





2023 Newsletter Agnes Mathilde Wergeland Lodge #52 Willamette Valley. Oregon This may be viewed by the Public

February Meetings



February 18, 2023-10:00 AM-ZOOM Board Meeting

Amey will set it up. Kae will send a reminder & log on info on Feb. 15. Remember ALL members are welcome to be there. This is where we need to discuss items rather than take up meeting time.

February 25, 2023-10:00-General Lodge Meeting

We plan to hold the meeting at Fletchall Hall, barring any unforeseen problems. Amey is requesting each one of us bring a SMALL amount of something Chocolate for the Snack Table. Kae will be sending out reminders on Wed. Feb. 22 so watch your email for up to date information.

February

 from februa Roman festival of purification held on February 15.

<u>February Moon:</u> The Snow Moon • Zodiac Signs for February: Aquarius & Pisces

The Violet & Primrose are February's Flowers

• the violet signifies watchfulness, loyalty, and faithfulness. Give a violet to someone to let them know that you'll always be there for them.



• The primrose lets someone know that you can't live without them.

February's Birthstone is the Amethyst

 amethyst has been thought to produce strength and clarity, as well as a protection from harm.



<u>February Quotes:</u> Married in February's sleety weather, Life you'll tread in tune together.

lf February give much snow, A fine summer it doth foreshow.

Fogs in February mean frosts in May.



Early morning, Sami Village, Lapland February is Sami Month

February Gelebrations

&dith &vensen...Birthday...Feb. 3 &llen Gostello...Anniversary...Feb. 18 Lauren Harder...Birthday...Feb. 19 Jill Arnold...Birthday...Feb. 22



Gelebrate &veryday!!

Stay Connected

Email:

daughtersofnorway52@gmail.com Face Book:

http://wwwfacebook.com/groups/amw52

Email us with questions or comments. Check out our Face Book page. We try to post Scandinavian items often & we do post pictures of our in-person meetings.

Information

Scholarship Information



As you know, the Grand Lodge of the Daughters of Norway offers scholarships for students who have completed their first year of education, beyond high school, and who have met other stated qualifications. This is a competitive process with the top candidates being awarded scholarships each year. Scholarship applications for the 2023 year are available from Kae, as well as the Guidelines and Procedures to apply. These can also be obtained from the Daughters of Norway website. These applications must be postmarked no later than 11 July 2023. It is vital that only the 2023 Forms be used, as older forms will not be accepted for this application period.

Convention Notes July 13-15, 2023 Reno, Nevada



This month we elect our Convention Delegates, so please consider if you are interested in going to convention & if you would like to represent our Lodge by being a delegate or alternate. If so please let Amey know. Some expenses will be paid by the Lodge. Convention Committee Members are:

Amey Herman, Traci Garets, & Kathy Solheim

Check It Out

Carol Nielsen says: Finland: <u>https://www.msn.com/en-us/travel/news/i-m-a-psychology-expert-in-finland-the-no-1-happiest-country-in-the-world-here-are-3-things-we-never-do/ar-AA160P2Z?ocid=msedgdhp&pc=U531&cvid=58353378c2da4a67b530ebf385ee8ff0</u>

Jean Payne says: Skiing: https://www.norwegianamerican.com/snowflake-ski-club-100/

and: Cardamom: <u>https://www.americastestkitchen.com/cooksillustrated/articles/3076-</u> cardamom-how-did-it-become-scandinavia-s-favorite-spice?

fbclid=IwAR2nnJHRDR6EcwBbQoMezinAZXM9vJvuT8BMfo5yUHgGvOMkadFWinmQdmg

and: from National Nordic Museum: Sami Film Fest: nordicmuseum.org/events/sami-filmfestival

Traci Garets says: archaeology: <u>https://www.khq.com/news/norway-archaeologists-find-</u> worlds-oldest-runestone/article_ab498a17-648b-539c-b4b4-4eac0355cb27.html? utm_medium=social&fbclid=IwAR24tWfE-_hJRKg8ng2AAp9pHUVHkImlyex_8y4hbE6hWrU7lpzDGlVlABE









