

Edmonds

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EDMONDS LODGE 2-130
SONS OF NORWAY
EST 1983

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Edmonds Lodge Zoom Meeting Wednesday March 9th

Plan on Zooming in with us!

Sports Medal Competition

A discussion with Viktoria Moore, and Iranian living
in the US

Join us here:

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

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

88149115735#



Sons of Norway provides great financial products for its members! Watch your money grow. 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

March 2022



Happy St. Patrick's Day

We have a new Board for our Lodge, duly installed at our February Lodge meeting. Actually, the faces look remarkably like those of last year, but with several members missing. So, we are looking for new faces to fill out the Board and add new life and ideas to our meetings. See the list of officers below to see how you can help. Note that we now have three people working on cultural activities! If you want help with a culture medal or would like to see a particular cultural demonstration at one of our meetings, do contact any one of them.

At our March Lodge meeting (3/9/22) we will be seeing how we did with sport and cultural medals compared to Bothell Lodge, voting for D2 convention delegates, and then we have a special guest – Viktoria Moore, an Ukrainian living in the US. She has been here 15 years, and before that, while still living in Ukraine, she was an au pair in Norway! One of our members met her at Norwegian language class!

I hope you have turned in some sports activities to our Sports Director Glenda so we can have a showing against Bothell. There is more detail about what and how to send on the next page. More importantly, this is a SON convention year, and we need to vote for 3 delegates to the District 2 Convention in Portland Oregon June 1-4. It is an in-person convention. If you have any interest in representing our Lodge there, please contact a board member or be present at the March meeting.

Looking forward to our April Lodge meeting, we will have a presentation on Ski for Light from two of our members, Tim McCorcle and Lynee Forsyth, who are on the Board of Directors. There is more information about Ski for Light on page 5. Do visit their website to learn more about their events and history. Look for the connection between Ski for Light and Peer Gynt! Better yet, join us April 13th.

But first I hope to see you on our March 9th Lodge meeting. And do think about being a delegate at the district convention in Portland.

Norma Jean Sands
Edmonds Lodge President





**SONS of
NORWAY**

Celebrating 125 Years

1895-2020

Meet and greet!

- In person Thor work parties later this year
- Zoom Lodge meetings now! 2nd Wednesday of the month.
- Join the Board at our mtgs 1st Wednesdays of each month.

Remember to turn in your 2021 sports accomplishments to Glenda Nelson. **She needs them NOW.** And before our March Lodge meeting to be accounted for in our contest with Bothell! E-mail her total miles walking, km, skiing, minutes in other physical activity (email below).

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

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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

March Birthdays ** Gratulere med Dagen!

March 6 Maxine Lovelace
March 7 Siri Siqveland
March 7 Cassandra Richens
March 8 Richard Aspen
March 12 Donald Thompson
March 14 Kelly Morgan
March 14 Berit Brevik
March 18 Vernon Wilson
March 20 Valeries Rosman
March 22 Sonja Adams
March 22 Neil Pape
March 23 Marvin Bueing
March 24 Emmalie Krusentjerna
March 28 Bernard Nickolson
March 29 Vicki Cook
March 29 Mike Dyal
March 30 Janis Neill
March 31 William Wilson



"Spring makes the world a happy place,
You see a smile on every face.
Flowers come out and birds arrive,
Oh, isn't it grand to be alive?"
Anonymous

"Friends are the sunshine of life"
John Hay

Join us for the Edmonds Lodge Meeting

Wednesday March 9th @ 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/>

Edmonds Lodge will be giving out **scholarships** to members or children of members who are graduating from highschool this year and are planning on attending college. Applications are due April 15th. See page 11 for application form.

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



What is Ski for Light?

The idea of teaching blind people to cross-country ski began in Norway in the 1950's with a blind Norwegian musician named Erling Stordahl. His work led in 1964 to the creation of the Ridderrenn, which today annually attracts more than 1,000 disabled participants and guides from around the world to the mountains of Norway for a week-long event.

