

The Lutfisk Wrapper

Vol. 26 Issue 5– May 2020

VASA Order of America - Harmoni Lodge # 472

Ordinarily Meets: 3rd Sunday of the month 4:30p

(Light Refreshments at 4pm)

Hollywood Senior Center

1820 NE 40th - Portland, OR 97212

***Harmoni Homepage:* www.harmonilodge472.org**

Harmoni US Postal Address: PO Box 13282 Portland, OR 97213-0282

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President's Message:

Dear Harmoni Members,

Our spring season is coming to a quiet close. Our last meeting before summer is now cancelled – and as you all know, there will be no Midsommar pancakes at Oaks Park this year. This leaves us, tentatively, with one last opportunity to meet again before fall, for a picnic in August at Scouter's Mountain. We'll see how people feel about holding that get-together when the time is closer, and also see what the parks department will allow.

In the meantime, in lieu of our regular meetings and celebrations, let me encourage you to enjoy spring and Midsommar just as much as you can together with the friends and family you have around you, and of course to remain in touch with your fellow Harmoni members.

Best wishes to you all for patience in dealing with our present circumstances, for continued good health, and for finding good things in the quieter time we've been given.

In Truth and Unity,

Charlie



Calendar of Events:

May 17 **Harmoni Bus/Social Meeting**
(Sun.) **Meeting Cancelled!**

Aug 3 **Harmoni Summer Potluck**
(Mon!) **Scouter's Mountain**
Scouters Mountain Natural Area
SE Boy Scout Lodge Rd and SE 147th Ave
Friends and nonmembers welcome!
Same location as last year
SAVE THE DATE!!!



Sept 20 **Harmoni Bus/Social Meeting**
(Sun.) **Meeting TBD**

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Covid-19 Cancellations

The Covid-19 pandemic has changed our lives. As you know, the March, April and May Harmoni meetings have been cancelled. Now word has reached us of cancellation of the Nordic NW Midsummer at Oaks Park on June 13th. So far, the League of Swedish Societies Midsummer celebration at Foothills Park on June 20th may still be held, but only as a small family event. Details to date on page 3.

Live presentations of Nordic NW Friday Night Lectures have been postponed. Nordia House itself is now closed until at least May 31st.

It is most important to be safe during this pandemic. Keep your distance, wash your hands, wear a face mask when outside.

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Remember that a pile of money awaits you if your name is pulled from the magic Scandinavian jar, and you are attending the monthly Harmoni meeting.

(No meeting, no drawing! Just wondering if the monthly money just keeps piling up though....soon we'll have quite a pile! ed.)



May Happy Birthdays!!!

3 Annika Tohlen
7 Erika Rust-Martin
9 Inger Williams
13 Marian Thompson
16 Ross Fogelquist

Ja, må du leva! Ja, må du leva!

Ja, må du leva!

Uti hundra år!

Ja, visst ska du leva!

Ja, visst ska du leva!

Ja, visst ska du leva!

UTI HUNDRADE ÅR!

HURRA! HURRA! HURRA! HURRA!



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Hankering for Friday Night Lectures?

There are currently six previous tapings (from various years) available for listening/watching. Check them out on the NNW website:

<https://www.nordicnorthwest.org/past-friday-night-lecture-series>

Coming on Sunday, 5/8, will be *Nordic Myths: Crossing the Rainbow Bridge*. Thanks again to Carl Thompson for recording all these lectures.



This Bears Repeating AGAIN: Plus A CDC Face Mask Change

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Harmoni Lodge and the CoronaVirus

We are all concerned about the coronavirus, Covid-19, and how it might affect our members. Though there is no need to panic, there are precautions that are reasonable to follow to slow the spread of the virus. Checking the CDC (Centers for Disease Control and Prevention) website, it is noted: **There is currently no vaccine** to prevent the coronavirus 2019 (COVID19), and the following is advised:

Take steps to protect yourself:

Clean hands often – use hand sanitizer.

Avoid touching mouth, eyes, nose with unwashed hands.

Avoid contact with sick people, and cut out all unnecessary handshakes, hugs, kisses, etc.

Take steps to protect others:

Stay home if you are sick.

