



Gushing 7 Sisters Waterfall, Norway



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



Famous Scandinavian People

Vigdís Finnbogadóttir

1st woman in the world to be democratically elected as president. 4th President of Iceland 1980-1996.



May Meetings



May 18-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. May 15** agenda items to be discussed are also accepted until night of **May 17**....send to Jean.

May 25-General Meeting will be held at the Lodge. We will have a culture presentation (pg. 7 & 9), show & tell & necessary business. A reminder will be sent **Wed. May 22**

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.

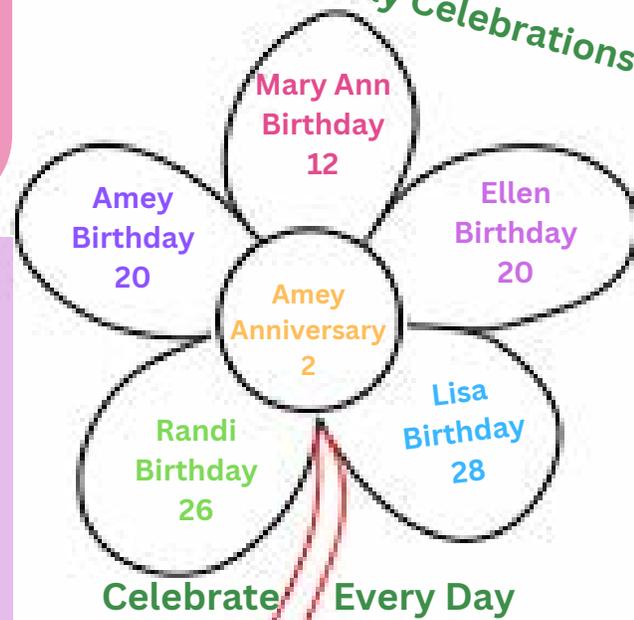
Scholarship Information

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**.

May Celebrations

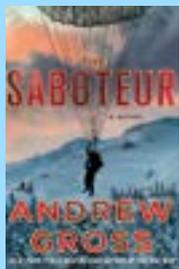


Information (Informasjon)

Lost Book

Submitted by Librarian Shirley

We are missing an important & special book from our Library. "The Saboteur" by Andrew Gross--it was signed & donated by the author to our group.



The last person to sign it out believes she loaned it to someone but cannot remember who.

Would everyone please check to see if you may have this book & just forgot about it.

Thank you!

Check It Out



Jean: information on Vigdis Finnbogadóttir:

https://en.wikipedia.org/wiki/Vigd%C3%ADs_Finnbogad%C3%B3ttir

Candice: an interesting interview of Vigdis

Finnbogadóttir: <https://www.c-span.org/person/?21614/VigdisFinnbogadottir>



Jean: On April 17, the National Nordic Museum hosted His Royal Highness Crown Prince Haakon of Norway, along with members of Norway's business delegation.

<https://www.facebook.com/NordicMuseum/posts/pfbid0mPCxTFCBm5dH4xqzKrStAHa41oMhZWF9fUM7E8b84wAPMUFHcuRuNRr6d39AZZkrl>



Ladies Tea

Submitted by Amey



The Scandinavian Cultural Foundation in Junction City has a fundraiser on Saturday, May 11, 1:00 to 4:00 pm and Daughters of Norway has been invited to participate. It was decided at the Board meeting that 8 of us would indeed participate.

It is called a "Ladies Tea", and local groups have been invited to take a table for 6-8. It's a "donation" (Debbie said \$10-15 per table would be sufficient). We collected \$26.00 from those going as a donation. Amey will decorate our table.

Attire is casual. Jean, Linda & Amey are bringing teapots & cups to help with service & possibly to donate. Organizers will provide the treats & tea. Debbie Lemhouse is in charge.

I have been asked to provide music, & another member of GGB will lead a craft activity (Huck & embroidery). You do not have to participate in the craft. You do not have to attend the full time, but there will be a couple of drawings during the event. If you are interested in going please contact Amey ASAP.

Festival Packaging



If you happen to have any leftover packaging (bags or clam shells) from last years Festival please bring it to the May meeting so we can figure how much we need to order.

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. There is a box on the WelcomeTable if you want to bring them monthly. They will be collected at the end of the October meeting & will be sent to Stamps for the Wounded in November.

Information (Informasjon)

Scandinavian Festival

Aug. 8-11, 2024

<https://junctioncityscandia.org/>



It's time again to become a member of the now Scandinavian Cultural Foundation (they have merged 2 portions of the group & are no longer Scandinavian Festival Foundation). This is this years pin & is the first in a series of 4. There is a form if you want to pay in cash/check-contact Debbie at deb_lizabeth@yahoo.com or go online to: <https://junctioncityscandia.org/membership/>

Watch List

Jean: [War Sailor](#) on Netflix as an hour series or as a two & half hour movie on IMDb. When WWII erupts, two sailors on a Norwegian merchant ship face brutal conditions as they fight to survive a conflict they were never asked to join. Netflix:

<https://www.netflix.com/title/81643922>

IMDb:

https://www.imdb.com/title/tt17633184/?ref=tt_mv_close

Kae: [Stolen](#) on Netflix, A deep dive into Sámi culture & conflict. Stolen streams on Netflix from 12 April 2024 . Adapted from book of same title by Ann-Helén Laestadius

Jean's husband Steve: 2 [Rick Steves' Europe](#) episodes: "[Norway's West: Fjords, Mountains and Bergen](#)" & "[Stockholm](#)". On OPB Saturday, May 18, 7:00-8:00pm.



