Northwest Trolls: Way of the Bird King** project, which celebrates the region's natural environment and Scandinavian heritage. Each troll has its own story and personality, encouraging visitors to explore the area and think about the relationship between people and nature. Dambo's trolls also connect with the long

tradition of Scandinavian folklore, where trolls are associated with forests, mountains, and mysterious landscapes. By building these sculptures from discarded materials, Dambo demonstrates how objects that might otherwise become waste can be transformed into meaningful works of art. Seattle's trolls have become beloved landmarks that bring together Scandinavian culture, environmental awareness, imagination, and community art. This summer, Barbara Felder and her daughter visited Palos Verdes, California, and Seattle, Washington, where many of Thomas Dambo's beautiful trolls are located.



Tante Rød Project

Submitted by Margaret Dewey

Tante Rød (Aunt Red) is a colloquial expression for menstruation, similar to the English expression "Aunt Flo" is visiting. At our Christmas Party last year, we collected



donations of feminine (period) hygiene products which we donated to Mission Hope in Temecula for their Empowerment Village. The village offers rent-reduced,

shared living for up to 14 moms and their children. During each mother's 2-year stay, they are equipped with resources, mentoring, accountability, education, and community connections designed to empower the women and their children to sustainably thrive independently on their own. When I delivered the supplies last year the women were beyond appreciative since monthly hygiene products are expensive.

Our Hulda Garborg Board has decided to continue collecting feminine hygiene products to support women in the community. There will be a Tante Rød donation box at each meeting for those whose wish to participate in the Tante Rød Project.

Board of Directors Open Positions

We warmly invite our Lodge sisters to consider volunteering for one of the open Board of Directors positions. Serving on the Board is a wonderful opportunity to contribute your ideas, talents, and leadership to the continued success of Hulda Garborg Lodge #49.

Your involvement can help preserve our Norwegian heritage while strengthening our Lodge and its connections with our members and community. Whether you have served in leadership before or are considering it for the first time, we encourage you to step forward and become part of our Lodge's future.

Please consider sharing your time and talents by taking a seat on the Board of Directors.

Local Lodge Officers

Standard local officer roles generally include:

- **President:**

- o The President shall preside at all meetings of the lodge and at all Executive Board meetings. She shall be the highest running officer and shall have general supervision over the lodge and shall ensure the constitution, bylaws, rules, and ceremonies of the Order are followed.

- o She shall see the various officers perform their duties. She shall appoint all standing and special committees unless otherwise specifically stated.

- o She shall declare the results of every election and all motions. She shall have no vote, except in case of election officers, or to break a tie.

- o She shall call special meetings of the lodge or the Executive Board whenever she deems necessary.

- o She shall decide all parliamentary questions which may arise, in accordance with the current edition of Robert's Rules of Order, Newly Revised.

- o She shall sign all reports to the Grand Lodge and all certificates and documents issued on behalf of the Order.

- o She shall perform all duties assigned to her, according to the bylaws, or such duties as may be assigned to her by the lodge or Executive Board.

- o **Vice-President:** The Vice President shall preside at all meetings in the absence of the President and, in the event of the President's inability to attend, perform the duties of the President. She shall assist the president at the lodge meetings and supervise the Greeters.

- o **Secretary:**

- o The Secretary shall keep an accurate and impartial record of all meetings of the lodge and the Executive Board.

- o She shall carry on all correspondence not already allotted to other officers in the name of the lodge and shall keep copies thereof in a book furnished for that purpose. She shall read all official correspondence from the Grand Lodge and all other letters or bills concerning the lodge.

- o She shall prepare all documents and certificates issued on behalf of the lodge. She shall have in her care the seal or stamp of the lodge.

- o She shall notify all members of the time of any special meetings as the President may decide.

- o In the event of a sister's death, she shall, as soon as possible, send to the Grand Lodge Financial Secretary a complete report containing the deceased sister's name, age, date joined, and date of death.

- o She shall perform all other duties pertaining to her office in accordance with the constitution and bylaws of the Order, or such duties as may be assigned to her by the lodge or Executive Board.
- o **Trustees:** The Trustees shall have supervision of all the properties of the lodge, shall prepare an inventory, and present an annual report thereof. They shall audit the books of the Financial Secretary, Treasurer, and any other officer handling lodge funds at least semiannually.
- o **Newsletter Creator:** The Newsletter Creator will send out deadline reminders, save submissions sent in, put together the newsletter, save it as a PDF and send it out to the membership. They can use MS Word, or whatever program that suits them. Suzy using MS Publisher which is being discontinued the beginning of October. Email her with any questions.



RIP King Harald

February 21, 1937 -
August 28, 2026.

There will be a state funeral
on Wednesday, September 9,
1 pm at the Oslo Cathedral.

King Haakon VIII succeeds
his father. Rather than a
coronation ceremony, on
Tuesday, Sept. 1, the new
King will take an oath
before the Storting, the
supreme legislature of
Norway, in a consecration
ceremony



Unexpected Finds

by Cary Sullivan

Another great find. Words in Norwegian say
something about milking container.

