

# Edmonds *sterkt lys*

EDMONDS LODGE 2-130 SONS OF NORWAY EST 1983

MEETING EVERY SECOND WEDNESDAY AT THE EDMONDS

MASONIC LODGE, 515 DAYTON ST. EDMONDS, WA

## Next Meeting: April 10:

**4:30 pm:** Cultural - Vikings Kids and Genealogy for all

**5:00 pm:** Social hour With Photo Booth!

**6:00 pm:** Dinner (pot luck)

**7:00 pm:** Lodge Meeting; open to the public.

Program Includes: **Kayaking in Norway**, by Edmonds Lodge Member: David Ellingson. David presents his life changing experience as he travels on kayak in Norway.

## Whats Inside

**PAGE 2** Lodge Presidents Message

**PAGE 3** Board Members

**PAGE 4** Kids Corner: Coloring& Activity; Sunshine Report

**PAGE 5** For the Good of the Order:

April Birthdays, Welcome New Members!

**PAGE 6** For the Good of the Order:

Updates and announcements from Lodge and more.

**PAGE 7** Special Bulletin: Edmonds Lodge Scholarship

**PAGE 8** Lodge Update & Oppskrift (Recipe)

**PAGE 9** March Meeting Review & the Famous "Uff Da"

**PAGE 10** Upcoming Events

**PAGE 11** Cultural Minute!

**PAGE 12** Calendar

**INSERT:** PHOTO BOOTH @ April Meeting!!!!

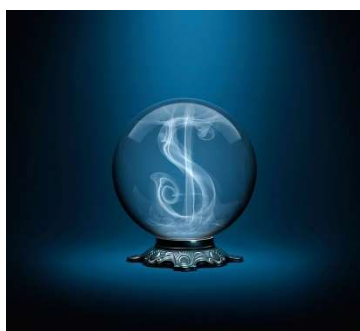


These beautiful Ornaments are a work of art and a Hallmark Sons of Norway tradition.

Invite your friends, family and neighbors, to the lodge for a chance to win one for yourself.

### Saturday June 8<sup>th</sup> at 10:00

The lodge will be hosting a FREE Banquet open to the community to learn about what is Sons of Norway. It is FREE for anyone not yet a member. Edmonds Lodge members who bring someone to the banquet eat free as well. Everyone who attends someone gets a chance to win a 2018 Sons of Norway ornament. Have questions? Ask Mike, our Financial Benefits Councilor or an Edmonds Lodge Board Member. See you there!



## There is no Crystal Ball

Many financial experts seem to have a crystal ball. You hear them saying, "This is a good time to buy tech stocks." Or "The market will go up by 10% this year."

Do they really have a crystal ball? Warren Buffett, the world's richest investor says, "Forecasts tell us more about the forecaster than the forecast." What he means is that many forecasters have an agenda that reflects the interests of the people who pay their salaries. If they are paid to say a stock is good, they will say it is good. If they are paid to be negative, they will be negative.

Forecasters do not have crystal balls... but like you and me, they have bills to pay and food to put on the table. Markets, regardless if it is the stock market, real estate market, or bond market, only make money when we are buying or selling. So, a forecast is often what is best for the forecaster... not the investor. That is why I always say to choose your teachers wisely. Contact Mike Dyal, your Sons of Norway Financial Advisor (425)243-4521



# Presidents Message

## President's Message – April

Spring has Sprung! March started with freezing temperature at night early in the month and then turned to having record warm days (upper 70's) mid-month. April looks to be near normal with temperature remaining below the mid-60's. Tromsø, Norway, is 32 degrees and snowing lightly as I write. But with light lasting half the day, Norsk folk will be out enjoying spring skiing.

In the Pacific NW, we still have snow in the mountains for skiing; or one can stay in the low areas and enjoy spring flowers from cherry blossoms to tulips.

We had a great March Lodge meeting with many folks from Bothell Lodge joining us for the annual competition over sports and cultural medals. We had our annual corn beef and cabbage dinner followed by a presentation by Katie Mills about her participation in the TV show "Alt for Norge." She made it to runner up so we got to see a lot of the strange things participants needed to do to advance in the competition. She was on in Season 7 which is now available through YouTube. The medals! Yes, Edmonds Lodge won the most cultural medals and Bothell Lodge won the Sports medal count. We weren't far behind on the sports medal, so if you haven't done it before, start keeping track of your walking, skiing, and physical fitness activities. Get your forms to fill out at the next lodge meeting.