Hosting the Grand Lodge March 9-12, 2023



President Amey Herman was approached by the Grand Lodge asking that our Lodge host them for their meeting in March. She agreed. We selected a committee to deal with these issues consisting of: Amey Herman, Linda Peterson, Karin Letcher, Traci Garets & Kathy Solheim. Now the details: There will be 8 sisters attending. They wanted to be lodged in member homes with one being large enough to hold their meeting but Amey told them probably not. Therefore they chose to stay at the Western Motel in Junction City & also will rent the Hall for their meetings. So we are mainly responsible for food. This will include 2-3 breakfasts (probably muffins, bagels, &/or donuts & fruit). 5 snacks (1 Thurs. afternoon & 2 mid morning & 2 mid afternoon (probably cookies). A Potluck dinner on Fri. evening (we will need to find a place to have it & it will include a get together for our lodge members & Grand Lodge). We will also probably need to provide some transportation (mostly to & from the Portland airport for 3 who are flying in).

If any of you have a home large enough to accommodate 15 to 20 people for a potluck on Fri. Mar. 10 evening & are willing to host this event PLEASE let Amey know.

If any of you are willing to drive to Portland airport on Thurs. Mar. 9 to pick sisters up & transport to Junction City or return trip to take them to Portland airport on Sunday, Mar. 12, PLEASE let Amey know.

If you are interested in helping with any of the food (picking up & delivering, making lunch or snack items, etc. menu has not been decided yet) please let someone on the committee know.

> Need to know above items NO LATER THAN FEBRUARY 10

Door Prize Maintained by Sue Scott

Jill Arnold donated a Spa Basket. Thank you Jill. It was Won by Karin Letcher



Information

Raffle Table Maintained by Sue Scott



Our Raffle is usually 3 choices with 3 or more items (all donated by members). Tickets are purchased at \$1.00 each or 6 for \$5.00 before the meeting or at break. We made \$5.00 this month. We also need more items please. Jean Payne & Candice Watson are the only ones who participated so they won it all, but we put the third set of items back to be raffled another time.

#1...Food scale, post card, book & cards. Won by Jean Payne #2...Plant, book, post card, & cookie cutters. Won by Candice Watson

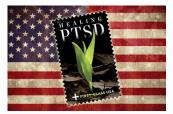
> Sale Table Maintained by Sue Scott



Our sale table is just that-items members have DONATED to be sold-the proceeds go to the Lodge. These items do NOT have to be Scandinavian, anything is fine. Be sure to mark it with a price, your name & the month when it was donated. If it is there 3 months & you don't take it back it can be used on the Raffle Table or as a Door Prize or donated to St. Vinnies. The Sale Table made \$14.00 in Jan. Thank you to all who participated.

Information

Tubfrim or Stamps for the Wounded https://www.stampsforthewounded.org/ Representative Shirley Bailey



KEEP COLLECTING & SAVING THOSE STAMPS!

We will be saving stamps for either or both Tubfrim and/or Stamps to the Wounded Project. Please put them in the box on the Welcome Table. We will decide where & how they will be donated at a later meeting. The following guidelines work for both charities.

What Stamps Can We Use?

Postage stamps, whether they are on paper or off paper.

Postage stamps from the USA or from any other country in the world.

Computer-generated postage labels.

Postal stationary : envelopes with pre-printed "stamps"; postal cards with a pre-printed "stamp";

aerogrammes. These should not be clipped, they are more collectible as entire pieces.

Philatelic material from stamp collections : stamps, covers, albums, and supplies.

What Stamps Can't Be Used?

Damaged stamps : stamps with tears; stamps with staples or other fasteners in them; stamps that are missing perforations; stamps with mold, stains, or are otherwise discolored; stamps that reek of cigarette, cigar or pipe smoke

Stamps (recent) that are cancelled or defaced with pen, pencil, magic marker, crayon, heavy spray cancellations, etc.

