



# Anna Kolbjørnsdatter Lodge #36

Daughters of Norway (*Døtre Av Norge*) - San Francisco



October Anna K. Hostesses: Debbie Grisso, Deborah Joseph, Julianne Anderson, Kay Ness, and Sonja Gandola.



**Save the date!**  
**Food, music, and fun at the Anna K. Christmas Tree Festival on December 11th.**

## MEETING CALENDAR

Meetings are held the second Sunday of each month at 2 p.m.  
Grace Evangelical Lutheran Church,  
33rd & Ulloa, San Francisco

### November 13th

2:00 p.m. - Business Meeting  
Program: - "A Tour of Scandinavian Christmas Food: Traditions of Norway, Sweden, Finland, and Denmark."  
*Presented by Paula Nesheim Baker*

**Hostesses:** Bonnie Anderson, Debbie Sault, Ingrid Hegerberg, Adrian Andersen King

### December (*Desember*) 11th

#### Christmas Tree Festival (*Jultrefest*)

2:00 p.m. *God Jul* Greetings  
Scandinavian Buffet  
by Chef Pelle Nilsson  
Performance by *Nattergal*,  
Folk music of Scandinavia

### January (*Januar*) 8th

2:00 p.m. - Business Meeting  
Installation of Officers for 2012  
**Hostesses:** TBA



*A Note from your President, Margery Knyper*



Hello Sisters,

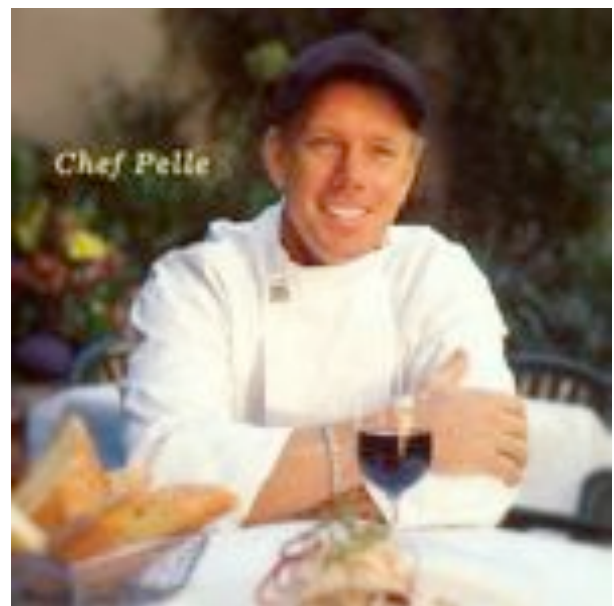
As we move into the harvest season, we can all be grateful for the heritage we share with each other. After a busy summer of travel, work, and special projects, we begin to think of "bringing in the sheaves" of our labors. Every year as the holidays roll around again, I am reminded of childhood Christmases, candlelight, smells of cardamom and cinnamon filling the air, and the good cheer enjoyed with neighbors in front of a crackling fire. A lot of the traditions which our parents shared with us we now share with each other.

This November, sister Paula Baker will have a cooking show, highlighting a few special holiday dishes from the different Scandinavian countries.

In December our Christmas Tree Festival will bring a Swedish chef catering a truly Norwegian gourmet meal, which we can all enjoy together before we sing some favorite carols around the tree with our visiting musical group, Nattergal. I look forward to the next few months.

Sisterly, Marge

*Left: Nattergal will be playing and singing Scandinavian folk music at our Christmas party.*



*Above: Chef Pelle Nilsson of the Norwegian Club will cater a Scandinavian lunch for the Anna K. Christmas Fest.*



**SEPTEMBER 11th: “The Kantele of Finland”**

The afternoon’s program was presented by musician Julene Johnson, who is of Finnish descent, and an Associate Professor at the UC San Francisco Institute for Health and Aging. She was a Fulbright scholar at the University of Jyväskylä in 2010 where she studied how singing in a choir helps promote healthy aging for older Finns. For our meeting, Julene played an instrument called the *kantele*, performing several beautiful tunes. She brought both an older and a newer instrument.

A *kantele* is a traditional plucked string instrument of the zither family native to Finland, Estonia, and Karelia. It is related to the Russian *gusli*, the Latvian *kokle* and the Lithuanian *kanklės*. Together these instruments make up the family known as Baltic psalteries. The instrument is also known as the *kusle* among the Volga-Finnic Mari people.



