

APRIL 2022 ISSUE | VOLUME 39 | NUMBER 4

Edmonds *sterkt lys*

EDMONDS LODGE 2-130
SONS OF NORWAY
EST 1983

What's Inside

- PAGE 2** Lodge Presidents Message
- PAGE 3** Thor & Lodge Officers
- PAGE 4** Sunshine and birthdays
- PAGE 5** Edmonds Lodge
- PAGE 6** For the Good of the Order
- PAGE 7** Recipe
- PAGE 8 & 9** Norway
- PAGE 10** Events and Activities
- PAGE 11** Scholarship Application Form
- PAGE 12** Edmonds Kalendar

Edmonds Lodge Meeting Wednesday April 13th

Plan on Zooming in with us!

Program: Ski for Light

Join us here:

<https://uso2web.zoom.us/j/88149115735>

or by phone: (253) 215-8782 code:

88149115735#

Financial Planning through Sons of Norway



Mike Dyal is Edmonds Lodge's financial advisor and has been a member of Edmonds Lodge, SofN, for years and loves serving the community and helping people protect their money. Call or text him at 206-446-2222 or email him now to schedule a meeting: mike@pacificadvs.com

Presidents Message

April 2022

God Påske – Happy Easter



I want to wish us all a bright and healthy spring! It is certainly beautiful around my neighborhood with all the flowering cherry trees and the daffodils, tulips, and other spring flowers. I enjoy them every morning walking the dogs. And speaking of walking – we, Edmonds Lodge, lost to Bothell Lodge on our annual contest for sports medals. We had less than half the submissions for various walking and sporting activities than the previous year! So, let's keep tabs on what we are doing this year and strive for a better participation in 2022! We also lost on the cultural medal side. So, as we start gathering in person again later this year, let's think of cultural crafts we would like to work on. See page 6 for ideas. Bring your ideas to our summer picnic in July at Lake Joy, which will probably be the first in-person meeting of our lodge this year. However, we do plan to participate in both the 17th of May parade in Ballard and the 4th of July Parade in Edmonds before then.

We had a moving program last month from Viktoria Moore, an Ukrainian living in the US. She still has relatives in Ukraine and told about the difficulty her brother had getting out with his children and the help they received from folks in neighboring Moldova. Things have only gotten worse since she talked to us. If you have any means to help support the people in Ukraine, donations to either UNICEF or Doctors Without Borders would be good. There are many other organizations helping as well, but these two are highly regarded charities with low overhead costs.

This month we will have a program about **Ski for Light** from two of our members, Lynee Forsyth and Tim McCormic. They will show some videos of blind skiing and talk about the Guiding program. A fair amount happens at our own Trollhaugen near Stampede Pass.



Norma Jean Sands

Edmonds Lodge President



**SONS of
NORWAY**

Celebrating 125 Years

1895-2020

Meet and greet!

- In person Thor work parties April 30 & May 14
- Zoom Lodge meetings now! 2nd Wednesday of the month.
- Join the Board at our mtgs 1st Wednesdays of each month.

This is **Convention Year**! We missed 2020, but 2022 is going forward. District 2 Convention is in Portland this year – hosted by Greg Lodge – first week in June.

Edmonds Lodge Officers

Executive Board

President: Norma Jean Sands
Vice President : Jane Bueing
Secretary: Shirley Lovelace
Treasurer: now vacant
Fin. Secretary: Loren Krusenstjerna
Counselor: Waldo Bueing

Directors

Cultural Director: Roberta Morrow
Asst.Cultural Dir: 1 Shirley Lovelace
Asst Cultural Dir. 2 Mike Dahl
Sports Director: Glenda Nelson
Glennnie12345@gmail.com
Social Director:
Youth Director:
Foundation Director:

Financial Benefits: Mike Dyal

(425) 243-4521

Trustees

Marshall:
Trustee: Jane Bueing
Trustee:
Trustee:

Support Officers

Musicians: Kris Johannsen
Librarian: Fay Setran
Information: Erlene Stevenson
Historian: Donna Stewart
Website Support: Donna Stewart
Newsletter Editor: Norma Jean Sands
Newsletter Distribution: Shirley Lovelace
& Norma Jean Sands
Scholarship: Turid Bouchoukian
Sunshine: Shirley Lovelace
Publicity Director:
Building Liaison:
Greeters: (alternating) All board members