Recent non-profit rate and bulk rate postage stamps from the USA

Extremely common definitive stamps — primarily flag stamps

Meter postage markings stamped onto the envelope

Printed envelopes with prepaid postage such as "Business Reply Mail" or "Postage Paid / Presorted Markings"

Clumps of stamps that have become stuck or glued together Stamp facsimiles

How to Clip Stamps

Carefully clip, or tear the paper around outer edges of the perforations around the stamp. Do not clip off the perforations ... this ruins the stamp. Please leave at least 1/4" of margin around the outside edges of the perforations of the stamp which makes it easier to soak the stamp from the envelope.

If clipping from an envelope corner, remove the back and side flaps.

Please do not try to steam, soak, pull or peel the stamps off the paper. Our veterans will do this, as part of the fun work of stamp collecting.

Please do not cut stamps from older envelopes (pre-1941) or from more modern envelopes if they have special markings, such as "First Day of Issue" cancellations, very interesting cancellations, routing markings or "Postage Due" notations, etc.

Postal stationary (postal cards, stamped envelopes, aerogrammes) should not be clipped.

Picture postcards should not be clipped. Postcards without stamps are also acceptable to send.

If you are in doubt about whether to clip the stamp from the envelope, please don't. Send us the entire envelope and we'll sort it.

Who Is She?

January was Candice Watson. Shirley Bailey won the prize.

This month we only have 2 pictures. Can you get it! Email me with your guess & be the first email with the correct guess to receive a small prize at the February meeting. You must be at the meeting to claim a prize. You may guess numerous times up to Thursday night before the meeting.





Member News

Carol Nielsen/Katrina Nash: (1) Ophelia Iris Nash was born on January 11. She was 8 lbs. 4 oz. 19 inches. She is the daughter of Katrina and David Nash, the granddaughter of Don and Carol Nielsen and the sister of Ethan, Violet, and Lila.

Traci Garets: enjoyed a long vacation to La Manzanilla, Mexico end of December into Jan. Then to Port Vallarta! Sea waves crashed into the sea wall right behind the dancers as a yacht sent up fireworks. See some pics. (2-5)

Jill Arnold: My son, Tim is looking for a new place to rent. Small apartment, mother-in-law unit, or private part of a larger home. \$800-\$1000. Tim is single, middle aged, good work history & credit. By end of May.







(3)

(2)





(5)

LODGE NEWS

SO SORRY TO SAY BUT WE HAD A VERY SMALL ATTENDANCE AT THE JANUARY MEETING. WHERE WERE YOU ALL!!!? THERE WERE ONLY 11 OF US PRESENT (ALL BOARD MEMBERS). WE INSTALLED NEW OFFICERS WHO WERE PRESENT. ENJOYED A LOVELY SNACK TABLE PROVIDED BY TRACI GARETS, KARIN LETCHER, AND KATHY SOLHEIM, INCLUDING SMASH (KIND OF LIKE OUR BUGLES CHIPS COVERED IN CHOCOLATE) FROM SCANDINAVIA PROVIDED BY KARIN LETCHER. THANK YOU IT WAS ALL VERY GOOD. WE DID NOT HAVE CULTURE (INSTALLATION INSTEAD) BUT DID DISCUSS FUTURE & NEXT MONTH WE WILL BEGIN "SHOW & TELL" AS A PART OF CULTURE. (SEE PAGE 3). DURING OUR BUSINESS MEETING WE DID A LOT OF DISCUSSION ABOUT HOSTING THE GRAND LODGE IN MARCH AND FORMED 3 COMMITTEES (HOSTING, CONVENTION & FESTIVAL). IN HONOR OF VALENTINES & CHOCOLATE IT WAS SUGGESTED WE EACH (ANY ONE ATTENDING) BRING A SMALL AMOUNT OF SOME KIND OF CHOCOLATE FOR THE SNACK TABLE FOR THE FEBRUARY MEETING. AND REMEMBER WILLIAM L. SULLIVAN WILL BE OUR SPEAKER FOR FEBRUARY, SO LET'S HAVE A GOOD SHOWING (SEE PAGE 7). WE DID ENJOY OUR VISITING!!