Use a tissue to cover any of your coughs or sneezes – dispose of the used tissue, then clean your hands.

The CDC has recently changed the advice on wearing face masks:

Wear a personal face mask if outside your home, exposed to other people.

If traveling to the grocery store or pharmacy, or anywhere you might be exposed directly to other people, *wear a face mask*. CDC recommends using a homemade mask, leaving N95 masks available for essential workers.

There is a great global effort underway to develop a vaccine for this virus. Children and younger folks don't appear to suffer so much from this virus, depending upon their general health conditions. These special precautions will help protect our older, more vulnerable members. We look forward to seeing you when it's safe!

Coronavirus Details and Website

There is much information available about Covid-19 and the spread of this virus.

To avoid undue concern or panic, please educate yourself about the virus on the CDC (Centers for Disease Control and Prevention) website:

<https://www.cdc.gov/coronavirus/2019-ncov/about/prevention-treatment.html>

(The above link should function for any Harmoni member accessing the Lutfisk Wrapper via email. Snail-mail recipients would need to access the link for information on their home computer or smart phone device by typing the above link address into their web browser (Safari, Google Chrome, Firefox, etc) – and accessing the www – World Wide Web – for details. If you do not have a home computer or smart phone device, please check with a friend or family member who does. Free access is no longer available at your public library, as all branches have been closed due to the virus, to protect library workers. ed.)

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A Midsummer Festival in Lake O?

Judy Rust, excellent Harmoni delegate to the League of Swedish Societies, reports the following:

The League of Swedish Societies has decided on two possibilities for Midsommar.

#1: If Foothills Park in Lake Oswego is open, bare-bones plans; Raise Midsommar pole and music only; no sales of any kind. Keep social distancing, possibly make face masks mandatory.

#2. If Foothills Park is not open, join at West Hills Unitarian Church, raise a pole and have music, invite a couple of people to stand by pole, maybe some musicians. Families pose for pictures at the pole, perhaps show home movies of Alfred Green's 1940 Midsommar festivals.

Final details/decisions will be reported in the next Lutfisk Wrapper expected to publish the first week in June.

Around Town with our Members:

Joyce Nielsen sent the following email:

Like everyone else, we're not doing a lot. I've been baking, including different breads. My daughter-in-law in Colorado made us masks which were received this weekend so I was happy to go to the store yesterday - the first time out of the house in four weeks. One of Kaare's daughters did grocery shopping for us a couple of times. We are well looked after. Kaare received a letter from the Post Office saying he is essential, so he is able to drive to the office for a couple of hours a day. So far everyone is staying healthy with the exception of a granddaughter's husband who picked up the virus working in the oil industry in Colorado. He had a minor case and was self-isolated at home for 14 days. I'm sure it was a real challenge for his wife as they have a couple of young children. Son Bill is continuing to drive long haul truck all over the U.S. He said it only took about 45 minutes to get through a major stretch of I-5 at rush hour in Los Angeles. He said it usually takes two hours. Restaurants at the truck stops are closed but they have reopened the fast food places and truckers are now able to walk up to the drive through windows.

Sending many warm wishes to our Harmoni friends.



Ross Fogelquist is feeling fine most of the time, only he's tired of staying home! He misses all his friends, but his beautiful garden is now full of blooming trees and flowers. Several times a day he is able to walk in the garden to admire nature. That helps.

Glenn and Jan Ekberg have been busy preparing their vegetable garden. They are planting tomatoes, corn, carrots and a lot of other vegetables hoping for a great harvest in the fall. They are doing well just staying home.



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Judy Rust reports: My life is now a ritual. Get up and dressed, join the local coffee group for conversation, go for a walk, come in, work on a project or two, join another group mid-afternoon for conversation, go for another walk, come in for evening, have dinner and watch TV or read. Actually it's getting pretty boring, but at least I am well.



