



Daughters of Norway Turid Jespersen Lodge No. 44

Founded November 15, 2003

Preserving Our Norwegian Heritage

April 2018

Meetings & Events

Turid Jespersen Lodge #44 meets on the 3rd Saturday every month, excluding July & Aug.

April 21, 2018

<i>Board Meeting (if needed)</i>	<i>9:00am</i>
<i>Cultural Program</i>	<i>10:30am</i>
<i>Pot Luck</i>	<i>11.30am</i>
<i>General Meeting</i>	<i>12:15pm</i>

AT: 26051 Merit Cir Ste 102
Laguna Hills, CA 92653

UPCOMING EVENTS

April 14, 2018
Heritage Festival
Norman Murray Comm Center

April 21, 2018
Cultural Program - 9th Infantry in Norway, presented by Dona Constantine

May 19, 2018
Cultural Program - TBA



GRATULERER MED DAGEN!

Happy Birthday

JoAnn Sherrod	Apr 9
Nikki Nelson	Apr 11
Thora Stupin	Apr 16
Karen Hansen	May 28
Tori Werner	May 29
Virginia Moore	May 31



Easter

 **BLESSINGS**

GL Board Minutes – 1912-1950

The GL board still has copies of the book: GL Board Minutes – 1912-1950, Translated from the original Norwegian. If anyone is interested in having a copy for themselves, the Board is selling them for \$20. See me with a check made out to the GL DofN if you want one. ☺

Ronna Clymens

Ladies, Remember, this newsletter is for us, and we want to read the things that interest us, so please keep those items coming. I want to thank those who have been contributing to the newsletter. It makes it so much more personal to all of us when we share. And also remember, feedback is always welcomed and appreciated, both good and bad.

March Meeting

Eva Kramer had some interesting memories of her time in Norway during WWII. Those of us who lived through it here in the United States can't imagine what it must have been like to have the Germans underfoot, so to speak.

Dorie Mattson's talk on why the Norwegians took so many Gold Medals at the Olympics gave some interesting insight into the Norwegian athletes. The videos told a lot as well.

We continued our preparations for the Heritage Fair in April. The Committee chairs are doing a great job of keeping on top of things. I know we're going to have a very successful Heritage Fair.

As a reminder the chairs are as follows:

Carla Norststrom – Set-up/Clean-up – 949-858-0352 or nordstrom.carla@aaa-calif.com

Derry Hetland – Food (baked goods and lunch) 714-766-9220 or derelys.hetland@gmail.com

Dona Constantine – Vendors – 714-832-5720

Patricia Shaker – Demonstrations – 253-225-0438 or fpshaker@gmail.com

Sharon Thoresen – Raffle – 949-499-6298.

If you haven't already signed up to help, please contact one of these ladies and volunteer.

Meetings & Events:

SofN Vinland Lodge, Temecula – Apr 7, 12:30pm, General meeting and Cultural program – Assistance League, Temecula.

DofN Hulda Garborg, Fallbrook – Apr 14, 10:00am – Fallbrook Women's Club

SofN Norge Lodge, Vista – Apr 21st, General meeting and potluck. Norway Hall, Vista



Hot cross bun

From Wikipedia, the free encyclopedia

Hot cross bun



Homemade hot cross buns

A hot cross bun is a spiced sweet bun made with currants or raisins, marked with a cross on the top, and traditionally eaten on Good Friday in the British Isles, Australia, Canada, New Zealand, South Africa and some parts of the Americas. The cake marks the end of Lent and different parts of the hot cross bun have a certain meaning, including the cross representing the crucifixion of Jesus, and the spices inside signifying the spices used to embalm him at his burial. They are now available all year round in some places. Hot cross buns may go on sale in the United Kingdom, Australia and New Zealand as early as New Year's Day or after Christmas.

History

In many historically Christian countries, plain buns made without dairy products (forbidden in Lent until Palm Sunday) are traditionally eaten hot or toasted during Lent, beginning with the evening of Shrove Tuesday (the evening before Ash Wednesday) to midday Good Friday.

The ancient Greeks may have marked cakes with a cross.

One theory is that the Hot Cross Bun originates from St Albans, where Brother Thomas Roccliffe, a 14th Century monk at St Albans Abbey, developed a similar recipe called an 'Alban Bun' and distributed the bun to the local poor on Good Friday, starting in 1361.

In the time of Elizabeth I of England (1592), the London Clerk of Markets issued a decree forbidding the sale of hot cross buns and other spiced breads, except at burials, on Good Friday, or at Christmas. The punishment for transgressing the decree was forfeiture of all the forbidden product to the poor. As a result of this decree, hot cross buns at the time were primarily made in home kitchens. Further attempts to suppress the sale of these items took place during the reign of James I of England/James VI of Scotland (1603–1625). The first definite record of hot cross buns comes from a London street cry: "Good Friday comes this month, the old woman runs. With one or two a penny hot cross buns", which appeared in *Poor Robin's Almanack* for 1733. Food historian Ivan Day states, "The buns were made in London during the 18th century. But when you start looking for records or recipes earlier than that, you hit nothing."

Traditions



An 1884 advertisement announcing the sale of hot cross buns for Good Friday in a Hawaiian newspaper.