****This information is for official Sons of Norway business use ONLY. Use of this information for solicitation or commercial intent is a violation of the SofN privacy policy and is prohibited. ****



Sunshine Report

When a Sons of Norway Edmonds Lodge Member needs some cheer, please contact our **Cheer Volunteer:**
Shirley Lovelace, 206 708 0344 Her email is: grannyslovelace@gmail.com

April Birthdays ***** Gratulere med Dagen!

April 1 Austin Bueing
April 1 Lila Weakland
April 2 Marilyn Perry
April 6 Tim McCorcle
April 13 Aimee Kent
April 16 Turid Bouchoukian
April 18 Mikels Randal
April 18 Sonja Berg
April 19 Jayden Bueing
April 22 Janice Smith
April 27 Jacob Ross
April 28 Alice Timm



"April is the kindest month. April gets you out of your head and out working in the garden."

- Marty Rubin.

Let the sunshine through. La solen skinne gjennom.

Join us for the Edmonds Lodge Meeting

Wednesday April 13th @ 7:00pm

Please join a few minutes early.

Join here: <https://us02web.zoom.us/j/88149115735>

or by phone: (253)215-8782 code: 88149115735#

Visit our website at: <https://www.edmondssonsofnorway.org/>

At this **April Lodge meeting** we will be hearing from Ski for Light activists, including our member, Lynee Forsyth. They have given presentations to our lodge before, and it is always exciting to hear what they have been up to, and hear about all the volunteers, guides, and skiers involved.

Ski for Light, Inc. is a non-profit organization founded in 1975 that provides opportunities for visually impaired and mobility-impaired people to experience cross-country skiing. It hosts an annual week-long event at various U.S. locations. **Motto:** If I can do this, I can do anything! For more information about this organization see our last month's newsletter or go to their web site at <https://www.sfl.org/>

Our **May Lodge meeting** (5/11/22) is our Memorial to our members lost in the last year.

Edmonds Lodge will be giving out **scholarships** to members or children of members who are graduating from high school this year and are planning on attending college. Applications are due April 15th. Mail them to our Edmonds postbox address on the last page. See page 11 for application form.



It is time to get Thor ready for the 17th of May! We will be having a **work party on April 30** to fit and paint the canvas hull. We will also work on painting the shields. Or come collect one and take it home to paint! The work party is at the Siqveland residence (19105 92nd Ave

W, Edmonds). Just look for the Viking ship in the front yard! If you want to dress up as a viking for the 17th of May parade, Kirk will help you with ideas and sewing of a "drakt" (Norwegian outfit). For more information call Kirk at (206) 856-9362.



What is the Sons of Norway?

Discover Sons of Norway and you'll find a community of people dedicated to their families, other members, and making a difference in the world around them. Together we celebrate the heritage and culture of Norway, while offering our members the protection of solid financial products and services.

There are three areas of the Sons of Norway: Financial, Fraternal, and Foundation.



Sons of Norway Foundation

Has received a renewal of its royal patronage from King Harald V of Norway for another 5 years! Patronage is a recognition of the good this charity does. Support comes from members of Sons of Norway that can afford it and help goes to Sons of Norway members and lodges in need. The Foundation also awards scholarships to members for study.

Easter = Påske

In Norway, Påske, is a major holiday. It means heading to the mountains to enjoy the seasons last opportunity to get in some serious skiing and getting a tan while lounging in the sun by the wall of your hytte (cabin). Not to mention all the tasty snacks! Kvikk chocolates, marzipan sweets, orange soda, sweet buns and oranges. Hit the slopes before gathering with family and friends in cabins or mountain lodges by a crackling fire. Wonderful Easter traditions.

Silvia Lawrence, Norwegian-American travel blogger

Påske- Easter

Påskeferie- Easter Holiday

Påskeharen- Easter Bunny

Påskeeggjakt- Easter egg hunt

God Påske- Happy Easter

Norwegians like to decorate with yellow for Easter to represent warmth and happiness!