Words of Wisdom

Submitted by Sue

"Glimmer"

Recently, I learned about a term called a "glimmer," which is the opposite of a trigger. Glimmers are any moments in your day that bring you joy, happiness, peace, gratitude, or love, making you feel good. The more you look out for them, the more you'll notice, and the fewer triggers you'll encounter. We tend to see what we actively seek.



Poet Shaman sculpture by Robin Lysne

"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 recieved an email on March 4 with all of the info.

Information (Informasjon)

Bunad Show

Submitted by Traci



For their 50th Scandinavian Festival Anniversary, Thousand Oaks, CA is hosting a Bunad/Nordic Folk Costume Fashion Show on Sunday, May 19, 2024 from 1:45 pm – 2:15 pm and are looking for volunteer models!

I am helping coordinate the models by writing the narratives to be used by the MC, Joan Paddock.

Please sign up by going to this link and provide as many details about your Bunad/Folk Costume as possible:

[<https://forms.gle/S1osEx4wGwqoCCeg7>]
(<https://forms.gle/S1osEx4wGwqoCCeg7>)

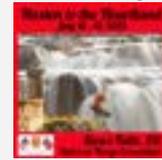
ALL NORDIC COUNTRIES ARE WELCOME!
Free Admission for all models!
Deadline to sign up is: 5/10/2024 — with **Joan Paddock.**



BUNAD FASHION SHOW
Main Stage--Sunday, May 19, 2024
1:45 pm - 2:15 pm



Convention—"Hasten to the Heartland" Sioux Falls, SD - July 17-19, 2025



If going to Convention—you can help! You all should have received 2 emails in reference to these requests. Please refer to those for complete information.

PHOTOGRAPHY

On behalf of the Daughters of Norway 2025 Convention Photography subcommittee (Eileen Halverson, Janice Mitchell & myself), I am writing to ask if there is a sister who plans to be at the 2025 convention in Sioux Falls who has a camera (not a phone camera) & can take three photographs on Saturday, July 19, 2025, at approximately 4:00 PM.

In addition, we would need these photos to be available to post on the Daughters of Norway website within a week following the convention. There could be a small stipend available for this project.

The second request is based on previous convention photos. In the past, one sister has been asked to volunteer to take photos of the whole convention. This is a huge undertaking. We would like to split up the job. If you enjoy & have a knack for taking photos (phone or camera), we are looking for 3 - 6 sisters to volunteer to take photos.

Please contact:

Kathy Haugan by May 30, 2024, via email
khaugan80@gmail.com or 605-695-0053
with questions or to express interest.

CULTURAL PRESENTERS

We have begun our planning for the Nordic Heritage cultural classes which will be held on Thursday, July 17, 2025. We would like to invite you to share with your sisters in the Daughters of Norway any type of Nordic Cultural skills or related interesting programs with us! See email sent on April 24 for form to fill out & more information. If you know of anyone not a member of the Daughters of Norway who would be a great presenter, please contact me at the email address listed below with their information. I will contact them to see if they would like to be part of our 2025 Convention experience. Contact info:

Carol Nelson
206 Iverson St W
St. Joseph, MN 56374
Email address: cjn_1953@hotmail.com
Phone: 701-412-7897

Member News (Medlemsnyheter)

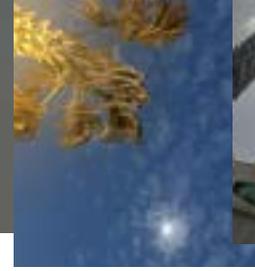
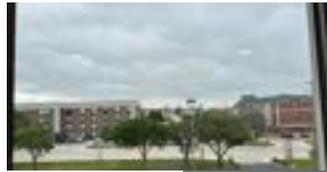
Carol

Don and I took a river cruise in southern France. Here we are in front of the cafe where Van Gogh drank coffee and the subject of one of his paintings. As you can see, we had lovely weather. Merci, Amey, for your travel tips!



Traci

In Dallas, Texas for the April 8 total eclipse of the sun. Nooooooooooooo!!! it's been beautiful all morning. Deep breath. stay calm. ya still have over 4.5 hours. Turned out well.



Jean

Steve & I went to Newport for a couple of days during last week of April. Had a nice stay at The Elizabeth Inn, had a nice dinner at Georgies & just enjoyed hanging out.



Amey

I went down to Klamath Falls for a pickleball tournament, and on the way found a wonderful outdoor museum right off the side of the highway. Old logging vehicles and machinery, old homesteads and large trees make a great setting. They had a tree cookie from a 700 year old Douglas fir that fell down during the 1962 Columbus Day storm. There's a campground on the property too.



