



Spring Has Sprung!

2024 Newsletter
Agnes Mathilde Wergeland
Lodge #52
Willamette Valley, Oregon
This may be viewed by the Public



Utvær Lighthouse

April Meetings



April 20-ZOOM Board Meeting.

Everyone is welcome to join. Please remember this is where we want to have discussions. A reminder with login info will be sent on **Wed. April 17** agenda items to be discussed are also accepted until night of **April 18**....send to Jean.

April 27-General Meeting will be held at the Lodge. We will have a culture presentation (pg. 7)), show & tell & necessary business. A reminder will be sent **Wed. April 25**.

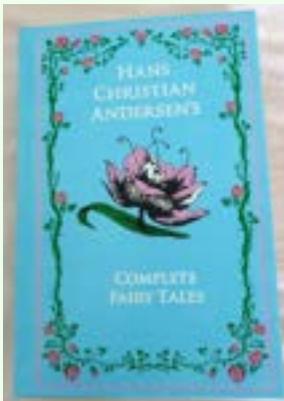
Famous Scandinavian People

Hans Christian Andersen

A Danish author most noted for his Fairy Tales which were published in 3 installments May 1835-April 1837.

A Poem

"To move, to breathe, to fly, to float,
To gain all while you give,
To roam the roads of lands remote,
To travel is to live."



Stay Connected



Email: daughtersofnorway52@gmail.com
Face Book: <http://www.facebook.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.



Check It Out

Jean : one of many articles about Hans Christian Andersen:

https://en.wikipedia.org/wiki/Hans_Christian_Andersen



Jean: Crossings Website information about the 200th anniversary of the sailing of the Restauration from Norway.

<https://norwegianamerican.us12.list-manage.com/track/click?u=69053127362583f52ee6b7d6e&id=f0e74a0357&e=3545773940>



Jean: Check out the entire list of offerings for Vesterheim Museum folk art classes at <https://bit.ly/FolkArtSummerCatalog24>



Jean: King Harald of Norway sends message & health update.

<https://www.thenews.com.pk/latest/1172946-king-harald-shares-health-update-with-special-message>



Judy: Total solar eclipse: April 8

<https://collinstreet.com/blog/2024-total-solar-eclipse>



Carol: Norwegian Craft Traditions with Arne & Carlos 6. The Story of the Iconic Lice Sweater from Setesdal-Knittin &

<https://www.youtube.com/watch?v=hGd04LQO8HY>



“Sisters on the Road” “Midwest Adventure”



Grand Lodge this year is planning a road trip in lieu of a cruise. It will take place **September 24-29, 2024**. The tour departs from & returns to Minneapolis, MN with Minot, ND (Norsk Hostfest) & other stops included. Registration opened on **March 6 at 9:00AM** Trips are on a first come/first serve basis, so registration is encouraged as soon as possible. You should have received an email on March 4 with all of the info.

Scholarship Information

Submitted by Kae



If you know anyone who might qualify for a Scholarship since it is a lengthy process now is the best time to get started. The qualifications and applications are available now either through Kae (send her an email) or online at the Daughters of Norway website. The **2024 Form MUST** be used. The deadline is **July 11, 2024**.

Hideaway Bakery

Submitted by Linda

<https://hideawaybakery.com/>

3477 E Amazon Eugene, Or



I found a new bakery in Eugene that uses Camas Country Mill baking products. It's located directly behind Mazzi's Italian Restaurant. It's quite small but wow they offer a great selection of baked breads, scones, cookies & hand pies. They also have a lunch menu plus coffee & tea drinks. There is outdoor seating consisting of picnic tables & benches & a large parachute type cover to keep sun & rain off patrons. It's reminiscent of an old hippie hangout. I bought a loaf of Kalamata olive sourdough bread & a cranberry & raisin scone. Both were fabulous! I plan to return to try more of their goodies.

Stamps for the Wounded

<https://www.stampsforthewounded.org>

Representative Shirley



KEEP COLLECTING & SAVING THOSE STAMPS!

We are saving stamps for Stamps for the Wounded Project. They will be collected at the end of the October meeting & will be sent to Stamps for the Wounded in November.

Information (Informasjon)



A Bit More Info

Submitted by Shirley

Last month we highlighted Edward Munch & Shirley sent a bit more info about him from watching a TV show History's Greatest Heists. The Scream was stolen from The Norway National Museum on February 12, 1994. They hired Charlie Hill a Scotland Yard detective to get it back. He advertised he would buy back the painting--no questions asked. Two months later he recieved a call from Mr. Johnson who wanted \$800,000.00 to return the painting. They agreed to meet at a hotel in Oslo but there was a police connection there & Johnson backed out Hill recieved a phone call from Johnson to meet again. When he arrived at the hotel Johnson said to leave the money & go with his driver to get the painting. They went to a cottage outside Oslo & he was given the painting. The painting was returned to the museum in May, 1994. Three men, plus Johnson were arrested in January, 1996 & convicted in connection with the theft.