A Norwegian tradition for almost 100 years is to read a good mystery book or two over the holidays.

IDRETTSMERKE
Sports & Fitness
Medal Program



Sons of Norway Sports and Fitness Medals:

Idretts/General fitness,
Ski/Skiing,
Svømme/Swimming,
Sykkel/Biking, and
Gang/Walking

Sons of Norway Cultural Medal Programs:

Cooking, Literature, Stamp Collecting, Rosemaling, Genealogy, Knitting, Language and Culture, Hardanger Embroidery, Figure Carving, Weaving, Ornamental Woodcarving, Chip Carving, Folk Dancing, and Music and Musicians.

SAVE YOUR CANCELED STAMPS

Cut around the canceled stamps, leaving 1/2" around the stamps and get them to Bothell Lodge. This is an ongoing service project coordinated by District 2. Tubfrim in Norway appreciates your contribution.

Recipe of the Month

Surstek Av Lam – Norwegian Marinated Leg of Lamb

Popular dishes served in Norway to celebrate Easter include a main course of lamb. Here's a savory recipe from well-known Scandinavian cookbook author Beatrice Ojakangas.

Serves 10

Ingredients:

6 - 6 1/2 lbs. leg of lamb
2 quarts fat-free buttermilk
2 tsp. salt
2 Tbsp. flour
1 cup water
1/2 cup sour cream
salt and pepper

Directions:

Preheat oven to 325°F. Trim the leg of lamb.

Place in a non-aluminum pan or in a large, heavy-duty plastic bag. Pour the buttermilk over the lamb and refrigerate for 3 to 4 days. Turn the lamb often if the milk does not cover it completely. Remove the lamb from the milk and discard the milk.

Dry the meat and rub it with the salt. Place it on a rack in a roasting pan. Pour the water into the bottom of the pan.



Insert a meat thermometer into the thickest part of the roast, being careful not to let the thermometer touch the bone. Roast for approximately 1 hour and 15 minutes, or until the meat reaches 160°F.

Deglaze the roasting pan by adding a little water to it and stirring up the drippings from the bottom of the pan. Strain the drippings and blend in the flour. Cook, stirring, until the gravy is thickened. Add the sour cream, salt, and pepper.

Slice the roast and serve with the gravy.

Recipe from Scandinavian Feasts by Beatrice Ojakangas.

BONUS: If you're looking for a sweet Easter treat to end your meal, check out the December 2017 issue of Viking magazine at sofn.com. You'll find recipes using orange and chocolate—favorites popular in Norway during Easter. Festive Orange Spice Cake and Orange Cardamom Butter Cookies are just two of the tasty, featured recipes you'll enjoy!

And in Alaska last month– the Iditarod with two entries from Norway!

The "Last Great Race" begins in downtown Anchorage with a ceremonial start on **March 5, 2022**. The 11-mile route does not officially count in the standings. On Sunday, March 6, 2022, mushers depart from Willow starting at 2 p.m., in two-minute intervals. This is called the Iditarod Restart. The race ended 3/19 at 23:39:13 when the last musher Apayauq Reitan crossed the finish line. The winner was Brent Sass from Eureka, Alaska with a time of 8 days 14 hours 38 minutes and 43 seconds. It is his first Iditarod win but has raced it 5 times before.

Joar Leifseth Ulsom (2018 champion) from Norway came in 11th place this year and **Hanna Lyrek** (rookie) came in 19th and was the fastest rookie! 49 teams started the race, with 775 dogs. All teams must start with 16 to 12 dogs and finish with at least 6. Joar finished with 7 dogs and Hanna with 8. Both started with started with 14.

Joar Leifseth Ulsom grew up in beautiful Norway, just south of the Arctic circle. With a love of nature, adventure, and dogs, becoming a musher tied everything together nicely for him. In 2011, Joar moved from Norway to Alaska with his kennel of seventeen dogs and started applying himself to learning the ropes of racing.

Hanna Lyrek is a 22-yr old girl from Alaska who lives in Norway. She has always driven dogs and the Iditarod has been the biggest dream of hers. Her family moved to Norway when she was five years old and have live in Alta since. These past four years she has driven the longest races in Norway and finally can chase her biggest dream of running the Iditarod.