Loretta's Update



Please share the news with our Sisters of our lodge. On my calendar April 27th is circled as I plan to make the trip. Due to Covid and flu season, I have not been allowed to be inside to visit with my mother since October. I would come to visit on holidays, standing on her porch, our hands pressed against the glass of her door and talk to each other between opposite sides. It was emotionally horrid, but we followed doctor's orders, myself and my sisters. Easter Sunday mom called it a family resurrection day as the door was opened, mom engulfed me in the hug of a lifetime! 7 long months yet I shared with her it was best to protect her.

This Thursday, April 11 all of my household are traveling up to Gresham to meet up with my sister from Eastern Oregon, celebrate her birthday, all of us with mom. We are going to dance on the moon over that farm I tell you! My son and his wife celebrated their 5th wedding anniversary here April 5-7 this last weekend. So much fun, far too much food, if that is possible in a home full of Scandinavians. LOL We are going to apply National Cheese Day in serving fancy Grilled cheese sandwiches served with my own homemade clam chowder. Yum!

The winter was hard on us up here in the mountains, we lost 8 trees in our forest home. But, I told the kids, God is the Master Creator and Gardener, He's just showing us how it is done with pruning. Unfortunately, the big timbers came down on my fruit orchard, crushing all of my varieties of fruit trees and my beloved roses. I just cried when I saw that, as each was planted with loving care decades ago. Yet, God gave me a blessing, I found saplings coming up of the trees, and my roses will be shorter with new shoots and tons of buds are on them. I sang praises of thanks! The greatest blessing is all of my family living in my home was safe and unharmed, in that I am Rich.

Also, the wildfires that kept us in constant smoke up here for three years damaged so much of the forest. My lawn was gone from all the ash. However, this Spring it has shot up full, thick and with a glorious green like never before. Ahhh, God and His Divine gardening, fertilizing with just the right amount of ash. He is indeed my best friend. He is with us all, Always. It is His promise.

In that dear Jean, I send all of you love, prayers and many blessings. I will collect the hugs April 27th. Oh, for Randi! Bless your sweet heart and great skills. Your sweater kept me cozy warm this winter, I absolutely love it!

Meeting Information (møteinformasjon)

April Lodge Meeting News

Sorry to say this meeting was not one of our better ones. though it was fun. It was only attended by 8 of us & started with a surprise visit from Debbie Lemhouse (SCF) with forms to join SCF (see pg. 3) & information on the Ladies Tea in May (see pg.2). We did finally get the meeting started & Kathy gave a lovely talk about her trip to Thea Foss Lodge in Port Townsend, WA.. with fun tidbits & coincidences. We tried to keep business short; briefly touching on doing Zoom next month from the Lodge now that we have WiFi (Amey & Kathy will work on that). We collected \$26.00 from those going to the Tea to donate for 2 tables. Amey will be decorating the tables. Festival Committee has met once & are working on some ideas. We were reminded that we cannot use the Lodge for July so we will have to have a different meeting place (probably Viking Sal per last year) & all supplies for Festival will have to be removed in June. Plans are going forward for our Road Trip to Lebanon/Sweet Home in June.



Rosemarie, Amey, Debbie, Kae, Ellen, Jill



Jean, Kathy, Rosemarie



Snacks: O&H Bakery Coffee Cake, Sandbakkle Cookies & Veggie Tray. Thank you Kae.



Ellen, Jill, Linda, Jean, Kathy, Rosemarie, Kae



View inside Thea Foss' Lodge

Door Prize Maintained by Sue



Donated by Jill, it consisted of a set of 6 owl flower pots. Won by Jean. Next month we are hoping for one of Robin Lysne's books.

Raffle, Sale & Library Tables Maintained by Sue

Due to lack of interest & the fact that Sue is not able to come to meetings on a regular basis we have discontinued the Raffle & Sale Tables. All items still in the tote were available on a "donate \$5.00 & take all you want (this also included some of the Library books that have never been checked out). Jill took the books that were not taken to be donated to the Eugene Library (where she volunteers). We made a total of \$32.00 on this sale. We may reinstate the tables in September, so do save up some items for future use.

Library Table will continue as usual.

Road Trip

<https://www.hazellabakeshop.com/>
<http://victorian-chocolate.com/>



Instead of our regular meeting in June we are planning to carpool from Junction City to Lebanon to meet a Hazella Bakery & enjoy some Scandinavian goodies then time allowing on to the Victorian Candy Factory to have more goodies. More details in next newsletter.