Quotes (Sitater)

Hans Christian Andersen

1. Every man's life is a fairy tale written by God's fingers.
2. ...“But shouldn't all of us on earth give the best we have to others and offer whatever is in our power?”
3. “Enjoy life. There's plenty of time to be dead.”
4. “To be of use to the world is the only way to be happy.”
5. “Life is full of tough choices, indeed.”



Did you know:

Submitted by Jill



If you have a pacemaker, you can put it in your Will to have your pacemaker donated to a dog in need after you pass. Pacemakers cannot be donated to another human, but they can be donated to dogs with cardiac issues who would depend on it to stay alive. You can have the pacemaker brought to a vet of your choice. So many of those get thrown away & dogs die because people don't know they can do this. It even saves the dog's owner the cost of the actual pacemaker which sometimes means the difference in being able to afford lifesaving treatment or not.

Pea Soup Mix

Jean recieved an email from Chris Engstrom of Embla Lodge #2 on Monday, March 18 asking if we could get 20 packages of pea soup mix to them with Janet on her return. OF COURSE WE CAN! Jean went shopping for ingredients the following day, called Shirley & planned to package pea soup on Thursday. Janet brought us a check for \$120.00 & took 20 packages of pea soup back with her.

THANK YOU CHRIS & EMBLA LODGE

Happiest Country 2024

<https://www.cNBC.com/2024/03/20/happiest-countries-world-happiness-report-2024.html>



Finland is the happiest country for the 7th year in a row. Finland took the No. 1 spot on the list with a score of 7.741. According to Frank Martela, a Finnish philosopher & psychology researcher, Finnish people are happy because they have a strong sense of community & relatedness, do good deeds for other people, & find a clear purpose for themselves.

Denmark, Iceland, Sweden are 2-4 & Norway is 7 with the US falling from 15 to 23 this year.

Member News (Medlemsnyheter)

Jean
We got a lot of plumbing work done including a new kitchen sink, March 1.



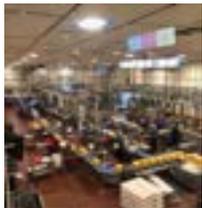
Emily

Went out to Creswell & shot some clays this morning (Mar. 9)! Intermediate level course, no glasses or padding on my shoulder, but I did hit a few.



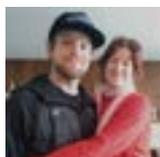
Candice

I had a pretty happy birthday this year. I took a train down to Mom & Dad's & spent Sunday night there. I did this because my favorite meal to eat out is breakfast/brunch & so we decided to have a brunch instead of dinner this year. It was nice to be able to spend time with Mom, Dad, my brother, David, & my son, Matt, & his girlfriend Maria all together. We had brunch at Elmer's where I really love their big German pancakes with lingonberry butter! After a wonderful brunch we stopped by Nothing Bundt Cakes & got a beautifully decorated cake, which no one was interested in having a piece of for a while. I took the train home later that evening, my arms full of leftovers & flowers (from Matt & Maria). It's always great to get to spend time with the family.



Kae

Had a wonderful weekend the end of February! First, Nidaros Lodge Sons of Norway (Gearhart) put on a fabulous crab feed with cute crab cookies! The crab was absolutely perfect. Then I spent a couple of fantastic days with my cousin & her husband in Cannon Beach. We had such fun catching up! The weather was blustery with off-and-on sleet/hail. We had a delicious lunch at Camp 18 -- I have never been there before. I took the long way back, stopping at Tillamook Cheese Factory (hadn't been before either!) & took its self-guided tour & of course, bought cheese, & then had THE BEST tuna melt I have ever had at Stephanie's Cafe in Newport. If you're ever in Newport, make sure you have a bite to eat at Stephanie's Cafe.



Kae

We had a fabulous St. Patrick's Day day! First, we had a super lunch at Dutch Mill Cafe in Tillamook, then visited the Tillamook Air Museum where we toured the museum & heard a wonderful talk by Paul Friss, a Vietnam veteran, who told us about his time there. Then we drove back to Springfield to Prime Time where I had the corned beef & cabbage dinner & Marcel had the Reuben. Delicious!! Even though we are part Irish, neither of us wore any green -- or orange. My Irish ancestor came from Derry, Northern Ireland. He has such a common name, though, that I doubt I'll be able to find out any more information about him.