English folklore includes many superstitions surrounding hot cross buns. One of them says that buns baked and served on Good Friday will not spoil or grow mouldy during the subsequent year. Another encourages keeping such a bun for medicinal purposes. A piece of it given to someone ill is said to help them recover. If taken on a sea voyage, hot cross buns are said to protect against shipwreck. If hung in the kitchen, they are said to protect against fires and ensure that all breads turn out perfectly. The hanging bun is replaced each year.

Other versions

In the United Kingdom, the major supermarkets produce variations on the traditional recipe such as toffee, orange-cranberry, and apple-cinnamon.

In Australia and New Zealand, a chocolate version of the bun has become popular; coffee-flavoured buns are also sold in some Australian bakeries. They generally contain the same mixture of spices, but chocolate chips are used instead of currants. There are also sticky date and caramel versions, as well as mini versions of the chocolate and traditional bun.

The not cross bun is a variation on the hot cross bun. It uses the same ingredients but instead of having a "cross" on top, it has a smiley face in reference to it being "not cross" in the sense of not angry. The not cross bun was first sold commercially in 2014 by an Australian bakery, Ferguson Plarre Bakehouses, in response to supermarkets selling hot cross buns as early as Boxing Day (26 December).

In the Czech Republic, *mazanec* is a similar cake or sweet bread eaten at Easter. It often has a cross marked on top.

In the Bremen area in northern Germany, a "Hedwig" (lower Saxon: *heet week*) was an ancient Shrove Tuesday meal. On Shrove Tuesday, the top of a Hedwig was cut off

and the Hedwig was filled with a tablespoon of hot butter and cinnamon-powder. The top was put back again and the Hedwig was served in a soup plate filled with hot milk or cream. Lastly, a tablespoon of cinnamon-sugar was mulled over the Hedwig, then eaten with a tablespoon. Today, a Hedwig is the sweet part of a Sunday breakfast in northern Germany.

In Frisia, the northern part of the Netherlands, there are "Hite wigge". They are very close to the original hot cross bun and Bremen's *Hedwig*. The Netherlands also has "krentenbollen", which are similar but do not have the cross on top.

The cross



Hot cross buns with the cross made with cuts

The traditional method for making the cross on top of the bun is to use short crust pastry; however, more recently recipes have recommended a paste consisting of flour and water.



Archaeologists finally know how old Denmark's fifth Viking fortress is

A piece of well-preserved oak found close to the "Borgring" Viking fortress has provided a precise date for its earliest possible construction.

By: [Charlotte Price Persson](#)



For the first time, archaeologists have unearthed Viking Age objects from the river valley around Borgring, a Viking fortress in Denmark. They now know where to look to find more of the same. (Photo: Nanna Holm)

Archaeologists have discovered a well-preserved piece of oak timber that indicates that Denmark's fifth Viking ring fortress, "Borgring," was built after 966 CE.

The timber was discovered outside the fortress and it had clearly been manufactured for some construction purpose. Archaeologists cannot say what exactly, but it could have been part of a door or a bridge.

The new dating confirms that Borgring, which was discovered in 2014 in Lellinge near Copenhagen,

was built at about the same time as the other Viking fortresses in Denmark.

"When we started excavating at Borgring, we had a theory that it was perhaps the latest fortress and that it was never completed. But we now know that it was established at about the same time as the others. Together with the other finds at Borgring, for example wheel tracks that indicate life, we now view the fortress as being more complete," says archaeologist and excavation leader Nanna Holm.

"Now we get nerdy"

The wooden plank is approximately one metre long, seven centimetres thick, and was found 2.5 metres beneath the level of the present day valley. The valley is a water-logged area, which in Viking times was perhaps navigable, although the archaeologists do not know precisely where the water flowed or how wide the channel was.

With the help of so-called stratigraphy of the soil layers, which provides a time line of archaeological events, archaeologists can say with a high degree of certainty that the wood belongs to the fortress, says Holm.

"Now we get nerdy over the really fine, thin soil layers, but we can see that it is a piece of wood, which was last used and discarded in 966

CE at the earliest, and we're sure that it correlates with the fortress," she says.

The very precise dating was only possible because the plank was made of oak and was especially well-preserved in the water-logged soil. The wood contained 122 annual rings that could be used for so-called dendrochronological analysis.



Archaeologist Nanna Holm with the piece of wood that shows some clear signs of wear, such as drill holes. It is not clear what the wood was used for. (Photo: Nanna Holm)

Previously, the archaeologists only had wood samples suitable for radiocarbon dating--a method based on the amount of carbon 14 contained within the sample that is relatively less precise.

Hope to find more timber

The new discovery reinforces the suspicion that Borgring was the latest fortress to be built by the

Viking king, Harold Bluetooth, who ruled over Denmark between 958 to 987 CE, says archaeologist Søren Sindbæk.

“It’s fantastic in itself that we’ve found this piece of timber, which more than halves the margin of uncertainty of when the fortress was built. We are now certain that we’re in the latter four decades of the tenth century. But at the same time I’m frustrated that we don’t have the [most recent] tree rings,” he says.

There is still a good chance that the archaeologists could get an even more precise date, he says. The discovery of the wooden plank is the first of its kind to be found in the river valley, so it’s good news in more ways than one.

“For me, the most exciting thing is that we have seemingly discovered the wet deposits [in the ground], which we’ve been searching for. So in other words, now we know which area belongs to the time period of the castle. So we may get lucky and find more pieces soon,” says Sindbæk.

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April Holidays in Norway

Apr 1	Sunday	Easter Day	National holiday, Flag day
Apr 2	Monday	Easter Monday	National holiday