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

Thea Foss Lodge #45

Founded: May 29, 2004, Port Townsend, WA,

Thea Foss lodge meets in Ghimagum just south of Port Townsend, in the area locally known as the TriArea in eastern Jefferson County on the Olympic Peninsula. This active lodge offers many ways to discover your Nordic heritage. Through lodge meetings, programs & small interest groups. This lodge has a Book Club that meets monthly the 1st & 3rd Thursday at 1:30pm. Movies are shown the 2nd Thursday of each month. The Thea Foss Lodge participates in the community sponsors Nordic & the Port Townsend May Rhody Parade. In April, the lodge hosts an annual Scandia dinner & in October a Scandia Fall Fest. The lodge also works to help fund scholarships for local graduating high school student



Lodge Name

Thea was born in Eidsberg, Ostfold, Norway on June 8, 1857. In 1880 she immigrated to the US, settling in MN. In Minneapolis, she married Andreas (Andrew) Olesen Fossen (a carpenter) & they moved to Tacoma by 1889. Andrew built a home essentially a houseboat, where they lived. Andrew was often called away to building projects. Thea bought a rowboat for \$5.00. This was the beginning of the Foss Family Shipping Business. Thea continued to purchase boats using the waterfront houseboat porch to conduct business. Andrew decided that building & repairing boats would yield more money than other carpentry work so he began repairing & building boats. Thea's fleet quickly grew. They began purchasing larger boats. & the 1st tugboat was purchased. They eventually got into the shipyard business in the Tacoma area, today known as Thea's Landing Park. During WWI, the company moved its headquarters to Seattle. It eventually became the Foss Maritime Company & currently operates the largest, most modern tugboat fleet on the West Coast. Thea, was President of the company, & she treated her workers as family. Thea served as a founding officer of Embla Lodge #2 of Daughters of Norway (Tacoma). June 7, 1927, Thea died. The funeral procession of tugboats in Tacoma's harbor was such a sight that it inspired Norman Reilly Raine to write the Saturday Evening Post's Tugboat Annie series that later became a movie in 1933 & a TV sitcom in the 1950's.



Culture for May 25 Meeting

Cultural Director Linda

We plan to have author Robin Lysne (see article on page 9) give a presentation about her new book The Mother Of Us All, Divine Mother Speaks: A Way Forward! . She will be selling her books so come prepared. There will also be lunch (someplace) after.



Quotes (Sitats)



Vigdis Finnbogadóttir

1. "It's not enough for a woman to be intelligent. Intelligence has to have a modern coiffure"
2. "Never try to be a man if you're a woman"
3. "We are all, as citizens of the world, duty bound to contribute to our utmost ability to the continuing progress of the spirit of humanity"
4. "I think, if the world can be saved, it will be by women"

Tippaleipä



Have you ever heard of tippaleipä? In Finland, Vappu is widely celebrated on May 1st with fragile & curvy funnel cakes called tippaleipä. They are served alongside Finnish donuts (munkki), mead (sima), & sparkling wine. The celebration of Vappu starts on the last day of April & typically ends with a picnic the day after, if the Finnish spring weather allows it.



Culture (Kultur)

Vigdís Finnbogadóttir

Submitted by Candice



Vigdís Finnbogadóttir was the first woman to be elected to head of state in the world. She is also the longest serving elected female head of state in history. She held the office of president of Iceland for 16 years. The position of the Iceland president is a little different from here in the U.S. The main role there is to represent Iceland as head of state. The position is also tasked with the signing of legislation passed by parliament. Any Bill not signed becomes a law, but triggers a secret vote in Parliament deciding if a bill stands or gets repealed. The President also has the power to pardon crimes. They must live in the capital, Reykjavik & they appoint the ministers. To run for president they must be nominated & sponsored by a minimum of 1,500, but not more than 3,000 voters. They are elected to a 4 year term, but there is no term limit.

Vigdis was born April 15th 1930 in Reykjavik to a civil engineer and a nurse who was a chair of the nurses association for many years. As a little girl she wanted to be a ship captain but was just patted on the head and told that she couldn't because she was a girl. During her presidency she said it was always so neat when she flew and a woman's voice would come on and say, "hello this is your captain". She enrolled in University in 1949 at the University of Grenoble and then switched to the Sorbonne in France, and the University of Uppsala in Sweden. She also studied in Denmark and at the University of Iceland. Her studies included languages, literature and theater. She graduated in 1953. She got married in 1954 but was divorced in 1963. She was the first single person in Iceland to adopt a child when she adopted her daughter Astridur in 1972. She had positions as a teacher, theater director, tour guide, and was a member of various committees before she became president. Although Iceland is one of the most forward thinking countries in the world and is the world's most gender equal country in the world, women still had to fight for their rights. Single women and widows were allowed to vote in local elections in 1882. Married women achieved the same right in 1908. They gained the right to vote in national elections in 1915 when Iceland was still a part of Denmark when King Christian X signed a bill sent to him from Iceland in 1913. Women had to be at least 40 years of age to vote. Men had to be at least 25. When Iceland adopted its own constitution in 1920 all Icelanders of legal age (18) were allowed to vote. When she was elected president in 1980, she won by a narrow margin, almost 34%, against three men. She took office on August 1st 1980 as the first female to ever be democratically elected as head of state and the fourth president of Iceland. She is optimistic, with a fantastic sense of humor. She is also a breast cancer survivor. She was once asked shortly after becoming president how she was planning to lead the country with only one breast. She replied that it was never her intention to breastfeed the nation. She was re-elected, unopposed in 1984, and re-elected in 1988 with 95% of the vote, and re-elected again in 1992, again uncontested. She retired in 1996. During her presidency, Iceland hosted President Reagan and Prime Minister Gorbachev in October 1986. Language, culture and environment are all very important to her. Since the Icelandic presidency is about having people's trust and to be the people's symbol of the Union she realized early on that she needed to get the children involved. During those years, everywhere she went she planted three Icelandic birches; one for the boys, one for the girls, and one for the unborn children.