Traci

A happy birthday (March 24) to my hubby, at our favorite Oregon coast town. He got a massage, we had dinner with dear friends & now fabulous brunch including beignets!



Amey

For our winter orchestra concert, we convinced our leader to let us wear "tasteful" green accents against our concert black, as the performance fell on Saint Patrick's Day. One violist chose a shamrock-festooned green jacket and plastic green hat, but they must have passed the test, because no one told him to take them off. No Irish music, but a lot of American influences (Copland, Dvorak, music from The Magnificent Seven, & a Mahler piece with a lovely theme on trumpet). And, for some reason, the conductor also chose Finlandia for the program, which is always a fun piece for players & the audience.



Meeting Information (møteinformasjon)

March Lodge Meeting News

We had such a fun meeting in March with 11 officers, 4 members & 3 guests present. Janet Ruud & friend Jean Franz were there! Janet gave a wonderful powerpoint presentation (& our monitor worked!! Thank you Kathy, Linda & Amey) of her trip to Norway in 2023. She spent about a month there traveling on pretty much all modes of transportation (except sled) visiting various members of her family! After her presentation we had a break (provided by Carol & Karin) then convened at the table for a short business meeting. Thank you all who participated & helped to keep it short. I am hoping to keep up this trend through out this year by keeping discussions at the Board Meetings. Another great piece of news is we also met a lovely lady, Disree Hewitson, who is planning to join our group at the April meeting!! Hopefully Jean Franz will also. After the meeting many of us met at the Camas Country Mill where Janet & Jean were treated to a lovely lunch of Irish Stew & Soda Bread. (see page 6)



More Meeting Information (mer møteinformasjon)

Show & Tell

Kae shared that she recieved several books from Tove Hall's estate (member) & if any one wished to take one they were welcome to do so.

Raffle Maintained by Sue

We had a 50/50 Raffle & recieved \$11.00. Tickets are \$1.00 each or 6 for \$5.00. Shirley won \$5.50 which she donated back to the Lodge. Thank you Shirley.

Sale Table Maintained by Sue

Though we had no sale table this month, our pea soup mix was available & we made \$16.00 on that.

Door Prize Maintained by Sue



Donated by Jill it consisted of a hedgehog ornament & gardening gloves. Won by Emily

March Lodge Luncheon

<https://www.camascountrymill.com/>

A fun luncheon after the meeting of Irish Stew & Soda Bread at the Camas Country Mill outside of Junction City. A good lunch & not expensive for such a rainy, stormy, March day. Thank you to Linda for setting it up.



Culture (Kultur)

Culture for April Meeting

Cultural Director Linda

Linda is planning to have member Kathy Solheim speak about her trip to Thea Foss Lodge #45 where she spoke on Genealogy & also visited the home her family lived in for her first years. Amey will also be showing a YouTube clip on the Nordic Northwest Troll.



School in Finland

Submitted by Jill via a friend on FB



In Finland, school starts when the child is 7 years old. Regarded as the best school system in the world. The class is 60 minutes, of which there are 45 + 15 minutes break. Monday to Thursday 8 hours daily, Friday until 1pm and Saturday off. Education is absolutely free in Finland. Parents don't pay a penny for anything. Everything is paid for by government. Every child gets a free tablet from the state to store all school books so kids don't have to carry heavy backpacks. School meals are free, varied and clean, and every student can get what and how much they want.

Every investment in the education of a country is an investment in its future. This is the most important investment. The educated people are the engine of both the economy, health and justice.

Our Sister Lodge-

<https://www.daughtersofnorway.org/>

Prillar Guri Lodge #30

Founded: October 20, 1985, Olympia, WA

Prillar Guri members are actively involved in regional Scandinavian activities and offer many interesting speakers at their meetings. Prillar Guri lodge actively participates with the local Sons of Norway to host Olympia's Norway Day Festival. The festival held at the Thurston County Fairgrounds offers educational exhibits, demonstrations, traditional crafts, music, story-telling, Nordic Fjord horses and Norwegian shopping experiences.

Lodge Name

Prillar Guri is a heroine of oral traditions, stories & lyrics about events that happened hundreds of years ago. Sweden & Denmark-Norway were rival powers in Northern Europe in the 16th & 17th centuries. In 1612, a company of about 350 Scots were traveling overland from Norway to Sweden to become mercenaries. They had chosen the land route across Norway to Sweden because the port at Kalmar, Sweden, was blockaded by the Danes. A Norwegian force of about 400 farmers from various counties in Oppland Fylke, assembled at Kringen. Finally, the Scots left Dovre & headed South toward Kringen. The Scots reached Kringen on August 26, 1612, where they were ambushed by the Norwegian militia at the narrowest part of Gubrandsdalen valley. In Kringen, the route was so narrow that the Scots could barely pass single file. The Scottish column may have been spread out about 500 meters long. Recent research has shown that the farmers' militia had blocked the way at the south end & had another block inside the passage. The battle was fought for one & a half hours. All the Scots had been shot, drowned or beaten with the exception of 134 men, of whom 116 were executed in Evam the next day. Three officers & 15 soldiers were sent as prisoners to Oslo, Copenhagen or Varberg, Halland, Sweden. The Norwegian loss was only six men.

