



Daughters of Norway

(Døtre Av Norge)

Hulda Garborg Lodge #49

Founded August 29, 2009



Summer 2026
sommer 2026

My Dear Sisters From Lodge President
Sheryl Zinsli szinsli865@aol.com
949-436-0071

Dear Sisters,

In May, we had another small turnout for our monthly lodge meeting on the 16th and we celebrated with hot dogs, salads, ice cream, and orange soda.

The next day found several (8) of us at Balboa Park. The House of Norway was celebrating Syttende Mai which is Norway's



National/Independence Day. We wore our bunads, ate hotdogs topped with potato salad and crispy onions and marched in a parade waving the Norwegian flag. We had a table set up to greet people who were interested in

learning more about The Daughters of Norway. Helen and Sarah had a table set up for handing out information on the Sami...

Astrid had a table where she was demonstrating the Art of Rosemaling. Lynn and the Damekor preformed in front of the crowd there for the presentation that the House of Norway put on. They gave a wonderful concert which was well received. We even got a new member!!

Our Scribe, Sarah Davis, graduated from high school June 12th and will now be off to college in Northern California. We wish her the best as she takes the next journey in her life.

*Sincerely,
Sheryl Zinsli, President*

At left, from left: Jody, Helen, Barbara F., Autumn, Sheryl, Sarah.

Hulda Garborg Lodge #49

Meets at Fallbrook Regional Health District
1636 E. Mission Road • Fallbrook, CA 92028

Correspondence:

TBD

3rd Saturday of each month

General Meeting 10:00 am

Program 11:00 am

Happy Birthday!

Gratulerer med dagen!

♥ Diane G. 12 June ♥ Jody 12 June

♥ Judy 16 June ♥ Ronna 19 June

♥ Helen 25 June ♥ Pat 9 July

♥ Astrid 26 July ♥ Barbara F. 27 July

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Norway's Constitution Day

Submitted by Helen Westerlund-Davis (known as Syttende Mai or Grunnlovsdagen) is celebrated annually on May 17th. It commemorates the historic signing of the Norwegian Constitution at Eidsvoll in 1814, which declared the nation an independent kingdom.

This year, Balboa Park International House - House of Norway brought the vibrant traditions and rich history of Norway to life in a beautiful, shared celebration! While often associated with celebrating independence from Sweden,

May 17th specifically honors the 1814 constitution signing, which briefly established Norway as an independent kingdom before entering a personal union with Sweden later that year. Full sovereignty was achieved in 1905, making *Syttende Mai* the ultimate celebration of Norwegian identity.

The House of Norway in Balboa Park's International Houses hosted a spectacular festival packed with cultural entertainment that filled the day with joy, music, and



community spirit:

Melodies of the Homeland: Visitors were treated to incredible music and traditional

songs performed by the Southern CA Damekor singers, setting a festive and nostalgic tone for the day.

Scandinavia Indigenous Heritage: The Southern-cal-Saami Siida held an engaging cultural demonstration, sharing their beautiful *lavvu* (traditional tent) and showcasing their striking gaktis

(traditional clothing), and sharing Saami history and culture. This event highlighted the regional gaktis and why they are special to the Saami people. The theme "Not a Costume, Not a Bunad" resonated with many who also wore clothing that identified their unique cultures. A member of the House of Scotland who wore his beautiful kilt pointed to his kilt and said, "Not a skirt". This signified that he understood the meaning behind the theme.

Members of the [Hulda Garborg Lodge 49](#) held a beautifully decorated table where they greeted visitors, shared our history, and proudly promoted Scandinavian culture. Our Lodge sisters wore their stunning, intricate bunads, with each unique design beautifully illustrating their specific regional roots and family heritage. In the true spirit of sisterhood and cultural preservation, women of all Scandinavian heritages are warmly invited to join our Lodge, build lifelong connections, and help keep these beautiful traditions alive. It was truly a delightful day for all who attended—filled with pride, culture, and wonderful memories!



Fun Facts

Norwegian

"Den som venter på noe godt, venter ikke forgjeves."

Translation: "He who waits for something good does not wait in vain." It emphasizes the value of patience and suggests that good things come to those who wait.

July

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4 Queen Sonja's Birthday
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20 Crown Prince Haakon's Birthday	21	22 Day of Mourning (9/11/2011 attacks)	23	24	25
26	27	28	29 St. Olaf's Day (Olsok)	30	31	

- There are no official Red Days *Røde Dager* in July. July is the peak of the Norwegian summer holiday. The Big July Shutdown- Despite the nation going on holiday, July is the peak of the Summer Vacations.
- St. Olaf's Day, known as Olsok (meaning "Olaf's Wake" or "Olaf's Vigil"), is celebrated annually on July 29. In 2026, it falls on a Wednesday. The day commemorates the death of King Olav II Haraldsson at the Battle of Stiklestad in 1030. Saint Olaf is the patron saint for Norway.
 - Trondheim (Nidaros): The city hosts Olavsfest (Olavsfestdagene),
 - Stiklestad: Every year since 1954, the historic battlefield hosts *The Saint Olav Drama*, an outdoor play re-enacting the king's final days
- July 22nd is the Day of Mourning for the victims of September 11, 2001 attacks.