She has been given many honors including being knighted in 1982.

She now serves as Goodwill Ambassador of Languages at UNESCO and is a UN Goodwill ambassador and a member of Club Madrid. She founded the Council of Women World Leaders in 1996 and she served from 1997 to 2001 as chair of the World Commission on Ethics in Scientific Knowledge and Technology. She has always stressed that cultivating ones native language is as imperative as learning a foreign language since language is connected and strengthens the bond between nations and individuals. In her words, "Languages are the key to the world."

Upcoming Events (Kommende arrangementer) by date

Mother's Day Sale--May 4--9am to 4pm

<https://fb.me/e/1xvCLthj3>

Submitted by Sue

Just some of the stuff I'll have at the sale the 4th, this is some of my handmade leather goods, earrings, billfolds, coins purses, purses, holsters and much more.

We will be having our 2nd Annual Mother's Day Sales event at the High School Activity Gym (Inside)

There will be Homebased/Small Business Vendors, Crafter's & Collectors available to shop for gifts for Mother's Day!!



Robin Heerens Lysne

Our Lodge Meeting Speaker - May 25

https://robinlysne.com/?page_id=9



Robin was born & raised in Rockford, Illinois in 1953 & has lived in California since 1987. She is of Norwegian decent & has written two books of historical fiction to bring to life the courage & wisdom of her Norwegian ancestors. Robin H. Lysne, M.A., M.F.A., Ph.D. is the author of twelve books, She is also an artist & energy medicine practitioner, medium & psychic. She also founded the Blue Bone Books a cooperative publishing house which publishes works & poetry by a variety of Northern California authors. She will be talking to us about her 2 newest books, Mother of Us All & Two Worlds One Light.

Robin earned her B.F.A. as an artist at the University of Wisconsin. As an artist she has been shown from New York to California. Her art explores cultural & spiritual themes. In 1987 she moved to California where she earned her first Masters in spirituality & psychology, moving on to an M.F.A. in creative writing & a Ph.D. in Energy Medicine. She has 30 years experience as a professional medium, psychic & an energy medicine practitioner. On her days not writing, she paints, offers clients energy medicine, psychic readings & mediumistic readings & workshops. She mentors others who are coming into their abilities no matter what their direction.

She has several websites where you can purchase books, CDs, Cards & Artwork:

books, CDs, cards: <https://www.thecenterforthesoul.com/artwork/>

paintings: https://robinlysne.com/?page_id=48

Sculpture: https://robinlysne.com/?page_id=46



Astoria Scandinavian Midsummer Festival Oregon

[https://astoriascanfest.com/?fbclid=IwAR1pflhm4wMOLu7PnDm7-](https://astoriascanfest.com/?fbclid=IwAR1pflhm4wMOLu7PnDm7-aXbMebvVXygtgiqLZ9Uj34z3PUF_Iv9QVO-ksKM)

[aXbMebvVXygtgiqLZ9Uj34z3PUF_Iv9QVO-ksKM](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.



Camp Nidaros 2024--July 7th - 20th.

<https://www.softcamps.com/camp-nidaros/>

Submitted by Carol



We had to cancel camp in 2020 and 2021 due to Covid 19 safety protocols, & we haven't had enough campers apply to revive the program since then. This is a very special & unique place for kids to unplug, connect, dive into the world of Norwegian Heritage & make lasting friendships. All while being at the beautiful Oregon Coast! If we do not get enough campers for a session this July, the future for Camp Nidaros is unknown. See above web site for application. **9**

Monthly Foods

Submitted by Candice

Spring has sprung & with the warmer weather naturally comes barbecue season! **Barbecue Month** was started in 1963. There are four main types of barbecue: Memphis, North Carolina, Kansas City, & Texas. 7 out of 10 people own a grill or smoker in the US. The most popular days for barbecuing are Memorial Day, Labor day, Independence Day, Father's & Mother's Days, & birthdays. Get that grill out & cleaned up .