Welcome Table

Snack Table





Jean helping Karin with Regalia, Jill watching



Karin & Kathy chatting

Shirley with "Who is She" gift bag





Installed Officers: Rosemarie, Linda, Karin, Shirley, Kathy, Jill, Sue, Candice, Traci, & Amey



Jill, Karin, Amey, Jean, & Candice beginning of meeting.

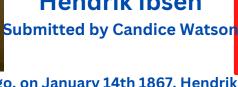


Traci, Rosemarie, Linda, Sue & Kathy at Business Meeting

Hendrik Ibsen



February Lodge Culture Submitted by Linda Peterson



156 years ago, on January 14th 1867, Hendrik Ibsen (1828 to 1906) began writing a five-act play very loosely based on The Norwegian fairytale "Peer Gynt" believed by Ibsen to be rooted in fact. Following a brief pause in writing after experiencing an earthquake on August 14th he was able to finish the play on October 14th, 1867. It was published in a first edition of 1,250 copies one month later on November 14th in Copenhagen. It has become the most widely performed of all Norwegian plays. It tells of the downfall and subsequent redemption of a Norwegian peasant anti-hero. It was written as a long dramatic poem that was not originally intended for the stage. While writing it he kept it secret and begged his publisher to create as much mystery as possible. Several characters are modeled after his own family and childhood memories including his earliest known ancestor and, most notably, his parents in Åse, and Jon Gynt. Many scholars deduct that Peer Gynt could be an iconic representation of Henrik himself, as there are some strong similarities to his own life. In 1874 Henrik changed his mind about putting it on stage and asked his friend and composer Edvard Grieg to compose music for it. He knew it was going to be a difficult task but his wife told him he was the right man for work so permeated with the Norwegian spirit. Thanks to her words and the fact that he was flattered to be asked, he agreed. He finished in autumn 1875 and the premier was February 24th, 1876 in Christiania (now Oslo) with the orchestra conducted by Grieg himself. Reviews called it a satire in Norwegian

egotism, narrowness, and self-sufficiency and called it magnificent.

In Gudbrandsdalen, Henrik Ibsen and Peer Gynt have been celebrated with an annual festival since 1928. It's one of Norway's main events and is recognized by the Norwegian government as a leading institution of presenting culture in nature. The main event of the festival is staging of the play next to Lake Gala the same surroundings in which is been found inspiration for the character. It attracts more than 17,000 people every year. Peer Gynt-Parken is located in Oslo. Created in honor of Henrik Ibsen's monumental presentation of Peer Gynt, scene by scene. Most of the sculptures were the result of a sculpture competition. Film adaptations were made in 1915, 1918, 1934, and 1941, which was Charlton Heston's film debut.



Local Author Bill Sullivan will be doing a presentation and the topic will be : Vikings in Sweden and Ukraine. Bill Sulllivan is the author of 23 books, including "The Ship in the Woods" and the updated "100 Hikes" series for Oregon.

Bring a friend or two and your money, checkbook, or bank card (he does have a card reader) he will be selling his books & autographs the ones he sells.



AMW Future Cultures

Cultural Director Linda Peterson is requesting your input for future Lodge **Cultural Events for meetings. She would** like you to email her with a lot of suggestions for future culture. Some suggestions for

- guest presentions from...
- excursions to...
- crafts about...(does not need to be a hands on but could be a presentation about)
- topics for discussion such a piece of art or artist, etc.

Candice Watson has agreed to do research. Show & Tell

We will be starting a 5-15 minute Show & Tell where a member can bring an item or items to share & talk about (even if done in the past). Rosemarie Mello will be sharing at the February meeting.

Culture

Netflix Shows Submitted by Linda Peterson

Season 2 Vikings: Valhalla started Jan. 18. Not for everyone because of the violence but a good series. Narvik - based on a true story during WWII that happened in Norway. Known as Hitler's first defeat.