The oldest forms of *kantele* have five or six horsehair strings and a wooden body carved from one piece; more modern instruments have metal strings and often a body made from several pieces. Modern concert *kanteles* can have up to 40 strings. Modern instruments with 15 or fewer strings are generally more closely modeled on traditional shapes than the concert *kantele*, and form a separate category of instrument known as small *kantele*.

The *kantele* has a distinctive bell-like sound. Players hold the *kantele* in their laps or on a small table. There are two main techniques to play, either plucking the strings with their fingers or strumming un-stopped strings (sometimes with a matchstick).

In Finland's national epic, *Kalevala*, the mage Väinämöinen makes the first *kantele* from the jawbone of a giant pike and a few hairs from Hiisi's stallion. The music it makes draws all the forest creatures near to wonder at its beauty. Later, after losing and greatly grieving over his *kantele*, Väinämöinen makes another one from a birch, strung with the hair of a willing maiden, and its magic proves equally profound. It is the gift the eternal sage leaves behind when he departs Kaleva at the advent of Christianity.



## Norsk Høstfest 2011

By Paula Nesheim Baker

It's fall in North Dakota: the crops are all harvested, the leaves are turning colors and the grasses are golden. That means it's time for *Høstfest* in Minot. It is the largest Scandinavian festival in North America. It has six pavilions with food, art, crafts, products, and music from Norway, Sweden, Finland, Denmark, and Iceland. People come from all over the world to go to *Høstfest*, even from Norway. The festivities take place every year on the last Wednesday, Thursday, Friday, and Saturday of September.

This year Debbie Grisso and Julianne Anderson took a road trip across country to Minnesota, the Vesterheim Museum in Iowa, and *Høstfest*. Debbie said the Stockholm hall was her favorite, not only because her mother is Swedish, but also because of the varied musical entertainment throughout the day. And she loved the *rømmegrøt* booth which is offered by the 1st Lutheran Church of Minot. Debbie also liked the Copenhagen hall, where you could watch the craftspeople and artisans at work, with their blacksmithing, woodcarving, jewelry making and painting.

Julianne also enjoyed seeing the artisans and craftspeople using their old-world tools to create such beautiful works of art. She thought it was wonderful that many of the vendors at *Høstfest* had dedicated their proceeds to the victims of last June's devastating flood in Minot.

Jill Beatty also went to *Høstfest* this year. She was in the Thursday sweater show with her father's Norwegian sweater and in the Saturday *Bunad* show. Jill also helped at the Daughters of Norway booth (*photo below*), promoting the new Minot lodge. And she scouted around for possible artisans to come to San Francisco for the Norway Day Festival in May.



Paula Baker (*left with relatives*) goes to *Høstfest* every year to help the volunteers and her family get dressed up in their *Bunads* for the shows on Friday and Saturday. This year 12 of Paula's Nesheim relatives participated, coming from Minot, Watford, Devil's Lake, Fargo and Grand Forks.

The people of Minot did a fantastic job getting the fairgrounds cleaned up from the June flood so the *Høstfest* could be held again this year. But we were all very saddened by the evidence of the devastation in the area. (Info: [www.hostfest.com](http://www.hostfest.com))



CULTURAL GROUPS

**Bok Klubben (Book Club):**

Meets every couple months to discuss selected books. For more information, please call Linda Grondahl at 415-826-2352.

**Rockin' Rosemalers:**

Rosemaling study group/painting. Third Saturday of the month, 10 a.m. - 2 p.m. at Borgie Neset's home. Please call to confirm: 415-566-9508

**Genealogy:**

If you would like help in researching your family history, contact Gloria. E-mail: [gihan@pacbell.net](mailto:gihan@pacbell.net)

ANNOUNCEMENTS

**Tubfrim:** Collect used stamps, cut at least 1/2" around, including postmark, and bring to Marilyn Grimstad at our meetings. (For a Norwegian children's health charity.)

**Photographs/Bios:** Contact Ingrid Hegerberg at 909-994-6520 to take your photo before a meeting. Also please submit a brief biography. (Photos & bios are for the Anna K. membership history album.)

**Sunshine:** Know a member who might appreciate a friendly call or card? Call Jill Beatty at 415-350-6492.



ANNA K. COOKBOOK PROJECT UPDATE

If you haven't yet, it's not too late to enter your recipes for the Anna K. Cookbook. If you have questions or if you've lost the instructions for entering the recipes, just e-mail Paula Baker at [paulakb@sbcglobal.net](mailto:paulakb@sbcglobal.net). We have extended the deadline for submitting recipes to December 31, in hopes we will be able to gather more recipes. We need around 250 - 300 recipes to make our cookbook. If it is easier for you, just write down your recipes and mail them to: Paula Baker, 68 Suffield Ave, San Anselmo, CA. 94960.