Marian Thompson also emailed about herself and **Carl**: We are doing fine at The Springs. They bring all our meals to our apartment, they take the temperatures of all the residents daily, and all residents wear face masks when they leave their apartments. We are asked to not go to grocery stores, and they assist us to get any groceries we may desire by having staff shop for us or, if desired, help us with phone or internet orders. Only medical or pastoral folks can come into The Springs. We visit with our son and his wife via Skype almost every day. We go to our home every couple of days to sort, pack and clean. We have piles for our son and his wife, nieces and nephews, friends and neighbors and charity (only the charities are not open). We are hoping all our Harmoni friends are doing well. ♥♥♥

More:

Around Town with our Members:

Hello, all Harmoni friends from past chairman **Elisabeth (Mendenhall)** :

I do hope you are all well and not finding this social distancing too hard. I must tell you that I am actually enjoying waking up every morning and not having anything on the calendar. This has been my dream for many years, but my schedule has always been very busy with appointments, shopping, meetings, the gym, kids/grandkids or whatever I normally do. Now I sleep late, go for a walk, have my morning coffee and the newspaper and then, guess what! It is almost lunchtime. After lunch, it is nap time, and then another walk. After the afternoon walk it is time for the news. Have to keep up with the corona virus and Mr. Trump. After the news, we have dinner and then the day is over! No stress anymore! Of course, I would not want this to go on forever, but for now it is ok. I have talked on the phone a lot (between walks and sleeping) and that is a great way to keep in touch when we cannot see each other. **Craig** and I have been taking social distancing seriously (orders from our daughter) and have not seen anybody for the last 8 weeks. I try to limit my trips to the store to once per week. That is hard when you are used to just jumping in the car and taking off for any little thing. Craig is a little more anxious about staying home than I am, and ventures into Portland to his shop several times a week. All in all, we are doing well, and the days go by. My new hobby, crocheting dishcloths! Really. My biggest complaint, all this cooking! No lunches or dinners out to break up the monotony. Until we meet again.....

Take good care.

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(Elisabeth also sent the following interesting info: ed.)

Corona Virus in the Nordic Countries

Sweden has been praised and criticized for how it has handled the corona pandemic. The government decided to keep borders, schools and business open long after the other Nordic countries shut down. The government did give recommendations but left it up to the citizens to decide how they wanted to handle the virus. Kind of unusual for a country that has always 'taken care of' its people. Some people took it seriously while others went about their business as usual. On the first sunny day, bars and cafes were packed with people not practicing social distancing.

Here is a little chart of corona cases and deaths in the Nordic countries as well as for Oregon and Washington as of May 1, 2020.

<u>Sweden</u>	<u>Norway</u>	<u>Denmark</u>	<u>Finland</u>
21,520	7,710	8,158	4,995
2,274	206	427	193

<u>Oregon</u>	<u>Washington</u>
2,510	14,327
101	814

Sweden has around 10 million people and the other Nordic countries 5-6 million. Oregon has around 4 million and Washington 7.5 million people.

This still means that Sweden has had about 22 deaths per 100K, Denmark 7 and Norway and Finland 4.

None of these numbers are exact but will give you a little idea of what is going on.

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Want to Read a Little Swedish???

Margot Toth notes she has several books written in Swedish, and if you're interested in borrowing one, just give her a call at: 503 760-8526.



Skona Maj Valkommen!!!

To all Harmoni members.

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Astrid Hanke was reminded that it was the first of May when she received a wonderful telephone call from member Ellen Jacobson. Ellen started by singing in an amazingly strong, beautiful voice our Swedish 'May Day Song' which is so very special to all who were born and lived in Sweden! Thank you Ellen, for reminding us about all the great friends and memories we share! Hope to see you soon!

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That's about all for now folks!

The next Lutfisk Wrapper newsletter deadline will be Friday, May 31. Consider sending a little something my way, so your Harmoni friends will know how and what you are doing during these challenging times.

Thanks, take care, and don't forget to smell the roses. Hope to see you soon. ed.

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Thanks to this month's newsletter contributors:
Astrid Hanke, Elisabeth Mendenhall, Joyce Nielsen, Nordic Northwest, Judy Rust, Marian Thompson, Charlie Tohlen and Margot Toth.

The deadline for the **June 2020** newsletter will be **Friday, May 31, 2020.**

Email your news to:

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call (503) 236-0200, or send via US Mail to:

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