



EDMONDS LODGE 2-130
SONS OF NORWAY
EST 1983

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Edmonds Lodge Picnics

Summertime! Outdoors! In Person!

June 26th MisommerFest at St Edwards Park

We will grab a picnic table and have a potluck picnic, watching the dancing and festivities.

July 4th Parade in Edmonds with Thor

parade starts at noon at 6th Ave & Main St.

July 17th Lodge Annual Picnic at Lake Joy

Potluck Picnic, Kubb, Socialize

Come help plan how to get the Lodge active again after all our zooming.

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

More news from Mike Dyal on page 6.

Presidents Message

June 2022

God summer



Summertime and the living is easy! Summertime and Norwegians are outside a lot. Come to think of it, every season, every weather, Norwegians are outside a lot! But now we can go out and enjoy the warmer weather. The 17th of May in Ballard turned out to be a nice day, and dry too! Edmonds Lodge was there with our refurbished Viking ship float – Thor!. Mange takk to Lidia who used her truck to pull the float. Did you know the boat float is 36 ft long! Not easy to maneuver. Good job Lidia! We had a good turnout of members to join us in the parade. Xander Siqveland, who masterminded the refurbishing of Thor was there riding in the float and orchestrating the fiery blasts from Fang – the dragon head on Thor. Both our 2022 scholarship recipients were present: Xander being one and Maxine Lovelace, the other. Genie Wehling, our member from Moses Lake was there in the ship playing her accordion!

We had such a good time with Thor that we have decided to take him to the Midsommerfest at St Edwards Park, June 26th. We hope you will join us for an informal Edmonds Lodge picnic while we watch the dancing and May pole raising! We plan to be there a bit before the start at 11 am to secure a picnic table and spot for Thor.

We had a moving memorial remembrance at our May Lodge meeting led by Mary Lambert. We will dearly miss the 6 departed members. They were all active with our lodge activities. When we get ready to resume our normal Lodge activities, we will need a new line of volunteers to help put on our lodge dinners and the pancake breakfasts!

Our next Lodge meeting is not until September, but before then we have our annual summer picnic July 17th at Lake Joy. Do come and enjoy the company of other lodge members and help us plan for the fall season.

Happy Father's Day to all the dads and granddads in our lodge!



Norma Jean Sands
Edmonds Lodge President



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



Celebrating **125 Years**
1895-2020

Meet and greet!

- Midsummer fest at St Edwards Park – our Lodge will secure a picnic table.
- Edmonds Annual Summer picnic July 17 Lake Joy

The District 2 Convention has come and gone (see [page 5](#) for summary). The International Convention is scheduled for Aug 31-Sept 1. With a new governance structure, we look forward as to how this plays out.

* You can raid if you also bring something to share with other raiders!

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

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Sunshine Report

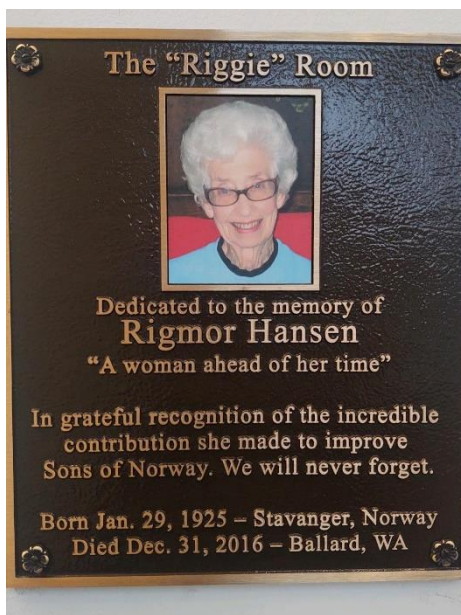
When a Sons of Norway Edmonds Lodge Member needs some cheer, please contact our **Cheer Volunteer:**
Shirley Lovelace, 206 708 0344 Her email is: grannyslovelace@gmail.com

June - juni Birthdays **** Gratulerer med Dagen!

- 1 Susan Mary Lovelace
- 6 Kristjan Pederson
- 8 Rose Ann Scott
- 9 Adrianna Man Alvarez
- 9 Karen P Schaefer
- 11 Laurence Patrick Burris
- 11 Harold E Malnes
- 11 Elise Snoey
- 12 Jaden Stevenson
- 13 Mary J Lambert
- 18 Magne K Nes
- 20 Anne-Lise Deering
- 21 Theresa A Baird
- 27 Roberta Steed
- 28 Lorna E Turcott



"Wherever you go, whatever you do, always remember to
keep the sun in your heart."



.....
There is a plaque on the wall in the library at International Headquarters dedicating the room to our late member Rigmor Hanson! Rigmor was a strong supporter of SON and a regular attendee at SON conventions. She was, of course, a regular attendee and volunteer at all our Edmonds Lodge functions.