*Right: Marge presented a lovely potted plant to Norma Barnes after installing her as the new Anna K. Financial Secretary at the October meeting.*



BIRTHDAYS

Gratulerer med fødselsdagen!

November

- 20 Kathryn Ness
- 22 Jill Beatty
- 24 Judy Felker
- 30 Beverly Brusa

December

- 1 Jeanne Kempainen
- 1 Debra Jensen Orner
- 4 Norma Kjenstad Barnes
- 4 Linda Turner
- 23 Bonnie Anderson
- 26 Agnes Labadie
- 27 Sierra Keller
- 31 Thelma Schiller





***New Discovery: Viking Boat Burial Dug Up in Scotland!***

British archaeologists have discovered the 1,000-year-old boat burial of a Viking warrior in the Scottish Highlands. The man was laid to rest inside his boat, surrounded by valuable items including an ornately-decorated sword, a shield, a spear and an ax -- all of which suggest he was of high status.

Experts say the find -- the first fully intact grave of its kind on the UK mainland -- may be part of one of the country's most significant Viking sites. "*A Viking boat burial is an incredible discovery,*" said project co-director and archaeologist Dr Hannah Cobb, from the University of Manchester. "*But in addition to that, the artifacts and preservation make this one of the most important Norse graves ever excavated in Britain.*"



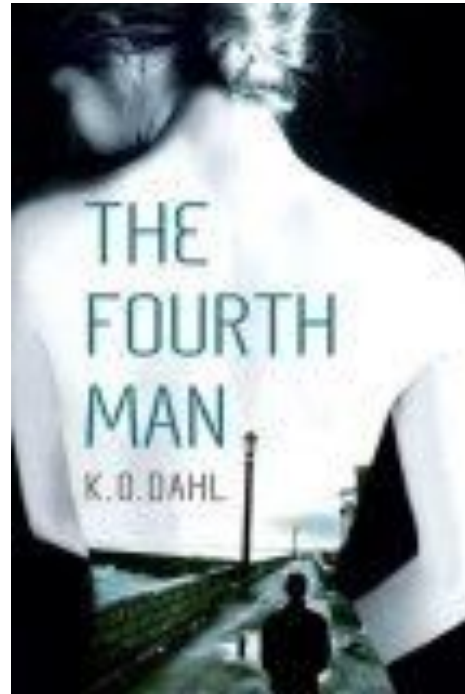
Archaeologists from several universities have spent the past six years carrying out digs at a number of sites on the remote Ardnamurchan Peninsula, on Scotland's west coast.



**LINDA'S Bokhylle (Bookshelf)**

(Recommended reading reviewed by Linda Grondahl)

“*The Fourth Man*” by K.O. Dahl is yet another Scandinavian mystery thriller. This novel was the winner of Norway's Riverton Prize for Best Crime Novel. It is the fifth novel in a series about inspectors Gunnarstranda and Frolich, a couple of very interesting characters. According to one review by a Norwegian, this series is more similar to American crime novels than those by authors Karin Fossum, Karin Alvtegen, Jo Nesbo and Henning Mankell. The reviewer continues that this novel is a hard-boiled noir style reminding him more of Dashiell Hammett and Raymond Chandler. There is, he concludes, however considerable psychological depth.



Kjell Ola Dahl has written eleven novels since 1993; four are published in English: “*The Fourth Man*,” “*The Man in the Window*” (2008), “*The Last Fix*” (2009) and “*Lethal Investments*” (2011).

I think this novel is the last of my pile of Scandinavian mysteries and I hope to move on to another genre. I did pick this book because I was assured that it would be easy and fun reading....and that did prove to be true.



***Coming Events!***

**Julemesse**  
Christmas Bazaar  
Fri., Nov.18 & Sat., Nov. 19  
10 a.m. - 4 p.m.  
Norwegian Seamen's Church  
2454 Hyde St., (Near Bay St.)  
San Francisco



**Swedish Christmas Fair**

Saturday, Dec. 3  
9 a.m. - 4 p.m.  
St. Mary's Cathedral Hall  
1111 Gough St. (at Geary)  
San Francisco



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