It's **National Beef Month**. This celebration started over 30 years ago. The U.S. is the world's largest producer & second highest consumer. Our current cattle descended from a now extinct wild bovine called aurochs. They were domesticated about 10,000 years ago. Columbus brought Spanish cattle to the Dominican Republic in 1493. Cortez transported stock to Mexico in 1519. Ponce de Leon brought Spanish cattle to Florida in 1521. Cortez's cattle would become the breed known as Texas longhorns today. Other Mexican cattle were driven North to Spanish missions in California in 1773. Meanwhile an English breed was imported to the Plymouth colony in 1623. Beef had a boom post Civil War, when there was an explosion in the market. Beef require a lot of land, but is cost effective because they only need low grade grasses growing on soil that isn't suitable for crops. The Western cattle were raised on grasses then the cowboys would move them to feed lots to be fattened up on grain. They were then loaded on trains & shipped to the Midwest for slaughter. Chicago was the primary railroad hub at the time & so it became home to numerous slaughterhouses. The Chicago NBA team The Bulls is a nod to its meat processing past. The meat was then shipped back east in refrigerated cars.

You could also celebrate **National Hamburger Month** this month. This celebration was started in 1993 by White Castle. We consume 50 billion burgers a year which equals three burgers a week for every single person.

Why don't we throw a slice of American cheese on that burger? It's **American Cheese Month**, a grassroots celebration of artesian & specialty cheeses. It was originally celebrated in October but was changed in 2019 to better support the cheese makers. Kraft patented the method for processing heated cheddar at 175° for 15 minutes while whisking continuously in 1916. The first American cheese factory was started by Jesse Williams in 1851. By law, American cheese is made with at least two cheeses & uses sodium phosphate. It is not actually a cheese because it is not made in the traditional way. There are 2 well-known American real cheeses; Monterey jack, originally from California, & Colby, originally from Wisconsin. There are many other lesser known types too.

Oh heck! We might as well go crazy & add an egg to that burger, because it's **National Egg Month**. And eggs contain all the nutrients a body needs except vitamin C. It's been observed since the 1960s.

Well let's just make this a mega burger & add some salsa to it. It is **National Salsa Month**. Salsa means sauce in spanish. Ancient Aztecs had a salsa recipe written down by Franciscan missionaries. The month was created in 1997 to celebrate Pace's 50-year anniversary. In 1991 salsa beat ketchup as the nation's largest selling condiment sauce. The US department of agriculture designates salsa as a vegetable to get schools to serve it. The salsa dance is named after the condiment.

We need to add some vegetables to this hamburger. May is **Sweet Vidalia Onion Month**. To be called a Vidalia Onion it must have been grown within 20 counties of the town in Southern Georgia. In 1990 it was named the official vegetable of Georgia.

It's **Lettuce Month**. The first documentation of lettuce farmers came from the ancient Egyptians who first cultivated it over 6,000 years ago. They taught the Greeks who used it medicinally as a sedative & would make salads before meals to help with digestion. Romans associated it with sexual prowess, believing it to enhance stamina. It traveled to Europe & China with the Romans. John Winthrop Jr. brought seeds to America from England in the 1600s. Astronauts grew it on the international space station garden in 2015. The darker the leaves are, the more nutritious it is. Lettuce is in the sunflower family.

To go right along with that, it is **National Salad Month**. I've included a list of some salad ideas so that you can meet the challenge: **eat one salad, any salad, every day this month!** (See pg. 14 for suggestions.) Maybe you'll find a new favorite!



Monthly Foods, continues.



It's **National Asparagus Month**. Maybe we can just grill the asparagus & not put it on the hamburger. This celebration was started in 1985. Asparagus is from the lily family. It ranks first among all produce in terms of variety of nutrients. It came from the Mediterranean area. Rome was the first to produce it. It comes in three different colors; purple, green, & white.



It is **Carrots & Cauliflower Month**. Carrots were first grown in Afghanistan around 900 AD. It comes in several colors including orange, purple, yellow, red, white, & black. It is a root vegetable. Cauliflower is in the same family as mustard. It is an annual plant that reproduces by seed. It can come in white, brown, orange, green, purple & yellow. There are four major groups of cauliflower & hundreds of varieties. There are about 80 that are grown in the US. Cauliflower is 92% water, 5% carbohydrates, & 2% protein.



I've heard that you should soak your cauliflower in vinegar before cooking it. It's **National Vinegar Month**. Vinegar is one of the most versatile condiments there is. It can be used as a meat tenderizer, a surface cleaner, a pickler, is good on laundry, polishes brass, unclogs drains, kills weeds & grass in the driveway. You can bathe your pet in it to get rid of pet odors. Put it on a jellyfish sting. It's good for sunburns & morning sickness. It kills athlete's foot & cleanses & tones the skin. It helps with dandruff, insect bites, warts, scrapes & abrasions. It's an ant & flea deterrent & a flower refresher. It can be made from many different substances. In 5000 BC Babylonians used it as preservative. The Romans used it as a beverage. Cleopatra demonstrated its solvent properties by dissolving pearls in it to win a bet that she could consume a fortune in a single meal, then drinking it. Hippocrates extolled its medicinal value. It is used in the Bible as a soother. Hannibal crossed the Alps riding elephants & vinegar helped pave the way. Boulders were heated & doused with vinegar which cracked & crumbled them so the elephants could pass. The main vinegars today are: balsamic, white distilled, cider, wine, rice, fruit, malt, spirit, & herbal.