April in Norway

Ten Reasons to Visit Norway in the Spring

1. **Urban Utepils** (pronounced “OOH-ta pilz”)

As the first sign of spring appears and the their houses to make the most of the new locals taking to the street to enjoy the first



meaning outdoors lager.

temperature rises, Norwegians pour out of season. The pavement starts to buzz with outdoor beer of the season.

2. **The fjords in full bloom.**

Tens of thousands of fruit trees are blooming by the fjords framed by the still snow covered majestic and picturesque views of the mountains. The most famous place to view is the Hardanger region.

3. **Waterfalls at their mightiest.**

The dramatic Norwegian waterfalls roar to life in Spring. One does not have to look far to be in awe of their majesty. Vøringsfossen, in Hardanger, is one of the most magnificent.

4. **The birds at their liveliest.**

Norway coastline is bristling with life at this time of year. In the north, Varanger has become one of the most impressive destinations in the world to view Arctic birds. One might see White-tailed eagles, gyrfallons, Steller’s eider and Arctic sea ducks. This would be ideal time to witness the birds returning to their breeding grounds.

5. **Farmers Markets and Food Festivals**

Farmers markets are held all over Norway and that along with food festivals are a key part of Norway’s trendy culinary revolution. Two of the best may be found in the streets of Oslo.

6. **Wake up in the top of a tree.**

Architecture lovers should seek out some of the treetop huts that have a very stylish and unique design. Wake up where the birds are singing and view life from above.

7. **Dive into crystal clear waters.**

At this time of year, the waters of Norway are crystal clear.

The water will start to get warmer as Spring turns into Summer. Relax as you dive as nothing in Norway waters will eat you! Check out the underwater wrecks in Narvik for a full adventure.

8. **First outdoor swim of year.**

Are you a real Viking? Prove it by taking at least a few bold strokes in the cold spring water. Dive into the cold water and follow with a stylish sauna or vice versa.



9. **Experience the glaciers.**

Venture across ice that maybe more than a thousand years old. Not all glacier walks are demanding but skiing or hiking the Jostedalsglacier (137 miles) is a favorite for the fit.

10. **Spring Skiing**

Vårskitur, or spring skiing is very popular in Norway. There is usually plenty of soft and untouched snow as late as April or May.

Påsekrim and the Milk Carton Mysteries



Image Credit: Ole Martin Buene/Tine via nationen.no

It wouldn't be an Easter holiday in Norway without the tradition of reading gripping crime novels. This unusual combination dates back to 1923, when publisher Gyldendal pulled a media stunt to boost spring book sales. The ploy worked, and a national ritual was born.

Many Norwegians head to the hytte (cabin) over Easter break, and their laid-back vacation days pair well reading by the fire. Each spring, various publishers release special collections of novellas called Påsekrim along with many full-length novels. Other media channels have followed suit, producing crime radio plays, tv shows, films and podcasts.

Since 1997, TINE dairy cooperative has printed family-friendly whodunit comics on their milk cartons for Norwegians to solve over breakfast during Easter break. Private detective Ulf Ulvheim (en ulv – a wolf, naturally) has been a recurring character in the Easter-related detective strips. Famous crime writers such as Jo Nesbø, Anne Holt and Gunnar Staalesen and others have authored the storylines. As of 2021, the milk mysteries went digital, to the consternation of many citizens.


Whether you are visiting a hytte, reading mysteries, or enjoying milk, **God Påske!**
Happy Easter!

COMING EVENTS 2022

Bothell Lodge Pancake Drive-Thru Breakfast – April 9th 8am-noon (see below).

Normanna Lodge in Everett is having their drive-thru Pancake Breakfast April 9th, 8, 8-11 am.


Olympic Lodge 37 in Port Angeles is having a bake sale at the Farmer's Market April 23rd 10am to 2pm.