Edmonds Lodge News

SON Edmonds Lodge 2-130 Masonic Center, Edmonds, WA

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

June 26th MisommerFest at St Edwards Park

We will grab a picnic table and have a potluck picnic, watching the dancing and festivities.

July 4th Parade in Edmonds with Thor

parade starts at noon at 6th Ave & Main St.

Join us for the Edmonds Annual Summer Picnic

Sunday July 17th 11 am til 4pm Lake Joy

Once again Glenda Nelson and Lidia Gonzalez are hosting this wonderful event for us. We will play Kubb, the Viking game. Kubb is a lawn game where the objective is to knock over wooden blocks (kubbar) by throwing wooden batons (kastpinnar) at them.

THOR was at THE 17th OF MAY PARADE! (see p.8). Thor also will make a presence at the misommerest at St Edwards Paark June 26th and the 4th of July parade in Edmonds.

Our next Lodge meeting will be in September. We are conducting a poll as to whether we want to change our meeting day from the 2nd Wednesday of the month to another day of the week. Come to the picnic to express your thoughts or contact one of the board members.

Edmonds Lodge awarded 2 scholarships this year!

Xander Sigveland and Maxine Lovelace



Both received \$1,000.
Xander will be attending Embry Riddle Aeronautical University in Florida and Maxine will be attending the University of Washington here in Seattle.



District 2 Convention – June 1-4 Portland

Roberta Morrow and Shirley Lovelace were there as delegates from our lodge. They report that Edmonds Lodge was named Large Lodge of the year for 2019 and received Gold Merit Awards for all four years! Woman and Man of the Year for District 2 for 2021 were Pam Silk and Roger Young; they are staunch supporters of Trollhaugen and help keep it running! The new Zone 2 Director is Roberta Morrow.



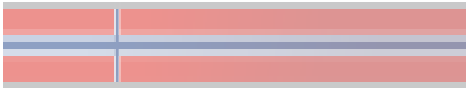


SONS of NORWAY

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 Financial

Money Times Update: With the market down the most since 2000, it gets me thinking of our history and if we can learn anything from the past. Typically we have "market corrections" or "crashes" every 8-10 years. There are two of risk in the stock market: Unsystematic and Systematic risk.

Unsystematic risk is when there is a problem with an individual company, but it doesn't really effect the rest of the companies. For example, when Steve Jobs died, founder of Apple. This caused Apple stock to go down more than once over the next few years. Another example of Unsystematic risk is if there is a lawsuit against a company.

Maybe a drug manufacturer has a lawsuit and the stock plummets. Enron is an example of this type of risk.

What we are experiencing now is Systematic risk. Across the board decreases in stock value because of general concerns. If you are listening to the news, they have mentioned 3 or 4 different items that are causing this big drop.

In the past, you could just wait it out...and depending on where you are in life, that is probably OK. When we retire, however, this can cause our money to not last as long because we are no longer contributing to these accounts, and we are using them. That is why Sons of Norway and other companies have the Principal Protection Program to give you gains without losses.

Bottom line, if you have lost more money then you are comfortable with in the last couple months, then your stock is not managed correctly. Your risk portfolio is wrong and you will keep experiencing the heartache of loss until the money is gone. Add that to increasing taxes due to our nations debt, required minimum distributions, and other pitfalls like: taking your money out in the wrong order, taking the wrong amount, and/or getting a market loss just before or after retirement can shorten the longevity of your retirement by as much as HALF.

Next newsletter we will talk about a movie star and taxes and how that past may hurt our future when Federal taxes go up in 2026.

See you at District!

Mike Dyal, your friendly Viking fighting high taxes and estate woes.

mike@pacificadvs.com 206-446-2222

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

Rømmegrøt

Rømmegrøt is a Norwegian porridge made with sour cream, whole milk, wheat flour, butter, and salt. Rømme is a Norwegian word meaning sour cream; grøt translates as "porridge". Traditionally, rømmegrøt is a delicacy prepared for special occasions, including midsummer when it is often cooked outside at the bonfire!

Rømmegrøt, gjerne i følge med spekemat, har lange tradisjoner i Norge, og forbindes for mange med sankthansfeiring, olsokfeiring eller fjellturer. Grøten lager du enkelt selv, og fast tilbehør er sukker, kanel og smøret som skummes av grøten under koking.

- 5 dl seterrømme
- 2 dl hvetemel
- 5 dl melk
- 0,5 ts salt

SLIK GJØR DU

- La rømmen koke i ca. 5 minutter.
- Sikt i halvparten av melet og rør kraftig.
- La det stå å koke på svak varme til smøret (fettet) pipler frem. Ta av smøret med en skje før du rører inn resten av melet og sper på med melken.
- Spe med litt melk av gangen og rør godt mellom hver gang. La grøten småkoke i ca. 5 minutter før du smaker til med salt.

Server med sukker, kanel og smøret fra rømmen.