You can't have burgers without fries! Good thing May is also **Potatoes & Lime Month**. French fried is just one way to use a potato they can also be boiled, baked, mashed, put in soup, roasted, sauteed, scalloped, microwaved, steamed, & made into salad. Types are: russet, red, white, yellow, purple, fingerling, & petite. Lime's peak season is June to August, but you can get them all year round at the grocer. Store them at room temperature for better juicing. (Then use it to make a margarita to go with that burger & fries!)



It's great to follow that burger up with some other refreshing fruits. You can even make some kabobs for barbecuing! It is **Grapefruit & Kiwi Month**. Put them together for a great detox smoothie. Grapefruit can be from white to red, sweet to tart. They're high in vitamins A & C & potassium & are good in all diets. One tree can produce over 1500 lbs of fruit. The majority of grapefruit in the USA are grown in Florida. We're at the end of the kiwi season which is from October to May. 90% of kiwis are grown in New Zealand. Kiwis actually grow on a woody vine that can reach up to 30 ft. These vines need support to hold them up. So they use trees, pergolas, archways, & wires. Kiwis continue to ripen after being harvested. If you have a hard kiwi it can last up to a month in the refrigerator.



May is also **National Strawberry Month** & it's one of my favorite fruits. If you eat eight strawberries daily you'll have your complete intake of vitamin C. Strawberries are grown in all 50 states. The season is usually April through June. There are over 400 varieties. They reproduce from runners, not seeds and each strawberry holds approximately 200 seeds. They got their name because they used to be grown under straw to protect the delicate fruits.



Then again, it is **No Meat May**. A movement started down under in Australia; a registered charity that challenges people to eliminate meat from their diets for 31 days for four big reasons: health, environment, animals, & food security. It started in 2013. So maybe we should just skip that hamburger after all.

Don't forget to eat those salads!

Recipe of the Month (Månedens oppskrift)

Tangy Orange & Salmon Salad

<https://dressings-sauces.org/recipe/tangy-orange-salmon-salad/>

One of the Challenge Salads listed on page 14.

Servings: 4 servings

Ingredients

- 4 Frozen salmon cakes substitute : 1 small can salmon or boneless, skinless chicken breasts
- 1 Romaine lettuce heart chopped
- 2 C. Baby spinach leaves just over ¼ Lb.
- 1 Navel orange peeled and chopped (substitute 4 oz. can mandarin oranges, drained)
- 1/2 Small red onion thinly sliced in rings
- 1 Ripe avocado diced
- 1/2 C. Frozen peas thawed
- 1/2 C. Litehouse Tangy Orange Citrus Dressing



Directions

Heat a medium skillet over medium high heat. Add salmon cakes & cook about 3 minutes on each side until golden brown & cooked through. Combine greens, chopped orange, peas, avocado & red onion in a salad bowl. Add in Tangy Orange Citrus Dressing & toss salad. Season with salt and pepper, divide among 4 plates. Top salads with warm salmon cakes.

There is also a recipe for a Tangy Orange Citrus Dressing at: <https://carmyy.com/tangy-orange-citrus-dressing/>

Judy's Recipe Corner--Submitted by Judy

A perfect for Mother's Day cake recipe. This is a cake that has been passed down through generations.

[https://www.sofn.com/norwegian_culture/recipe_box/baked_goods_breads_and_desserts/mother_monson_mor_monsen/?fbclid=IwAR3yHk3l-](https://www.sofn.com/norwegian_culture/recipe_box/baked_goods_breads_and_desserts/mother_monson_mor_monsen/?fbclid=IwAR3yHk3l-IV4qIjPøfu_JkoziP4pxJBTIqj1xcVNCJb_g_WCtFR_4zQkqTs_aem_ATCfV89oi4n4iFsEoG11ChCe1vFYFLryDDbEipe5lqiBP)

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[S9m5453S3XKm2wE17WqeGeLTyCMrPZQMwenRwyA2Gi](https://www.sofn.com/norwegian_culture/recipe_box/baked_goods_breads_and_desserts/mother_monson_mor_monsen/?fbclid=IwAR3yHk3l-IV4qIjPøfu_JkoziP4pxJBTIqj1xcVNCJb_g_WCtFR_4zQkqTs_aem_ATCfV89oi4n4iFsEoG11ChCe1vFYFLryDDbEipe5lqiBP)

Mother Monson (Mor Monsen)

For the Cake

- 1 cup plus 1 Tbsp. butter or margarine
- 1 1/4 cup sugar
- 6 eggs

- peel of 1 lemon, grated
- 1 3/4 cups flour
- 1 tsp. baking powder

For the Garnish

- 1/2 cup scalded almonds, slivered
- 1/2 cup currants
- 3/4 Tbsp. granulated or pearl sugar