Do come to our next Lodge Meeting, April 10<sup>th</sup>. The dinner is pot luck and the program is **Kayaking in Norway** by our Lodge member, Dave Ellingson. See elsewhere in newsletter for more information on this program.

On Saturday April 6 we have our Zone 2&3 Seminar. Everyone is welcome, but do RSVP to me so we can have enough food for the free lunch! Learn more about how SON works, among lodges and within our local communities. Zone 2 consists of Lodges from our Edmonds lodge north to Bellingham (6 lodges) and Zone 3 has 4 lodges including Seattle, Bothell, Auburn and Mercer Island. Meet folks from those lodges and exchange ideas on programs and fundraising.

Talking about interacting with the local community, our next pancake breakfast is Saturday May 4. It is quite popular among Edmonds folk, and beyond. We have even had representatives from Canada come down for it! We do need volunteers from our lodge to help set up, make pancakes, serve, pancakes, and clean up. Do volunteer and get to know fellow members better! Call Jane Bueing to volunteer.

Fraternally yours,  
Norma Jean Sands, President





### Calling All Ye Volunteers

Want to volunteer? Contact a board member and they will connect you to upcoming activities and events to serve within the Lodge and Greater Edmonds community

### APRIL Lodge Meeting Cultural Activities

#### Edmonds Lodge Meeting Programs

April 10<sup>th</sup>: Dave Ellingsen -Kayaking in Norway. Dave is a member of our lodge and has submitted a grant from SON Foundation to produce a video of his adventures in Norway.

*We are choosing our Borderfest Prince and Princess, come with names!*

Looking Ahead:

May 8<sup>th</sup>: Our Annual Memorial Service for members lost in the last year. We will be blessed with singing from Laura Loge, soprano singer of Greg's work.

Friday, May 17<sup>th</sup>: 17<sup>th</sup> of May Parade in Ballard with Thor

More inside...keep reading!

## Edmonds Lodge Officers

### Executive Board

President: Norma Jean Sands	206-524-6020
Vice President : Sandra Ferchen	425-275-7114
Secretary: Jane Bueing	425-268-9627
Treasurer: Vicki Nelson	425-218-4447
Fin. Secretary: Loren Krusenstjerna	425-775-1710
Counselor: Waldo Bueing	425- 882-2212

### Officers/Directors

Social Director: Eli Krusenstjerna	425-775-1710
Cultural Director: Roberta Morrow	425-921-0302
Asst.Cult. Dir: Shirley Lovelace	206-708-0344
Sports Director: Glenda Nelson	206-778-4886
Youth Director: Nathan Salmon	425-359-3178
Asst. Youth Dir: Sandra Ferchen	425-275-7114
Found. Director: Erlene Stevenson	425-712-9788
Financial Benefits: Mike Dyal	425-243-4521