14th Annual
NORWAY DAY
And Other Nordic Countries
April 16, 2022 10-4
Thurston Co. Fairgrounds, Olympia, WA

*There's SO MUCH more to Norway than
Lutefisk and lefse!*

Sponsored by Sons of Norway, Hovedstad Lodge #94
Daughters of Norway, Prillar Guri Lodge #30



*Music, Vikings,
Fjord Horses,
Norwegian Elkhounds,
Giftware, Nordic Café,
Bake Sale, Crafts,
Artwork,
Genealogy,
Ice Cave for the Kids &
So Much More!*

*Admission \$3.00
Children under 12,
Free with adult*

Artwork courtesy of Sharon Ramo's Dexter
www.nordicfolklore.com

www.OlympiaNorwayDay.com



**Bothell Sons of Norway
Swedish Pancake Drive-thru**



Swedish Pancakes

**Every 2nd Saturday
8:00 am to 12:00 pm
April 9, 2022
May 14, 2022
June 11, 2022 (Last one)**

4 Swedish Pancakes, Strawberries & Ham
Orange juice on request. No Coffee.
\$10.00 Adult \$5.00 Child (suggested donation)
All Orders To Go Only.
No Seating Available.
Stay in your car and a hot breakfast will be delivered to you.
Cash and cards will be accepted.
Open to the public

Bothell Sons of Norway
23905 Bothell Everett
Hwy,
Bothell, WA 98021
Phone: (425) 455-9085

Website:
www.bothellsonsofnorway.org
Facebook:
www.facebook.com/bothellsonsofnorway

17th of May

The Parade and festivities are on for 2022 in Ballard! See <https://www.17thofmay.org/> for more information. Edmonds Lodge will participate with our Viking ship float – Thor. Come join us!

District 2 Sports

July 16, 2022: 50th Anniversary at Trollhaugen with Horseshoes and Kubb Tournaments

August 13, 2022: Golf Tournament in Spokane. WA

District 2 2022 Convention - Portland June 1-4th hosted by Grieg Lodge 2-015

International 2022 Convention – Early September by ZOOM

Sons of Norway

Edmonds Lodge 130
P.O. Box 1651
Edmonds, WA, 98020



"The mission of the Sons of Norway is to promote and preserve the heritage and culture of Norway...."

This portion of the mission statement encourages Edmonds Lodge Sons of Norway to provide academic scholarships to deserving graduating high school seniors.

SCHOLARSHIP APPLICATION

Graduating high school seniors in 2022 who are Unge Venner members of Edmonds Lodge or who are relatives (children or grandchildren) of Edmonds Lodge #2-130 members in good standing may apply.

APPLICATION INFORMATION

Name _____ Date _____

Address _____

Telephone no. _____ E-mail address _____

Name of your high school _____ GPA _____

Attach latest transcript - required

Attach statements of your goals, school activities and extra-curricular activities. Please explain your past and continuing interest or involvement in Norwegian or Scandinavian heritage and culture. Letters of recommendation are encouraged. Please identify the university or community college you wish to attend.

Unge Venner membership number if applicable _____

If a relative, please indicate name (parents or grandparents) and relationship to you:

Name _____ Relationship _____

Student's signature _____

Parent's or guardian's signature _____

Application must be postmarked to the above address, attention Scholarship Committee, by April 15, 2022.

Website: www.edmondssonsofnorway.org

VÅR OG SOMMER KALENDAR

April - April

6th Edmonds Board Meeting

13th Edmonds Lodge Meeting

Come see what Ski for Light does on the ski trails even during the Pandemic

Mai - May

2nd Edmonds Board Meeting

9th Edmonds Lodge Meeting

Our Memorial Service for members lost but not forgotten

17. mai Parade Ballard with our float boat THOR

Juni - June

8st Edmonds Board Meeting

Juli - July

17th Edmonds Summer Picnic at Lake Joy

SMARTER PLANNING



**Sons of Norway has some
of the very BEST Life
Insurance and fixed annuity
rates in the country!**

Life insurance Benefits:

- Avoid Probate
- Pay Estate Taxes
- Provide for Loved Ones
- Build Cash
- Give to charity



Sons of Norway

Edmonds Lodge 2-130

Street Address:

515 Dayton Street

Edmonds, WA 98020, USA

PO Box 1651

Edmonds, WA 98020-1651

Website: www.edmondssonsofnorway.org

**ADDRESS SERVICE
REQUESTED**