Astrid Lindgren Submitted by Candice Watson



Astrid Lindgren, born Astrid Ericcsen on a farm in Sweden in 1907, created the iconic character Pippi Longstocking (Pippi Långstrump) for her daughter Karin when she was home from school due to an illness. She had asked her mom for a get well story and invented the name Pippi herself. The book was published in 1945, a birthday gift for Karin's 10th birthday. Pippi Longstocking was Astrid's second book. The stories cover the escapades of a funny, compassionate, free spirited and unusual Pippi and her two conventional friends and neighbors Annika and Tommy. Pippi lives independently in her house, Villa Villekulla, with her monkey and horse and no adult and no rules. She is a unique 9-year-old girl with wild red hair fixed into pigtails that stick out to the sides, freckles, mismatched stockings and super strength. Her mom died when she was a baby and her father is a sea captain lost at sea. Before vanishing he gifted her a bottomless suitcase full of gold coins. You get to see her big heart, generosity, and resourcefulness during their adventures which showcase Pipi's many talents. She can shoot, sail, and lift anything. Together they save children, stand up for the weak and oppressed, and deal with bullies, usually by lifting them up and depositing them into a tree. Her utter impudence and gallantry make her a feminist icon. As a girl rebel and anti- authoritarian she is censored in some dictatorships and conservative places. She has aroused the fury of some adults, but they may just be taking her a little too seriously. She is fun because she breaks so many conventional ideas about how girls should behave and mocks the adults at the same time. She became a role model for the women's movement. In today's world her traits are much more tolerated, meaning girls can be as strong, brave and uninhibited as boys in the spirit of gender equality. Paradoxically though, that influence also puts more demand on some girls who find it difficult to live up to. Take Annika for example. She is the quintessential well behaved well-dressed, "good girl". The model image of the postwar era for girls. She is now used as a cautionary example. There is a saying in Sweden "dreary Annika". But not everyone can be as bold and tough as Pippi can they? The 10 book series has been translated into more than 75 languages. They have been adapted into film and TV series The first movie premiered in Sweden in 1949 and the best received adaptation being the 1969 TV series.

Culture

Wintering

You may think yourself lazy, or flawed. Yet your body is made of almost exactly the same elements as the stars. Your bone composition matches the coral in the seas and you, my friend, are ruled by the moon and the sun. Whether you like it or not. So no, you are not lazy, Nature is simply pulling you to slow, like the life, floral and fauna around you. It is not your moment to rise. It is winter, you are wintering. And you are right on time.







It messes with your mind and steals your happiness.

From Rosemarie Mello

Islandic Books, Literature & Sagas Submitted by Candice Watson

Research has revealed that in Iceland more books are written, published, and sold per person per year than any other place. One in 10 Icelanders will publish something in their lifetime. A central pillar of Icelandic literature is the collection of Icelandic sagas. There are over 40 prose histories that describe events that took place in Iceland during the 10th and 11th centuries. They are believed to have been written in the 13th and 14th centuries possibly originating in the oral tradition of storytelling or they are works written about Icelandic history by individual authors of the 13th century. Accuracy of the sagas is hotly disputed. Though they contain trolls and ghosts they remain grounded in reality. After all, the majority of Icelanders even today believe elves and trolls exist. The Sagas focus mostly on history, especially family and genealogical history. They take place in a difficult and tumultuous era. They are stories of farmers, fighters, lovers, warriors, and kings. They contain betrayal, loyalty and dilemmas. Set at a time when Iceland was a remote and decentralized society with rich legal traditions but no organized executive power. Vikings were changing the shape of society. Christianity Catholicism and paganism were all fighting to be THE belief system. Despite all of this, the narrators are unemotional in telling the stories. People live, die, suffer and celebrate without sentiment. Women portray a strong role in the tales. One memorable character is Gudrid Thorbjarnardóttir or Gudrid the Well Travelled, a famous explorer who gave birth to the first European in America somewhere between 1005 and 1013, Snorri Thorfinsson. Her story shows just how hardy the women were. The Gísla Saga is a favorite of scholars. It's set in Northwest Iceland and contains rich descriptions of nature. Njall's or Burnt Njall's saga is one of the longest of the sagas and is generally considered the best, presenting a comprehensive picture of Icelandic life. Sagas remain an intrinsic part of Icelandic identity. They are true to the grim ethos of a vanished way of life.