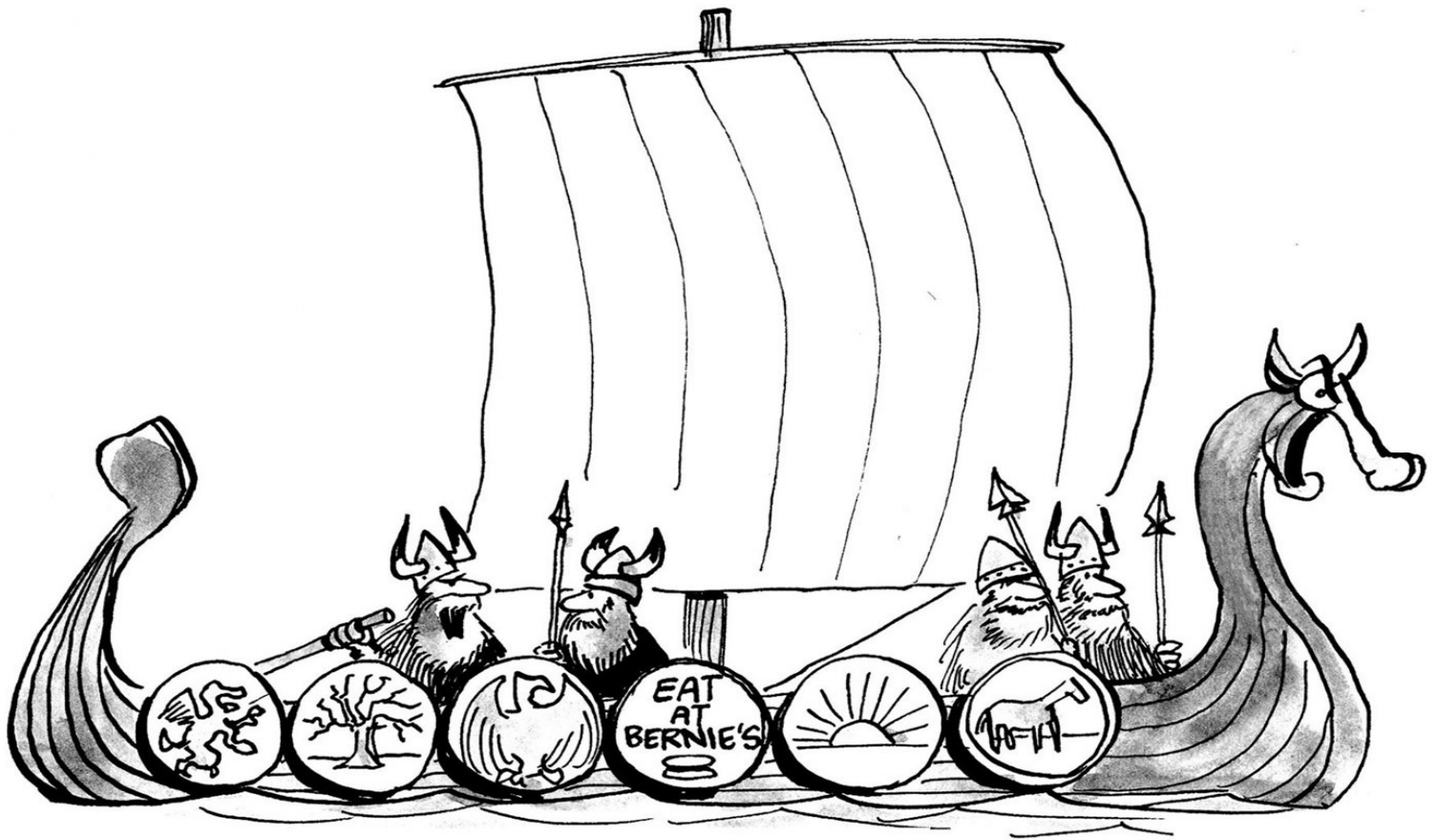
### Trustees

Marshall: Bob Turcott	425-308-5265
Asst. Marshal: Tristan Haije	425-778-1665
Trustee: Harold Setran	425-778-2009
Trustee: Jane Bueing	425-882-2212
Trustee: Bob Turcott	425-308- 5265

### Support Officers

Musicians: Philip and Birgit Ages	206-947-8393
Librarian: Fay Setran	425-778-2009
Information: Erlene Stevenson	425-712-9788
Historian: Donna Stewart	206-251-5446
Newsletter Editor:	
Asst Editor: Mike Dyal	425-243-4521
Distribution: Melissa Johnson	425-672-1272
& Karen Pedersen	425-412-3555
Publicity Director: Lisa Palmation	206- 546-1588
Scholarship: Turid Bouchoukian	206-954-6675
Sunshine: Shirley Lovelace	206-708-0344
Building Liaison: Sandra Ferchen	425-275-7114
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. \*\***



**"Are you planning on sharing the endorsement money?"**



## Sunshine Report

Update from your friendly Youth Viking Director

For April's meeting I will be giving a presentation on Vikings and wearing my full set of armor. I will also bring some toy swords for the kids to take photos with. This all begins at 4:30pm, April 10<sup>th</sup>.

Thank you,

Nathan Salmon, Youth Viking Director



When a member needs some cheer from our lodge, please contact our Cheer Volunteer:

**Shirley Lovelace: 206.708.0344**

**Her email is: [grannyslovelace@gmail.com](mailto:grannyslovelace@gmail.com)**

Life it seems goes way to fast.