The Ridderrenn concept was brought to the United States in 1975 through the efforts of Olav Pedersen, with the support and involvement of many others. Olav was at the time a ski instructor

in Colorado and had immigrated from Norway a decade earlier. He had known Erling in Norway and been aware from the very beginning of Erling's dreams and plans. February 17, 1975 was the date for the first event, called Race for Light. But during the last few months of preparations it looked like economic shortfalls might threaten the final lap to our goal. And here is where the Sons of Norway Foundation came to the rescue. Forty blind Norwegian skiers plus twenty American and Canadian blind people got their first experience in cross-country skiing. After that first event, the torch was passed to Bjarne Eikevik and the Sons of Norway. Race for Light became Ski for Light to emphasize the recreational nature of the program. A non-profit corporation was formed, and blind participants got involved in shaping the future direction of the program. In the years that followed, Ski for Light was nurtured by countless individuals and groups, and took root in the United States as a program that makes a real difference in the lives of its guides and participants. (condensed from <https://www.sfl.org/about/history/> - see this web site for more interesting history and current events of this organization).

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.

Ten Wonderful Lessons of Life

If you're thankful, show it
If you love someone, tell them
If you're wrong, fess up
If you're confused, ask questions
If you learn something, teach others
If you hurt someone, apologize
If you're stuck, ask for help
If you see wrong, take a stance
If you trip, get back up
If someone needs your help, help them



The first formal St Patrick's Day Parade in Norway was held in Oslo in 2000, organised by Irish expatriates living in Norway. The aim ever since has been to provide a focus for celebrating Ireland's national day in a manner which has a long tradition both in Ireland and in all the countries of the world to which the Irish diaspora has migrated.

7 Nordic Inspired Ways to Celebrate Spring

As late winter gives way to Spring, here are some Nordic inspired ideas to celebrate the change of seasons.

- Be inspired by natural beauty and savor the stillness of each morning by photographing the sunrise over several days or weeks.
- Pick your favorite Norwegian cookie or bread and fill your home with the inviting scent. Then surprise a friend by sharing your homemade treats.
- Every spring brings changes to our lives. Take time to hand write a letter to an old friend you haven't seen in months or years and ask "what's up?"
- Enjoy a walk in the warming weather. Look for budding trees and new growth among the shrubs and bushes. Do you see the early popping flowers?
- Consider starting a cultural skill. Encourage a friend to start with you. Try learning to knit, do some hardanger, cook a new Scandinavian recipe, whittle a cute Gnome, learn to play a Norwegian fiddle or best yet learn to speak the language.
- Listen to the chirping of birds. Fill a bird feeder. Look for that first robin.
- Become more active in your local Sons of Norway. Celebrate the upcoming Lodge events.

IDRETTSMERKE
Sports & Fitness
Medal Program



Sons of Norway's Sports & Fitness Medals:

It is time to turn in your 2021 accomplishments to our Sports Director Glenda Nelson and make sure you are recording your efforts for 2022!

Sons of Norway's Cultural Medal Programs.

Do you want to work on a cultural medal? Contact our Cultural Director Roberta Morrow or one of her assistants, Shirley or Mike, for help.

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 - Hot Smoked Spiced Norwegian Salmon with Pasta Salad

As the New Year unfolds, and along with it healthy resolutions, this delicious recipe will quickly become a fresh, light favorite.

4 Servings

Ingredients:

2/3 lbs. warm-smoked Norwegian salmon
5 oz. pasta
12 cherry tomatoes
1/2 red bell pepper
1/4 of a cucumber
1/2 head of lettuce

Sour Cream Dressing:

1/2 lemon
Salt and pepper
1 clove garlic
1/2 cup light sour cream
1/4 tsp. sugar
8 fresh basil leaves

Directions for Pasta Prep:

1. Cut the salmon into small pieces

2. Cook pasta as instructed on package
3. Cut the cherry tomatoes in half, and dice bell pepper and cucumber
4. Slice the lettuce
5. Combine the ingredients in a bowl and place the salmon on top

Salad Dressing Prep:

1. Juice lemon and finely chop garlic
2. Combine sour cream and lemon juice, and mix with garlic and sugar
3. Add pepper and salt to taste
4. Finely chop basil leaves and mix into the dressing
5. Fold the dressing into the salad and garnish with a couple basil leaves

Serve the salad with bread on the side.

From: <https://fromnorway.com/recipes/smoked-salmon/hot-smoked-spiced-norwegian-salmon-with-pasta-salad/>

Puzzles

What Do they Have in Common

Each question contains a list of several items. Can you figure out what they have in common?