FUN PAGE

Newsletter Quiz

- 1. Women portray a strong role in Sagas?
- Folse,
- 3. Tim Gibbons will be speaking on Feb. 3, 2023?
- 4. Next Lodge Meeting is Feb. 28, 2023?
- 5. Bubble Gum Day is Feb. 10?

2. Ophelia Nash is a new member?

- 6. Narvik is about Norway during WW I?
- 7. Door Prize was won by Karin Letcher?
- 8. Tubfrim no longer exists?
- 9. Pippi Longstocking put bullies on roofs?
- 10. Bill Sullivan wrote "The Ship in the Woods"?
- 11. Joke of the Month is from Aunty Acid?
- 12. Fish Chowder recipe uses Icelandic Cod?
- 13. February is the month of the Wolf Moon?
- 14. Peer Gynt is the most widely performed of all Norwegian plays?
- 15. We had a lot of members at the January meeting?
- 16. Anne Marie Cole's class is in Monroe?
- 17. "Kokomat" means soup or porridge in Norwegian?
- 18. Email Linda Peterson about cultural events?
- 19. Amey is a committee member for Convention?
- 20. Hosting Grand Lodge is May 9-12?

2

AUDIO BLACK BLUE COFFEE TABLE COLORING COOK COUPON DATE GUIDE LIBRARY LOG NOTE PHONE PICTURE POCKET PRAYER RECORD REFERENCE RULE SCHOOL SCRAP SKETCH

STAMP STORY

TEXT WORK YEAR

BOOKS WORD SEARCH PUZZLE

Е	С	Ν	Е	R	Е	F	Е	R	D	Α	Н	S	
G	F	0	Н	С	т	Е	К	S	U	Т	Н	С	
L	С	А	0	D	D	Ν	М	D	Е	Х	A	Н	
I	C	Y	0	Κ	0	A	I	G	R	Е	S	0	
В	0	V	Η	т	S	0	Т	Α	U	Т	Ρ	0	
R	F	R	Е	\mathbf{L}	R	С	Е	Е	Т	Ι	G	\mathbf{L}	
A	F	Н	0	U	Т	Y	R	\mathbf{L}	С	Ν	D	Т	
R	Е	G	L	В	G	R	Ρ	A	Ι	Q	С	Е	
Y	Е	Е	A	Н	L	R	Е	R	Ρ	0	K	K	
S	Т	0	R	Y	Α	U	0	С	U	R	С	С	
F	A	U	s	Y	М	\mathbf{L}	Е	Ρ	0	A	Ν	0	
A	В	В	Е	0	0	\mathbf{L}	0	W	L	R	В	Ρ	
С	L	R	L	С	М	Ν	Ρ	В	Н	Y	D	L	
s	E	V	Ρ	М	A	т	S	P	Н	0	Ν	Е	

The words appear UP, DOWN, BACKWARDS, and DIAGONALLY. Find and circle each word.





Valentine's Day Word Scramble Dependent of the letters to form the nerves of 10 different Valentine's Dep words. Then uncernative the shaded letters to answer the riddle. LIRANGD HAETR OLCHAOTEC

OLCHAOTEC DICPU MOEP LSWROFE BOLEDEV ANDCY ORSSE EOEVNPLE RRABYUFE What did the beg beer reg to the yell beer on Subertine's Day?	HAETK	
MOEP	OLCHAOTEC	
LSWROFE DEEV	DICPU	
BOLEDEV	MOEP	
ANDCY ORSSE EOEVNPLE RRABYUFE	LSWROFE	
	BOLEDEV	
	ANDCY	
	ORSSE	
	EOEVNPLE	
What did the bey bear say to the girl bear an Sulentina's Day?	RRABYUFE	
	What did the key bear ray	to the golf bear an Valantina's Day?

JOKE OF THE MONTH (Månedens Vits)





All Answers on page 14

Needle Felting Class:

Held by Anne Marie Cole; this is a friend of Marcya Rosecrans:

I'm excited to offer a little bit of a different spin on a needle felting class! You will receive an embroidery hoop that you will use as a frame where you will create an early spring picture that you can hang on your wall, if you take this class! Come, and be inspired!