The warning to the waiting Norwegian militia was said to have been provided by Prillar Guri, a young woman from Sel kommune, who rode parallel to the Scots force on the other side of the valley. The ensuing battle where the Norwegians soundly defeated the Scots was the Battle of Kringen. (See Page 13).





Culture (Kultur)

Hans Christian Andersen

Submitted by Candice



Most fairy tales are stories from full traditions orally passed from generation to generation. Some do get taken from literary sources, such as Hans Christian Andersen.

His life was a bit of a fairytale itself. The Ugly Duckling, born on a humble duck yard yet destined to become great. He was born April 2nd, 1805 to Anne-Marie & Hans Christian Andersen Sr. in Odense, Denmark, a rural place at the time. The family was poor, & yet he died a rich & famous man, celebrated around the world. He is primarily known for his fairy tales, but during his lifetime he was also known for other literary works including novels, travel journals, memoirs, poems, & plays. In the 1952 movie, "Hans Christian Andersen" starring Danny Kaye he is portrayed how many people saw him, a simple, innocent, childlike teller of tales. However, when studied, he is a very different man. He was sharply intelligent & an ambitious writer. His tales, when read in the original Danish or in good unabridged translations are much more sophisticated & multi-layered than just simple children's fables. He was a skilled literary craftsman, & he put into them comedy, social critique, satire, & philosophy aimed at adult readers. "I seize on an idea for grown ups, & then tell the story to the little ones while always remembering that Father & Mother often listen, & you must also give them something for their minds." To children they can be read simply as magical adventures. But the characters are much more complex & are drawn from his own life.

As a child he was told Danish folk tales by the women at the insane asylum where his grandmother worked. His father read to him from one of the few books they owned, the Arabian, "A Thousand and One Nights" . He was sent to Poor School, not having money for grammar school. His earliest works are inspired by the Danish folk tales yet none are direct retellings of the stories. Rather, they are original fictions that use the Danish folklore as their starting point, then borrow further inspiration from the Arabian tales as well as ones heard in France & Germany.

His was a tortured soul, ill at ease around other children, a loner. Spending his time reading & sewing costumes out of scraps for his puppet theater. He hung around the theater often & was good at memorizing what he heard & saw. He would then reenact scenes to anyone who would listen or watch. He had a good singing voice. This is how he originally got doors to open for him. He would receive invitations to sing at dinner parties, where his shabby appearance & precociousness provided much amusement. This was his introduction to superior society & he was hooked.

When he was 11 his father died leaving the family in dire straits. He was sent off to work in a factory but only lasted a couple of days. He tried being an apprentice to a weaver, a tobacconist, & a tailor. When he was 14 he went to Copenhagen to try to make it big on stage. He tried getting in with the theater society in every way he could & finally was on the doorstep of the director of the Royal Choir School & it just so happened that Christoph Weyse, a composer was dining there with him. He himself had risen from poverty & took pity on the boy. They raised some money to enable him to rent a cheap room & to study with those at the Royal Theater.

He was again called upon to sing & recite at dinner parties where again the smiles of the audience were often at his expense. Just like in Thumbelina when she meets the mouse. Yes, she can stay with the mouse & will survive the cold winter. But she has to pay for that with storytelling. He was able to earn enough to get by. These years, later in life, led to the writing of The Little Mermaid & Thumbelina, where the heroine submits to loss & pain in order to cross into another world, only to find that she will never be fully accepted in it.

He was excited to be on the way to being on stage, he thought. When he was 17 his voice changed & he no longer had a talent for singing. He became tall & gawky & was not good for dancing or acting either. He was dismissed from school. He was determined to find success in the theater, so he turned to writing. After much rejection Jonas Collins, the financial director of the Royal Theater saw his talent & recognized his handicap as only a lack of a formal education. So he made arrangement for an educational fund from the King of Denmark & was sent away to grammar School in Slagelse, 57 miles away. This was an extremely difficult time for Hans Christian. He was 6 years older than the other students & lacked in general knowledge studies. The headmaster was a cruel man who bullied his students into learning. Hans Christian was too confident, too conceited, & too ambitious. He had to be put in his place of which he was born to. He was forbidden to do any creative work including writing. This was particularly hard on Hans & he would write to Jonas complaining. But Jonas just put it aside as adolescent self-pity, until Anderson defied the headmaster & wrote a poem titled "The Dying Child". (Which was published in 1827 & became one of the most famous poems of the time) see page 9.