Fun Facts

Icelandic - “Áfram með smjörið”: “On With The Butter”

Used as a ‘Let’s go’ or ‘Let get on with it’, Icelandic people use this phrase when someone is taking a long time to get ready or do something. If you want to tell them to hurry up, just say, “áfram með smjörið”!

Summer Picnic 2026

Every June, the ladies of Hulda Garborg Lodge #49, Daughters of Norway, get together just to enjoy each other's company at a picnic. This year was no exception. Ladies from around the county gathered to celebrate our sisterhood.

The day began with a bit of overcast sky, just enough to keep the summer sun from beating down on the patio behind our regular



meeting place. Tables were set up and covered by cheerful tablecloths. Pots of brightly colored flowers were lovingly placed on the tables. Margaret Dewey made the backyard inviting and gay with her attention to details. The tables looked out on the serene yard and all the trees that grow along the edge of the back yard.

Guests were immediately at ease in this welcoming environment. One brave soul arrived at 10. Her name was Pam and this was her first time ever visiting us. She willingly joined Judy and Margaret with the last minute preparations. We loved her and hope she returns.



Ladies arrived bearing sumptuous treats! Soon the buffet table was filled with a bounty of goodies. Margaret brought fried chicken. There was cucumber salad, always a crowd pleaser! There was a beautiful platter of fresh fruit, a green salad, chips and dip, and more!



Desserts are always a Scandinavian specialty! An incredible Scandinavian cake was baked just for us! Each sister could assemble her piece as she liked. There were

lemon glaze, fresh sliced strawberries, and lemon whipped cream to lavish on each piece of the sponge cake. My personal favorite was the Boysen-



berry cake! I love all things boysenberry! Everything was fabulous, but the cake with the boysenberries baked into it was a rare treat. The berries had been home grown by Linda Hoffman! I topped my piece off with a generous dollop of vanilla ice cream. There were several kinds of cookies!



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Oh, my! What an array of delicious offerings!!

We lingered at the picnic tables enjoying the company of our sisters. The sun burned off the overcast clouds. The day was peaceful and restorative. We visited with each other. Our newest member, Margo, and our visitor Pam, had an opportunity to get to know us



better. About 12 people attended. A special greeting to Mike, who accompanied his wife, Joy! We loved having you with us. We are sorry that

the other gentlemen who had planned to be with us were unable to attend.

We missed our sisters who could not be with us. It was a wonderful event!! Tusen takk to all of you who were able to attend! I look forward to more time together!

*Hilsen,
Judy Lucas*



Photos: page 4, top left, Melissa and Barbara J.; lower left: from left, Linda, Barbara F., Margaret D., prospective member Pam and new member Margo.

This page, left, Mike and Joy, above Laurel and Judy.

Barbara F. made the Scandinavian cake.

Thank you to Margaret Dewey who did the set up, brought the flowers and table cloths. She did the most prep.



Munch and the Chocolate Factory

"Girls Watering Flowers" Photo Credit: Edvard Munch, Public domain, via Wikimedia Commons

Artist Edvard Munch is probably best known for his painting, *The Scream*, but over the course of his career, he made over

1,700 other paintings, including a very special commission.

Freia, Norway's most recognized chocolate brand, was started by Johan Throne Holst in the late 1800's. The company quickly grew, likely in part due to its concern for employee well-being. Holst believed that art also contributed to quality of life and wanted works to be installed in the factory's women's cafeteria. In 1921, the head of Freia's workshop, Georg Dedichen, reached out to his childhood friend Edvard Munch to request the commission. The job included creating 12 paintings for the cafeteria in time to celebrate the company's 25th anniversary in 1923.

<https://www.sofn.com/blog/munch-and-the-chocolate-factory/>

Submitted by Joy Cook from the Sons of Norway e-Post

English Gardens & The Chelsea Flower Show 2026

Submitted by Margaret Dewey

In May I went on a wonderful trip with Road Scholars to England to tour historical gardens and the trip ending with a full day at the Chelsea Flower Show.

I have been watching the Chelsea



For 12 days we toured 2-3 gardens a day. Some gardens included castles, manor homes & churches to tour. So much history and so many flowers. Each garden had its special elements. It would be hard to pick a favorite.



I learned so much and met some new friends. This was truly a fabulous trip!



Flower Show on TV for many years hoping to attend at some point, a true bucket list item. And

the show & trip did not disappoint.

Fun Facts

Swedish *"Borta bra men hemma bäst."*
Translation: "Away is good, but home is best." This saying conveys the idea that while traveling or being away can be enjoyable, there is no place like home.

Finnish *"Kukaan ei ole seppä syntyessään."*
Translation: "No one is a blacksmith when they are born." This saying suggests that one needs to put effort into learning new skills.

Danish *Jeg har det som blommen i et æg.*
I feel like the yolk in an egg. A Danish expression for feeling very good or comfortable.

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ENGLISH	NORWEGIAN
Train	tog
Airport	flyplass
Ticket	billett
Receipt	kvittering
Today	i dag
Tomorrow	i morgen
Yesterday	i går
Morning	morgen
Evening	kveld
Right	høyre
Left	venstre
Here	her