Sour cream porridge, often accompanied by cured meats, has long traditions in Norway, and is associated for many with Sankthans celebration, olsok celebration or mountain hikes. You can easily make the porridge yourself, and necessary accessories are sugar and cinnamon and butter which is skimmed off the porridge during cooking.

- 5 dl sour cream
- 2 dl wheat flour
- 5 dl milk
- 0.5 tsp salt

1 dl = .4 cup

INSTRUCTIONS

- Let the sour cream boil for approx. 5 minutes.
- Sift in half of the flour and stir vigorously.
- Let it cook on low heat until the butter (fat) bubbles up. Remove the butter with a spoon before stirring in the rest of the flour and sprinkle with the milk.
- Dilute with a little milk at a time and stir well between each time. Let the porridge simmer for approx. 5 minutes before seasoning with salt.

Serve with sugar, cinnamon and butter from the sour cream



June in Norway

Scandinavians celebrate Midsummer (June 23rd) with **bonfires, lots of food, and enjoying the outdoors**. The bonfires, which are the most common form of celebration, are a pagan ritual to ward off evil that has lasted up to the present day.



17th of May pictures



COMING EVENTS 2022

Midsummer Festivals

June 18 - Sat 9am-8pm - Midsummer Festival Vasa Park 3560 W Lake Sammamish Pkwy SE

June 18 - Sat 10am-8pm - Midsummer Festival 2022
Poulsbo, Liberty Bay Waterfront Park

June 26 - Sun 11am-6pm - Skandia Midsummerfest Saint
Edward State Park 14445 Juanita Dr NE Kenmore



**DISTRICT TWO
GOLF
TOURNAMENT**
August 13, 2022



Wandermere Golf Course
13700 N Wandermere RD, Spokane, Washington, 99208

Hosted by: Spokane's Tordenskjold Lodge

DEADLINE TO REGISTER BY JULY 15th, 2022

ALL AGES EVENT

ADVANCE TICKETS

\$120 per player, including
golf, cart, tshirt, lunch and
banquet.
\$30 per additional
banquet plate for Guest.

LODGING

\$189 (SOFN special rate)
Quality Inn Oakwood
7919 N. Division St.
Spokane Washington
99208
(509) 530-2569

CONTACT

Judy Moxley
(509) 326-9211
SonsOfNorwaySpokane@gmail.com

Please fill out and return
registration form by July 15th
to:

Attn: Golf Tournament
Sons of Norway Tordenskjold
Lodge
PO BOX 18684
Spokane, WA 99228

with an attached check made
payable to:
Sons of Norway Tordenskjold
Lodge 2-005

District 2 Sports

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

August 13, 2022: Golf Tournament in
Spokane. WA

Summer Fun – Save the Date – participation by Edmonds Lodge

June 26, 2022: Midsommarfest at St. Edward
State Park, Kenmore, WA

July 4th, 2022: Fourth of July Parade in
Edmonds

July 17, 2022: Edmonds Lodge Annual Picnic
Lake Joy

International 2022 Convention – August 31 – September 1 by ZOOM

Trollhaugen Lodge



Come celebrate with us
July 16, 2022



Make reservation for
overnight stay at
trollhau@outlook.com

Any questions call Erick at
253/531-2823

It's time to make the journey to the Jewel of our district.

Come celebrate the volunteers who accomplishment the unimaginable and
built a recreational haven for generations of Norwegian minded people.

Where: Trollhaugen

When: July 16, 2022

\$20.00 (\$25.00 After July 6, 2022 and
closed for purchase July 9, 2022)

Serving lunch from 12pm - 4pm

of meatballs, fiskeboller, cucumber salad,
Broccoli salad, pickled beets & flat bread

Pam Silk

10721 N. Oak St.

Hayden, ID 83835

Payable to Trollhaugen

Saturdays breakfast is additional
\$10.00/ Sundays muffin & coffee
breakfast \$5

This year the usual steak fry at Trollhaugen is being replaced by this
gala celebration of 50 years! The menu is different, but there will
still be horseshoes and kubb. So come join the fun. See their
website to see what it looked like fifty years ago and today.

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

EDMONDS LODGE SOMMER KALENDAR

**SMARTER
PLANNING**

Juni - June

8th Wednesday - Edmonds Board Meeting 7 pm

26th Sunday - Midsummer gathering of lodge at Skandia midsummer festival St Edwards

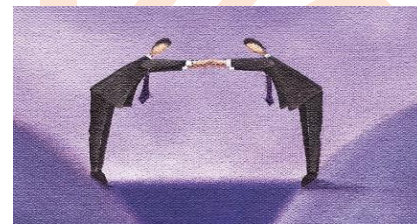
Park. We plan to have Thor there to display. Dress in bunad or Viking gear.

Juli - July

4th Monday Parade in Edmonds with our float Thor

17th Sunday - Edmonds Summer Picnic at Lake Joy

Next Lodge Meeting - **September**



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**