Simple pleasures will make it last. So, take some time out to find your way... Seek out a friend and make their day.

For the month of March:

Get well cards to: Lorna Turcott and Vicki Nelson

Thinking of you card to: Birgit Ages

Thank you cards to non- members for their help with the Pancake Breakfast.

Bill Rankin

Molly, Mille and Mike Malchan

Todd Turcott and Jennifer

18 March birthday cards

Words for thought: *One's life has value so long as one attributes value to the life of others by means of love, friendship and compassion.*







# PHOTO BOOTH

GRAB A & STRIKE A  
PROP POSE



There will be a photo booth at  
the April Lodge Meeting.

Come be a part of our history!

Bring the family, dress up for  
spring (bunads welcome) and  
strike a pose!



# For the Good of the Order:



Velkommen to all new lodge members!  
Our members into March 2019 are:

**Richins Family!**  
**Loveless Family!**  
**Hayden S. Pelley!**

## HAPPY BIRTHDAY

**HAPPY BIRTHDAY TO OUR APRIL  
BORN MEMBERS**

Austin Bueing	01
Walter Lee	02
Tim McCorcle	06
Stephanie L Joinette	08
Aimee Bernice Kent	13
Turid A Bouchoukian	16
Sylvia Candice Gonterman	16
Chad Aaron Krusenstjerna	16
Kory Jonah Krusenstjerna	16
Sonja M Berg	18
Mickels C Randal	18
Jayden Michael Bueing	19
Janice D Smith	22
Philip Marc Ages	27
Jacob M Ross	27
Alice A Timm	28
Philip A Borgnes	28
Kari Severud	30

Benefits to being a Sons of Norway Member are:

- Award winning monthly publication: Viking
- Edmonds Lodge famous newsletter
- Cultural and Heritage programs
- Social Opportunities Galore!
- Summer Camp for the kids & grandkids
- Community Service and Lodge leadership Opportunities
- Scholarships for all ages and learning
- Car Rental Discounts
- Hotel Discounts
- Discount Flight & oversees vacation
- PerkSpot membership! (Big Discounts on everything!)
- Best in Class Life Insurance
- Philanthropic opportunities
- Monthly Meetings and much, much more!

## Edmonds Sons of Norway is More than Meetings

Edmonds Lodge members support many programs like the following:

**The Edmonds Food Bank**

**Pancake Breakfasts**

**Box Tops and Labels for Education**

**Parades in Edmonds and Ballard**

**Scholarship and Camp programs**

**Saving Stamps to Support Children**

**JOIN NOW! Come to our next meeting or contact Sandra Ferchen at: 425-275-7114**

## News from our D2 Youth Director:

Dear members,

A new season of youth camps is coming at us in the too near future. The camp schedule is as follows;

Trollhagen	June 30 <sup>th</sup> to	July 13 <sup>th</sup>
Nidaros	July 14 <sup>th</sup> to	July 27 <sup>th</sup>
Normanna	July 28 <sup>th</sup> to	August 10 <sup>th</sup>

International Summer School (Saltveit Scholarship) runs from June 22<sup>nd</sup> to August 2<sup>nd</sup>.

Camps are expensive. This year we raised the price for District Two's camps to \$650. Please bear in mind that the value of our camps far outpaces our costs. That being said, families sending one or more kids to camp will agree that every little bit helps. Do what you can to make more work for the Scholarship Committee, get your campers to apply. In the past, we've had scholarships unclaimed because nobody applied for them.

## NOTICES FOR EDMONDS MEMBERS:

- Members, monthly financial reports are available from Edmonds Lodge Treasurer, Vicki Nelson upon written request.
- Lodge name badges are available for a cost of \$15.00 each. Contact Lodge Treasurer, Vicki Nelson if you want to place an order for one.

Due to set-up costs all orders will be held until we have at least a minimum of 6.

## Note from the Editor

It is an honor to represent the Sons of Norway Edmonds Lodge (2-130) with this regular newsletter. For such a young lodge, Edmonds has everything a lodge is looking for. The monthly meals are a highlight, the relationships are sincere and the activities are joyful. May this coming year be filled with better from Edmonds Lodge.