When: Saturday, March 11, 2023-1:00-3:00 Where: Monroe Arts Assoc. 175 S. 5th St. Monroe, OR Cost: \$30.00 for the class & \$20.00 for materials (that you will take home) Openings for 18 + Sign up: phone Monroe Arts Assoc. 541-47-2278 or email <u>monroeartsassociation@gmail.com</u>

Nordic Northwest Events

https://www.nordicnorthwest.org/exhibit

New Nordic Cuisine: January 9 - March 27, 2023

This exhibition focuses on a Nordic value-driven food system that has captured the attention of world-famous chefs and home cooks alike over the past 15 years. The 2004 Nordic Food Manifesto articulated a set of values for approaching food throug the lenses of local production, seasonality, ethical production, and innovation. The

manifesto has sparked a robust dialog about food culture, both in the Nordic countries and around the world. By examining Nordic food trends in a light-hearted, interactive format, this exhibition introduces visitors to contemporary Nordic food and its driving values today.

Accompanying the exhibition is the Nordic Cuisine YouTube channel, which brings stories to people from recipe demonstrations to restaurant tours, to interviews with influential chefs and foodies.

NORWAY'S PATH TO WINTER SPORT SUCCESS

PRESENTED BY TIM GIBBONS: February 3, 2023, 7:30 PM to 8:30 PM with hosted reception following lecture. Doors Open at 7:15 PM, Nordia House Nordic Northwest Members: free, General Admission: \$10.00, Arts for All: \$5.00. Register on Website.

Fastelavn Nordic Kids Carnival: February 12. 2023, 2:00 p to 5:00 pm, Nordia House Nordic Northwest Members: free, General Admission: \$10, NW Danish Association Members: \$5. Website for tickets.

A "Sweetheart" of a Danish Dinner: February 14, 2023, 6:30 PM to 8:30 PM, Nordia House Nordic Northwest Members: #25, General Admission: \$30, Arts for All: \$5 Register on Website.

Flute Fantasy with NW Edvard Grieg Society: February 18, 2023, 7 PM - 8 PM Doors open at 6 PM, Nordia House

Nordic Northwest Members: \$25, General Admission: \$35, Arts for All: \$5 Register on Website.









Food Days

Food

Submitted by Candice Watson

February is not the month to be alone. With Super Bowl, Galentine's, Valentine's, & Mardi Gras there's a lot to celebrate with your friends & loved ones. Here are some holidays just in case you need another excuse to get together.

Gather up the children in your life be it children, grandchildren, great-grandchildren, nieces, nephews or the neighbor kids on the February 1st for Dec<u>orate with</u> Candy Day. Watch them have a

bubble blowing contest on Bubble Gum Day them on the 4th with ice Cream for Breakfast frozen yogurt shop will appreciate a visit on on the third. Maybe you want to join them! Thrill Day. With winter still hanging on, the kids & the :he 6th for National Frozen Yogurt Day. Plan a soup

exchange on Homemade Soup Day February 4th or make pizzas together on the 6th for the Great American Pizza Bake. Join your friends and family on the 5th for Chocolate Fondue. Have a party for Mardi

Gras (fat Tuesday) it's the 21st this year. Start your day with pancakes. There are a lot of give discounts or even free pancakes as it always doubles as National Pancake Day. Maybe have a chili cook-off on National Chili Day February 23rd. Then have everyone over

Friday the 24th for Friday Fish Fry. Now, Italians are a social people with big meals enjoyed by all & February has a few opportunities to create this kind of joyful atmosphere. Fettuccine Alfredo Day is the 7th, National Pizza Day is the 9th and Tortellini Day is the 13th

Tortellini Day is the 13th.



Or maybe you want to enjoy a movie or a game with friends and snacks, the 12th is Super Bowl so maybe celebrate with both Super Chicken Wing and National Pork Rind Day which are both the 12th. Of course, you must spend some quality time with your partner this month, so give them some Cream

Filled Chocolates company for Crab on the 14th & skip the crowded restaurants & wait for the 18th then enjoy their Stuffed Flounder Day & Drink Wine Day both.