Directions

1. Cream butter or margarine with sugar until smooth.
2. Add eggs, one at a time, and blend thoroughly after each addition.
3. Stir in the lemon peel. In a separate bowl, mix flour and baking powder, then add to the wet ingredients.
4. Line a greased 16" x 8" cake pan with parchment paper or wax paper (grease the paper also). Spread batter out evenly in pan.
5. Sprinkle with your garnish of almonds, currants, and sugar. Press the garnish lightly into the batter, so it does not fall off when cake is done.
6. Bake on center rack of the oven at 375°F (190°C) for 20-25 minutes. When fully baked, the cake should be light golden brown. To test the doneness of your cake, insert a toothpick or smooth knife into the cake, cake is done when tester comes out clean.
7. Allow the cake to cool slightly on a cooling rack. Once it has cooled, remove your cake from the cake pan. An easy way to do this is to cover your cake with waxed paper and place a cookie sheet on top of the cake pan. Turn the cake pan upside down so that the cake slides out of your cake pan and rests on the cookie sheet. Place a wire rack on the upturned cake and turn again so the cake rests right side up on the rack. When the cake is cool, cut in diamond shapes with a very sharp knife.

Did You Know?

The word "Texas" isn't just a state in America; in Norway it's slang for "crazy" or "wild"!



Mother's Day
Word Scramble Puzzle

1. TRIHB
2. GUEADRHT
3. NSO
4. OMERTH
5. LAYMIF
6. HEMO
7. DAYL
8. OTREOMDHOH
9. PEERTSN
10. NAPETR
11. ARIIONDTT
12. OANWM
13. AICNGR
14. OILGVN
15. ODOF
16. TRECTOP
17. SEIAR
18. ECHAT
19. SENTIL
20. POTPRUS

Answers on page 14



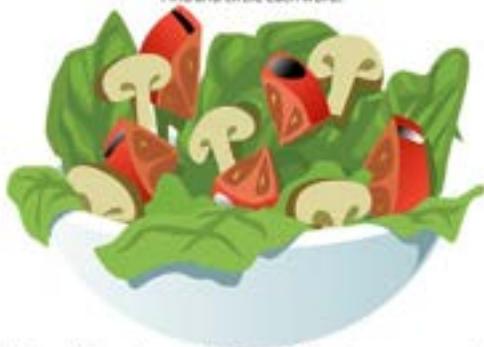
SALADS

WORD SEARCH PUZZLE

- AMBROSIA
- CAESAR
- CHICKEN
- COBB
- COLESLAW
- CRAB
- CUCUMBER
- EGG
- FRUIT
- GARDEN
- GREEK
- HAM
- JELLO
- MACARONI
- MICHIGAN
- PASTA
- PLAIN
- POKE
- POTATO
- SEAFOOD
- TACO
- THREE BEAN
- TUNA
- WEDGE

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

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



JOKE OF THE MONTH
 (Månedens Vits)
 Submitted by Traci



SALADS CHALLENGE (from page 9)

Submitted by Candice

Use this month's foods. Be creative.

Eat a salad every day!

Some Salad ideas for a salad every day in May 2024

Just Google for recipes

Use recipes found online or make it your own.

Have fun!

Tex-Mex Cobb salad

Barbecue chopped chicken salad

Tangy orange & salmon salad

Southwest chicken tortilla salad

Cool Sunshine salad

Fruited coleslaw

Loaded baked potato salad

Pear & raspberry vinaigrette salad

Bacon blue cheese grilled potato salad

Quinoa salad with apples & almonds

Curried ham broccoli corn salad

Asian pork pineapple salad

Ranch style new potato salad

Roasted sweet potato salad

Thai peanut pasta salad

Deviled egg salad

Southwest beef & cornbread salad

Chuck wagon BBQ tenderloin salad

Caribbean fiesta Salad

Spinach salad with hard boiled egg & hot bacon dressing

Green salad with turkey pancake & honey mustard sauce

Grilled fruit salad

Honey chicken & grape salad

Ruben salad

Cucumber & tomato salad

Light tuna salad

Avocado & bacon salad with chipotle ranch

Jello salad

BLT salad

Green salad with apple, red onion & toasted walnuts

Mexican mangoes & rice salad with jumbo shrimp



Mother's Day Word Scramble Answer Key

1. TRIHE	BIRTH
2. QUEADRIH	DAUGHTER
3. NSO	SON
4. OMERTH	MOTHER
5. LAYMF	FAMILY
6. HEMO	HOME
7. DAYL	LADY
8. OTREOMDHOH	MOTHERHOOD
9. PEERTSN	PRESENT
10. NAPETR	PARENT
11. ARIIONDTT	TRADITION
12. OANMM	WOMAN
13. AICNGR	CARING
14. OILGVN	LOVING
15. ODOF	FOOD
16. TRECTOP	PROTECT
17. SEIAR	RAISE
18. ECHAT	TEACH
19. SENTIL	LISTEN
20. POTPRUS	SUPPORT



SALADS

WORD SEARCH PUZZLE

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

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



AMBROSIA

CAESAR

CHICKEN

COBB

COLESLAW

CRAB

CUCUMBER

EGG

FRUIT

GARDEN

GREEK

HAM

JELLO

MACARONI

MICHIGAN

PASTA

PLAIN

POKE

POTATO

SEAFOOD

TACO

THREE BEAN

TUNA

WEDGE

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