Is something missing in the newsletter? Please send your notifications no later than the 21<sup>st</sup> of each month to Mike @ The editor's e-mail: [edmondslodgeditor@gmail.com](mailto:edmondslodgeditor@gmail.com)

The Sterkt Lys is a publication of Sons of Norway Edmonds lodge 2-130. Published 10x per year and available in email and print versions for your convenience.



## Sons of Norway's Sports & Fitness Medal Program

**This year Sons of Norway Edmonds Lodge hosted our annual competition with our sister lodge: Bothell.**

Each year two trophies are awarded for medals earned for the previous year. One trophy for Cultural Medals and one for Sports Medals.

This year Edmonds came in as close as they ever had to take the Sports trophy from Bothell Lodge, missing the accolades by only 5 medals!

Edmonds didn't let Bothell take the night, however, as we retained our legacy and the Cultural Trophy!

What a great evening. Good job to all those members who participated in both the Sports medals and the Cultural medals. There were a number of people who participated for the first time! Yea!

Though it might be too late to turn in your activities for 2018, it is just in time to start adding up and writing down your activities for 2019! **Make 2019 the healthiest it can be!**

## ATTENTION!!!

\* Zone meeting is April 6th. All are welcome but let Norma Jean know so we have enough food for lunch.

\* Please bring to April 10th Lodge meeting nominees for the Lodge King or Queen. This person needs to be 16 years of age or older and they need to be able to represent us at: May 17 Parade-Ballard, July 4th Parade-Edmonds, 14 July Borderfest-Blaine, & our Pancake breakfasts (This counts toward community service that high schoolers need!!)

Pancake breakfast May  
We Need volunteers. Call Jane Bueing!

### Upcoming District sports and activities:

Borderfest in Blaine  
July 14. Potluck lunch. Klubb competition. Selection of Border Queen or King from among Lodge Kings and Queens.

July 20th Steak fry at Trollhagen and Horseshoe Tournament.

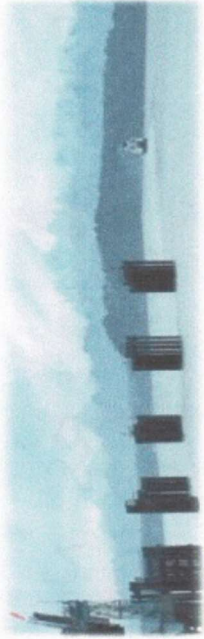
Call Bill Hicks to reserve either a steak or salmon lunch

August 17 District 2 Golf Tournament in Leavenworth. All are welcome, all levels of golf expertise.



# Special Bulletin: Due April 15<sup>th</sup>! Apply now!

## Sons of Norway Edmonds Lodge Final Call for 2019 Scholarship Applications



**Sons of Norway**  
Edmonds Lodge 130,  
P.O. Box 1651,  
Edmonds, WA, 98020 -  
1651

*"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 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 in the fall of 2018

Unge Venner membership number if applicable \_\_\_\_\_

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

Name \_\_\_\_\_ Relationship \_\_\_\_\_

Student's signature \_\_\_\_\_

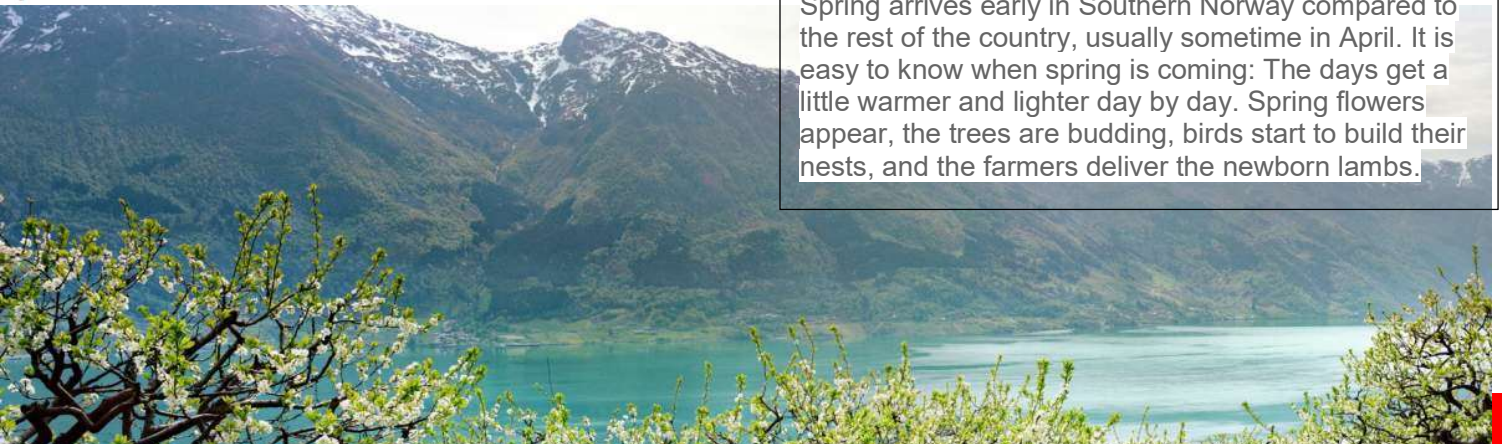
Parent's or guardian's signature \_\_\_\_\_