Hans Christian Andersen continued:

The headmaster called it rubbish & put so much abuse on Anderson that a young teacher became concerned & went to Collins personally to tell him. Jonas took him directly out of school & he was tutored after that, & passed the University of Copenhagen exams at age 23.

A year after returning to Copenhagen he wrote his first book, "A Walking Tour From the Holman Canal To the Eastern Point of Anger", which he scraped up the money to publish himself after rejections from publishers. It was a hit & sold out. He then sold a play to the Royal Theater & was on his way. In 1833 the King gave him money for travel & he spent 16 months traveling extensively, to Germany, Italy, North Africa, & bits of Asia. He even had the adventure of climbing Mount Vesuvius during its eruption.

In 1835 a volume of his first 4 tales were published. Even though the beginning of his career was booming, the following years were rocky, full of lows as well as highs. One critic compared him to Dickens & said he was moved to tears by both men but with Dickens he still knew the author was reading to him. With Anderson he "did not think of the author at all, but wept like a child, unconscious of everything around" him. Receiving harsh reviews while being praised, he grew into a man who had two conflicting sides to his nature. In his talents he was supremely confident, yet socially he was lacking.

When he was 33 the the King awarded him an annual stipend for life. He was accepted into society. Though despite this he still felt as an outsider, like The Little Match Girl, nose pressed to the glass, peering into the rich family's windows.

He died of liver cancer in 1875, but he lives on with statues, books, a boulevard in Copenhagen, & even a theme park in Shanghai. Andersen's life was a tragic one in many ways -- and yet, like a character from one of his own tales, he had the gift of turning straw into gold: transforming the sorrows & joys of his life's journey into stories we still love today.



THE DYING CHILD

BY HANS CHRISTIAN ANDERSEN



Mother, I'm tired, and I would fain be sleeping;
Let me repose upon thy bosom sick;
But promise me that thou wilt leave off weeping,
Because thy tears fall hot upon my cheek.

Here it is cold: the tempest raveth madly;
But in my dreams all is so wondrous bright;
I see the angel-children smiling gladly,
When from my weary eyes I shut out light.

Mother, one stands beside me now! and, listen!
Dost thou not hear the music's sweet accord?
See how his white wings beautifully glisten?
Surely those wings were given him by the Lord!

Green, gold, and red, are floating all around me;
They are the flowers the angel scattereth.
Should I have also wings while life has bound me?
Or, mother, are they given alone in death?

Why dost thou clasp me as if I were going?
Why dost thou press thy cheek so unto mine?
Thy cheek is hot, and yet thy tears are flowing!
I will, dear mother, will be always thine!

Do not sigh thus – it marreth my reposing;
But if thou weep, then I must weep with thee!
Ah, I am tired – my weary eyes are closing –
Look, mother, look! the angel kisseth me!

More Info

Submitted by Candice

If like me this has made you want to know more about Hans Christian Andersen here is the names of 2 of his better Biographies:

[Hans Christian Andersen: European Witness by Paul Binding, 2014](#)

The Wullschläger biography is the story of a life; this book is the story of an artist, with reader-friendly analyses of Andersen's works, their richness, contexts, and influences.

<https://www.nysoclib.org/blog/poet-bizarre-hans-christian-andersen-he-was-just-kids>

[Hans Christian Andersen: The Life of a Storyteller by Jackie Wullschläger, 2000](#)

Winner of many awards, this is just a terrific biography - an insightful and compassionate portrait of its subject with plenty, but not too much, of his 19th-century world.



Monthly Foods

Submitted by Candice

We'll start off this month with a general subject; food. April is National Food Month. Here are some interesting food facts:

- * The oldest foods we made were flour, bread, & soup probably around 10,000 BC
- * The healthiest foods are spinach, garlic, lemon, lentils, raspberries, walnuts, avocados, & dark chocolate
- * The most expensive food in the world is Siberian sturgeon caviar
- * In 3000 BC Mongols invented ice cream & used it in trades with China & Europe
- * Pork is the most consumed meat in the world
- * Broccoli contains more protein than steak
- * Peanut butter contains carbon which can turn it into a diamond
- * Pistachios are not nuts but are seeds of a fruit



April is also Soy Foods Month. Science believes this plant was domesticated in about 7,000 BC. An ancient Chinese emperor proclaimed the soybean plant one of five that are sacred. It is the only plant base that is a complete protein, containing all of the essential amino acids like an animal protein. It contains zero cholesterol. Eat 25 grams daily to lower your cholesterol, eat 40 to 70 grams a day to ease menopause symptoms. An American colonist in Georgia planted the first soybean plant seed from China in 1765. Now 1/3 of the world's soy comes from America. It is our second largest exported crop.