You absolutely cannot forget man's best friend, so the 23rd is National Dog Biscuit Day. Make sure to reach out to anyone you know who could be feeling lonely on the 17th, National No One Eats Alone Day.



Some History of Norwegian Soup Making



Some History of Norwegian Soup Making #norwegiantraditions #norwegiansoups

Interestingly, there's very little mention of meat-based soups, but rather traditional soups were most ofen based on milk, grains cabbage and fish. The word "kokamat" was used for both porridge and soup. Fiskesuppe (fish soup) was a particularly Norwegian dish, although more frequently made in the cities, particularly Bergen. Today Bergensk fiskesuppe is very well known, and in this soup it is common to include parsnips, which were imported from Holland. Other fish soups from other regions included those made with salted mackerel, cod and salmon, and all of them had some type of milk broth or cream, and added vegetables like onions and carrots.

Recipe of the Month (Månedens oppskrift) Swedish Kladdkaka (Chocolate Sticky Cake)

We need our Chocolate in February! I know it's been done, but it is so good & so Valentine-y. https://www.thespruceeats.com/chocolate-sticky-cake-kladdkaka-2952677

Ingredients

- 2 eggs
- 1 1/3 cups sugar (white)
- 1/2 cup flour (cake or all-purpose)
- 1/8 teaspoon salt
- 1/2 cup melted butter (melted)
- 4 tablespoons cocoa (unsweetened)
- 1 tablespoon vanilla sugar (or 1 teaspoon vanilla extract)
- powdered sugar for dusting

Directions



- 1. Preheat oven to 350 F. Lightly butter an 8- or 9-inch round springform or cake pan.
- 2. In a large bowl, whisk together the eggs and sugar. Gradually mix in the flour and salt.
- 3. In a separate bowl, stir cocoa and vanilla sugar (or extract) into melted butter until well-combined.
- 4. Add cocoa-butter mixture to the batter, stirring well until any lumps are removed.
- 5. Pour the batter into the prepared pan.
- 6. Bake for 25 minutes. Check for doneness: the edges of the cake should be crisp but the center still moist and sticky. A good test is to insert a toothpick first into the cake's edge: it should come out clean. Then, insert it into the center of the cake: it should come out smeared with gooey, melting chocolate. Do not overcook the cake (but if you do, you'll have stellar brownies as a compensation prize).
- 7. Dust with powdered sugar and serve with whipped cream or ice cream, if desired.

Judy's Recipe Corner

Judy sent me a lot of recipes months ago that were used for a Sons of Norway project. This was one of them submitted by Kae Ellingsen. Try for February 4, Homemade Soup Day **Fish Chowder**



¾ cup chopped onion ½ cup chopped celery

3 TBLS butter

- 1 tsp garlic powder
- 2 cups diced potatoes
- 2 carrots, diced
- 2 cups chicken broth
- 1 tsp salt
- 1 tsp ground black pepper
- 1 tsp dried dill weed
- 2 (16 oz) cans salmon (use 1 to 2 lb fresh salmon and bake it before adding!)
- 1 (12 fl. oz.) can evaporated milk
- 1 (15 oz) can creamed corn
- 1/2 pound Cheddar cheese, shredded

Melt butter in a large pot over medium heat. Saute onion, celery and garlic powder until onions are tender. Stir in potatoes, carrots, broth, salt, pepper, and dill. Bring to a boil and reduce heat. Cover and simmer 20 minutes. Stir in salmon, evaporated milk, corn and cheese. Cook until heated through.





Answers to Newsletter Quiz on pg. 10

1. True (pg. 9)

2. False (pg. 5) 3. True (pg. 11) 4. True (pg. 1) 5. False (pg. 12) 6. False (pg. 2) 7. True (pg. 3) 8. False (pg. 4) 9. False (pg. 7) 10.True (pg. 8) 11. True (pg. 10) 12. False (pg. 13) 13. False (pg. 1) 14.True (pg. 8) 15. False (pg. 6) 16.True (pg. 11) 17. True (pg. 12) 18. True (pg. 7) 19. True (pg. 2) 20. False (pg. 3)

Thank you to all who helped with February's Newsletter. Your input is always welcome

& important.