1. Snare, bass, conga, and tom-tom _____
2. Naan, brioche, and challah _____
3. Cyan, ultramarine, and periwinkle _____
4. Lux, lava, and zest _____
5. Morgan, Arabian, Pinto, and Appaloosa _____
6. Abyssinian, Simese, and Burmese _____
7. Champion, Silver, and Trigger _____
8. Hitch, Slip, and figure eight _____
9. Toe loop, double axel, and triple lutz _____
10. Anguilla, St. Martin, Grand Cayman, and Aruba _____
11. Bø, Klæbo, Røiseland, Kilde, and Graabak _____

answers pg 10



Image Credit: fromnorway.com

March in Norway

Holmenkollen Ski Festival, Oslo. One of Europe's largest ski festivals, with World Cup Nordic skiing and biathlons, international ski-jumping competitions, and Norway's largest cross-country race for amateurs. Held at Holmenkollen Ski Jump on the outskirts of Oslo.

Narvik Winter Festival. Sports events, carnivals, concerts, and opera performances highlight this festival dedicated to those who built the railway across northern Norway and Sweden. Visit www.vinterfestuka.no for details. Second week of March to mid-April.

Birkebeiner Race, Rena to Lillehammer. This historic international ski race, with thousands of participants, crosses the mountains between Rena and Lillehammer, site of the 1994 Olympics. It's a 53km (33-mile) cross-country trek. For details, call tel. **41-77-29-00** or go to www.birkebeiner.no. Mid-March.

No Holidays or Flag days in Norway in March or April. Will have to wait for May 1st (Labour Day).

Første mai er en internasjonal demonstrasjonsdag for arbeiderbevegelsen. Før dagen fikk sin sentrale betydning for arbeiderbevegelsen hadde den i lang tid, i mange land, vært en dag for å ønske våren velkommen. -----

May Day is an international demonstration day for the labor movement. Before the day gained its central significance for the labor movement, it had for a long time, in many countries, been a day to welcome spring. -----

Norway in the Olympics



Norway overran the Winter Olympics in 2022 yet again. They came out ahead in number of Gold medals and in total metals. With 84 athletes competing from Norway, they achieved 16 Gold, 8 Silver, and 13 Bronze, for a total of 37 medals, a new record for total medals won by a single country in Winter Olympics. This should be seen in light of the ongoing medal inflation, e.g., from 16 gold medals in the first Winter Olympics in 1924 to 109 in 2022!

Of the 84 Norwegian athletes, 34 (40%) came home with medals, 11 of those with multiple medals. They did best in the biathlon events, placing in 10 of the 11 events, with a total of 14 medals: 6 Gold, 2 Silver, and 6 Bronze. Norwegian biathletes Johannes Thingnes Bø and Marte Olsbu Røiseland tied with French biathlete Quentin Fillon Maillet and ROC cross-country skier Alexander Bolshunov for most medals won by a single athlete in Beijing with five. Bø, now an eight-time Olympic medalist, had the most golds in Beijing with four. His brother, Tarjei Bø, came home with 2 Gold, 1 Silver, and one Bronze medal in the biathlon.

Norway also excelled in cross-country skiing, medaling in 8 of the 12 events. Therese Johaug won 3 Gold medals in these events and Johannes Høsflot Klæbo won 2 Gold, 1 Silver, and 1 Bronze. Norway medaled in all three Nordic Combined events (ski jumping plus cross-country skiing). They also won medals in Alpine Skiing, Curling, Freestyle Skiing, Ski Jumping, Snowboarding, and Speed Skating.

COMING EVENTS 2022



Bothell Lodge Pancake Drive-Thru Breakfast - None in March but back in April

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

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Other events at Bothell Lodge

March 5, 10 am to 3 pm. Norwegian Heritage Day Vendors, Demonstrations and Bake Sale, and food-to-go! Norwegian meatballs and split pea soup.

March 30: Drive thru **Corn beef dinner**. Reservations are required and must be made by March 13th. Email dinner@bothellsonsofnorway.org or call the Bothell Lodge at 425-485-9085 and leave a message.