April is National Grilled Cheese Sandwich Month. Although eaten all over the world it goes by many different names. In the twenties & again in the 70s here in the US it was often called a cheese dream. In Mexico it's a quesadilla, in France croque monsieur, in Australia jaffles & in South Africa snackwiches. In 1994 Diana Dayson noticed a Virgin Mary like shape on her grilled cheese & kept it safe for a decade then sold it for \$28,000. In 2006 the world record for eating grilled cheese was set at 47 sandwiches in 10 minutes. The most expensive grilled cheese sandwich is sold at Serendipity3 in New York City, where they sell the quintessential grilled cheese for \$214. April 12th is National Grilled Sandwich Day.

Congress established April as National Pecan Month in 2001. The pecan is the only tree nut native to North America. The natives have used it for thousands of years, Europeans "discovered" them in the 16th century. Pecans are not a nut, but a fruit. A tree can live 300 years. 90% of pecans are grown in the US there are a thousand different varieties. They can help reduce cholesterol & heart disease risk. They are a source of high quality protein & contain more than 19 vitamins & minerals. For nutritional purposes, eat them unroasted & unsalted. During World War II, people used pecan shells as a substitute for coffee.

April is National Garlic Month. Garlic transcends cultures. It's easy to grow because it's adaptable. It's antibacterial, anti-microbial, & keeps vampires at bay. It's believed to originate in central Asia. The Bible tells about Jewish slaves being fed garlic to strengthen their bodies & make them more productive. Ancient Greek athletes used it before Olympic events. In 2700 BC China used it for many ailments including depression. In 1850 BC Greek generals fed it to their troops before battle. Ancient Egyptians believed it had life-giving properties & the strong odor would protect Pharaoh from evil spirits in the afterlife. In 1323 BC King Tutankhamun was buried with garlic. In 601 AD Slavics used it to repel lice, treat shark bites, spider bites, ulcers & rashes. Garlic boasts the production of collagen which helps stimulate hair growth. It was issued to soldiers during World War II as a medicine. It's part of the lily family. National Garlic Day is the 19th.

April is Celery Month. Celery was discovered in 400 BC in the Mediterranean. In 1856 celery first appeared in the us. George Taylor, a Scotsman brought it to Kalamazoo, Michigan. In the 18 & 1900s it was more expensive than caviar because it was difficult to farm. Stalks can reach over 3 ft. tall. It was used as an aphrodisiac in ancient Rome. There is a celery museum in Portage, Michigan the Celery Flats Interpretive Center. Ancient Greece used celery as a bouquet to honor champions in sports competitions. Celery is beneficial for people with rheumatism, arthritis, & gout. They made celery flavored Jello in the 1960s.

So you have another month of wonderful choices. Here's to eating!

Recipe of the Month (Månedens oppskrift) SCANDINAVIAN GRILLED CHEESE SANDWICH-4 servings

<https://www.food.com/recipe/scandinavian-grilled-cheese-sandwich-471970>

Nothing beats a grilled cheese sandwich & this one is inspired by Scandinavian cuisine. This recipe is from a Canadian cheese magazine. Enjoy!"

INGREDIENTS:

- 8 slices pumpernickel bread
- 6 1/2 ounces havarti cheese, sliced
- 4 ounces smoked salmon
- 1 tablespoon chopped fresh dill

DIRECTIONS

1. Evenly distribute cheese, salmon & dill on four slices of bread.
2. Top with remaining 4 slices of bread.
3. Heat skillet over medium-low heat & cook sandwiches approximately 5 minutes on each side or until bread is toasty & cheese is melted.



Judy's Recipe Corner--Submitted by Judy

This was submitted a long while back by Judy & since garlic is one of our foods of the month, I thought these 2 recipes appropriate. https://www.theguardian.com/food/2023/aug/24/the-bulb-and-the-beautiful-four-show-stealing-recipes-with-lots-of-garlic?CMP=Share_AndroidApp_Other

Cheesy Roasted Garlic Bread & Butter-serves 4

Ingredients:

- 1 ciabatta loaf
- 4 oz. roasted garlic herb butter (recipe below)
- 1/2 cup grated mozzarella

Directions

Preheat the oven to 375.

Using a sharp knife, cut deep slits into the ciabatta roughly 2 in. apart, ensuring you do not cut the whole way through. Spoon one tablespoon of the butter & a sprinkling of the mozzarella into each slit. Wrap the ciabatta in foil & place on a baking tray. Bake for 15 minutes. Remove the foil & bake for a further five minutes or until golden & crispy on top & the cheese is bubbling. Pull the bread apart & serve immediately.



Roasted Garlic Herb Butter

Ingredients:

- 4 garlic bulbs
- 2 tsp extra-virgin olive oil
- 250g salted butter, at room temperature, chopped
- 40g (about 1 bunch) flat-leaf parsley
- 40g parmesan, grated

Directions:

- Using a sharp knife, slice the top off the garlic bulb, about 1/2" from the top, to expose the raw cloves. Place the bulbs on to a large sheet of foil & drizzle with the olive oil. Season with a pinch of salt & pepper, then wrap the bulbs with the foil. Bake for one hour.



Directions continued:

- Leave the garlic to cool slightly until you are able to handle it. Using your fingers, squeeze the roasted garlic cloves out of their skins.
- In a food processor, place the roasted garlic, butter, parsley, parmesan & a pinch of salt & pepper. Blitz until all the ingredients are smooth & well combined.
- Scoop the butter on to a large piece of baking paper & roll into a tight log. Store in the fridge for several weeks – or use it in the garlic bread recipe above.

Hans Christian Andersen (HCA)

Quiz



- When & where was HCA born?

- What did the Ugly Duckling turn into?

- Fairy Tales are true stories. true or false?
- Before becoming a famous writer what other art was HCA involved in?
 - singing
 - sculpting
 - painting
 - choreography
- Who were his "mentors"?
_____ & _____
- HCA attended the University of Copenhagen? true or false
- His stories are drawn from his own life experiences. true or false?
- His first school was _____?
- Which profession DIDN'T he apprentice too?
 - weaver
 - printer
 - tobacclist
 - tailor
- The Dying Child was his first poem. true or false?
- Which city opened an HCA based theme park?
 - Dubai
 - New York
 - Copenhagen
 - Shanghai
- At age 40 the King awarded him a lifetime stipend. true or false?
- What did HCA die of in 1875?
 - an accident
 - heart attack
 - liver cancer
 - pneumonia
- Name 5 stories not mentioned in the article but shown by pictures in the newsletter.
 - _____
 - _____
 - _____
 - _____
 - _____

Answers on page 14

Brain Food



WORD SEARCH PRINTABLE

A	T	R	A	G	R	E	S	K	C	I	H	C	L	A
L	I	D	O	F	F	A	D	G	R	E	F	L	R	D
G	B	R	G	A	B	R	E	E	L	E	T	S	A	P
A	B	D	E	C	H	I	E	R	A	I	N	E	B	I
R	A	P	A	C	T	E	S	T	U	L	I	D	B	C
D	R	A	I	N	B	O	W	E	R	U	S	E	S	N
S	E	S	P	R	U	R	E	W	A	R	E	N	P	I
S	P	I	L	U	T	N	G	N	I	P	R	I	H	C
R	A	B	P	A	T	E	A	R	N	C	K	H	L	H
E	S	G	B	U	E	T	G	E	Y	W	A	S	A	I
W	A	R	M	Y	R	S	A	G	R	E	E	N	D	C
O	T	A	S	U	F	L	R	A	I	N	B	U	Y	D
L	R	S	N	K	L	A	D	Y	B	U	G	S	B	A
F	E	S	B	U	I	E	E	A	R	C	H	I	L	F
B	R	E	E	Z	E	S	N	D	E	G	R	A	O	F
U	T	L	A	D	S	M	O	S	S	O	L	B	R	E

BLOSSOMS
BREEZE
BUTTERFLIES
CHICKS
CHIRPING

DAFFODIL
FLOWERS
GARDEN
GRASS
GREEN

LADYBUGS
PASTEL
PICNIC
RABBIT
RAINBOW

RAINY
SEEDS
SUNSHINE
TULIPS
WARM

JOKE OF THE MONTH (Månedens Vits)

April Fools' Day is the favorite holiday of which animal?

The silly goose!



When shouldn't you plant spring flowers?

When you haven't botany.

Upcoming Events (Kommende arrangementer) by date



“THE LUR AND PRILLAR GURI: A HEROINE OF OLD NORWAY.” (A VIRTUAL PRESENTATION)



<https://www.livsreise.org/event/the-lur-and-prillar-guri-a-heroine-of-old-norway-virtual-presentation/>

[fbclid=IwAR1DdURrA2PxcrpD18ZkUT2GQpjTgKToKdGg5Sn9cNXpqRH_aC-FKlOeaXE](https://www.facebook.com/sonjalodge/?fbclid=IwAR1DdURrA2PxcrpD18ZkUT2GQpjTgKToKdGg5Sn9cNXpqRH_aC-FKlOeaXE)

April 6 @ 11:00 am - 12:00 pm FREE A presentation by Eric Stavney of Washington. He has co-hosted the Scandinavian Hour Radio Show on station KKNW in Seattle. This program has been a community staple for over 50 years on Saturday mornings. He currently writes for the Norwegian American News. This is a presentation about Prillar Guri (Lodge #30 of Olympia is named for her).