District 2 Sports

July 16, 2022: Steak Fry at Trollhaugen with Horseshoes and Klubb Tournaments

August 13, 2022: Golf Tournament in Spokane. WA

District 2 Summer Youth Camps

Camp Trollhaugen (Ages 13-15) Located in Easton, WA - June 26 – July 9, 2022

<http://www.sofncamps.com/camps/camp-trollhaugen/>

Contact: Chris Hicks (425) 672-0194 816 214th St. SW Lynnwood, WA 98036

Camp Nidaros (Ages 9-12) Located in Gearhart, Oregon – July 10-23, 2022

<http://www.sofncamps.com/camps/camp-nidaros/>

Contact: Andrew Agerter 1396 Tamarack St. Springfield, OR 97477

Camp Normanna (Ages 9-12) Located at Lake Riley outside Arlington, Washington- July 24– August 6, 2022

<http://www.sofncamps.com/camps/camp-normanna/>

Contact: Seth Tufteland (206) 605-4112 PO Box 1422, Bothell, WA, 98041

District 2 2022 Convention

Portland June 1-4th hosted by Grieg Lodge

International 2022 Convention – Early September by ZOOM

Olympics Trivia

The First Modern Olympics was held April 6, 1896 in Athens. The first Winter Olympics was held Jan 25-Feb 5 1924 in Chamonix.

Figure Skating debut was in 1908 Summer Olympics.

Up until 1994, the Summer and Winter Olympics were held in the same year. In 1994 the Winter Olympics were held in Lillehammer, Norway.

In 1924, in Chamonix, France, the multi-sport event featured 260 athletes representing 16 countries in five sports: **bobsleigh, curling, ice hockey, Nordic skiing, and skating**. There were 16 events.

In 2022, in Beijing, the Winter Olympics had 15 sports which included 109 events. There were 7 new events: mixed team ski jumping, free-ski big air for men and women, mixed team airials skiing, monobob for women, snowboard cross, and mixed team relay skating.

In Beijing the snow was artificial due to lack of natural snow and it was the first time a plastic sledding track was used instead of ice or packed snow. Conditions got difficult when it actually did snow late in the games putting real snow on top of fake snow! But artificial snow is the wave of the future!

Answers – What do they have in Common

1 Drums 2 Bread 3 Blue 4 Soap
5 Horses 6 Cats 7 Famous horses
8 Knots 9 Jumps in figure skating
10 Islands of the Caribbean
11 Norwegian winter Olympic medalists
with more than one medal!



Iditarod 2022

Starts March 5 with a preliminary run in Anchorage. Then the real race starts the next day from Willow and goes 922 miles to Nome. There are 50 mushers signed up to date including two who hail from Norway; one is a Norwegian who has moved to Alaska and the other an Alaskan who moved to Norway!

Two Norwegians: **veteran Joar Leifseth Ulsom** from Mo I Rana

This 2018 Iditarod Champion has nine Iditarod races behind him and in each race has placed in the top ten; he is hoping this year will be no exception.

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. Among others, he has had the pleasure of participating in the Yukon Quest, Copper Basin 300, Nadezhda Hope Race and Kuskokwim 300. His kennel, Sivo Racing Kennel in Willow Alaska, has grown to about 60 wonderful dogs and is run by Joar and his wife, a veterinarian named Margot.

. . . . and **rookie Hanna Lyrek** from Alta

I am a 22-yr old girl from Alaska who lives in Norway. I have always driven dogs and the Iditarod has been the biggest dream of mine. My family moved to Norway when I was five years old and have live in Alta since.

These past four years I have driven the longest races in Norway and finally I can chase my biggest dream of running the Iditarod.

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 _____

to 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

Mars - March

2nd Edmonds Board Meeting

9th Edmonds Lodge Meeting

Special guest from Ukraine

*Be a part of your lodge activities,
limited as they may be at this time.
Join our Zoom meetings.
Better days will follow.*

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

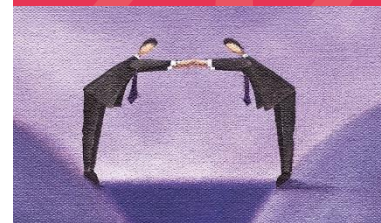
Juni - June

1st Edmonds Board Meeting

Juli - July

17th Edmonds Summer Picnic

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**

Sons of Norway
Edmonds Lodge 2-130

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**ADDRESS SERVICE
REQUESTED**