Norsemen's Men's Chorus-Lapskaus Dinner-submitted by Kae sonjalodge.org/lapskaus

Join us for an All You Can Eat Family Style Dinner on **April 7**, at 4:00 **OR** 5:30 pm. A fund raiser Scandinavian dinner of Lapskaus (Norwegian Stew), flat bread, cole slaw, cooked carrots, bread & cake. Tickets \$25.00 each **MUST BE PURCHASED IN ADVANCE!** Not sold at the door. (see above link). Take out also available.



Annual Scandinavian Dinner & Auction-submitted by Linda

<https://www.facebook.com/events/1220563438913865>

Join us for an evening of Nordic themed entertainment & food while bidding on your favorite auction basket!

April 13--6:00pm to 9:30pm, at Christ's Center-530 W. 7th, Junction City. Tickets \$25.00 each (see above link to purchase). Roast pork with sides from Scandinavian countries.



Garage Sale-Sons Of Norway-Submitted by Kae

We all love a garage sale! Especially the ones we can plan ahead for! Save the date and come support the Sonja Daughters at their lodge garage sale, April 20th, from 9am-2pm. Spring cleaning is soon upon us. If you find gently used items you don't need anymore, donations are accepted every Tuesday at the lodge (710 McKinley St, Eugene) from noon-2pm and on lodge meeting nights. (No clothing or spouses please.)



Astoria Scandinavian Midsummer Festival Oregon

https://astoriascanfest.com/?fbclid=IwAR1pflhm4wMOLu7PnDm7-aXbMebvVXygtgiqlZ9Uj34z3PUF_Iv9QVO-ksKM

Submitted by Sue



Returning to the 2024 Astoria Scandinavian Midsummer Festival by popular demand are Jackie and Larry Taylor with their Icelandic horses. Jackie and Larry will show their Icelandic horses in the horse arena in the low building next to the Midsummer Pole. Jackie and Larry provide demonstrations of these attractive animals and the Taylor family will answer your questions. Save the dates - **June 21, 22, 23** at the Clatsop County Fairgrounds.

Hans Christian Andersen Quiz

from page 12



1. 1805 & Odense, Denmark
2. Swan
3. False
4. a-singing
5. Christoph Weyse & Jonas Collins
6. True
7. True
8. Poor School
9. b-printer
10. True
11. d-Shanghai
12. False-33
13. c-Liver Cancer
14. a-Emperor's New Clothes pg 7
b-Snow Queen pg 9
pg. 14
c-Wild Swans
d-Princess & the Pea
e-The Red Shoes

answers from page 12

SPRING WORD SEARCH PRINTABLE

A	T	R	A	G	R	E	S	K	C	I	H	C	L	A
L	I	D	O	F	F	A	D	G	R	E	F	L	R	D
G	B	R	G	A	B	R	E	E	L	E	T	S	A	P
A	B	D	E	C	H	I	E	R	A	I	N	E	B	I
R	A	P	A	C	T	E	S	T	U	L	I	D	B	C
D	R	A	I	N	B	O	W	E	R	U	S	E	S	N
S	E	S	P	R	U	R	E	W	A	R	E	N	P	I
S	P	I	L	U	T	N	G	N	I	P	R	I	H	C
R	A	B	P	A	T	E	A	R	N	C	K	H	L	H
E	S	G	B	U	E	T	G	E	Y	W	A	S	A	I
W	A	R	M	Y	R	S	A	G	R	E	E	N	D	C
O	T	A	S	U	F	L	R	A	I	N	B	U	Y	D
L	R	S	N	K	L	A	D	Y	B	U	G	S	B	A
F	E	S	B	U	I	E	E	A	R	C	H	I	L	F
B	R	E	E	Z	E	S	N	D	E	G	R	A	O	F
U	T	L	A	D	S	M	O	S	S	O	L	B	R	E

BLOSSOMS	DAFFODIL	LADYBUGS	RAINY
BREEZE	FLOWERS	PASTEL	SEEDS
BUTTERFLIES	GARDEN	PICNIC	SUNSHINE
CHICKS	GRASS	RABBIT	TULIPS
CHIRPING	GREEN	RAINBOW	WARM



A BIG THANK YOU TO ALL WHO HAVE HELPED WITH THE NEWSLETTER THIS MONTH