**Application must be postmarked to the above address, attention Scholarship Committee, by April 15, 2018**



It is time to apply for the Edmonds Lodge Scholarship(s). We give out one or two scholarships each year to a high school graduate intent on starting college. Graduating high school seniors who are Unge Venner members of Edmonds Lodge or who are children/grandchildren of Edmonds Lodge members in good standing may apply. Applications must be returned to the Scholarship Committee by April 15, 2019 to be considered. Any applications received after this date will not be considered.

Go to website at <https://edmondssonsofnorway.weebly.com/> for application form. Please direct questions to Norma Jean Sands at 206-524-6020.



Spring arrives early in Southern Norway compared to the rest of the country, usually sometime in April. It is easy to know when spring is coming: The days get a little warmer and lighter day by day. Spring flowers appear, the trees are budding, birds start to build their nests, and the farmers deliver the newborn lambs.



The memorial and Celebration of Life for our beloved Sylvia Johanne Torget Ferchen, was held Sunday, March 10. The event was well attended with fond memories of an Edmonds Lodge Founding Member. Thank you for all friends who attended.



## Oppskrift

### Recipe of the month

Yield: Approximately 15 potato dumplings

#### Norwegian Potato Dumplings (Potato Klub)

Please note: The flour amount is approximate. You want the ingredients to stick together. This recipe used about 2 cups of flour, but start with one and go from there.

**Prep Time** 20 minutes,     **Cook Time** 30 minutes,  
**Total Time** 50 minutes

### Ingredients

- 5 large Russet potatoes, peeled and grated
- 2 large eggs
- 2 cups flour
- 1 teaspoon salt
- 1 pork chop, cut into bite-sized pieces (or meat from a pork hock, ham or bacon)
- For serving: Butter, salt and pepper, chopped parsley and/or green onion

### Instructions

1. **Prepare mixture:** Place grated potatoes in a large mixing bowl. Add eggs and mix with your hands (I find this is the easiest way given the thick, heavy batter). Add 1 cup of flour - and then keep adding flour until the potato mixture sticks together. This was about 2 cups when I made it.
2. **Form into balls:** Take about 1/2 cup of the potato mixture. Place piece of pork chop in the middle and form into a ball. Repeat until all of the potatoes have been used.
3. **Cook dumplings:** Bring a large pot of water to a boil. Add potato dumplings one at a time. Cook for 30 minutes in simmering water. At 30 minutes, take one dumpling out and test to see if the meat inside is cooked. If not, cook for a little longer. My batch took 30 minutes.
4. **Serving:** Serve hot, topped with melted butter, salt and pepper, and parsley and/or chopped green onion.





**Above, Our VP helping everyone feel Happy and Full**

**Below: Kate Mills presented at our March Program.**

**Star of the hit show: 'Alt for Norge.' Wonderful Night!**



## April Lodge Cultural Activities

4:30pm Come and work on genealogy for the next month.

We started in January, but you may start now in February or continue to the next step. Call or email Roberta before the meeting if you want to participate so she will have materials on hand: (425)921-0302, birdeekay@gmail.com.

Come with parents and grandparents' names, birth place and date, marriage date and death date.

The Viking has a great editorial on Genealogy near the back of the magazine.



*Spring has sprung, the grass is riz.*

*I wonder where dem boidies is.*

*The little boid is on the wing.*

*Ain't that absoid. The little wing is on the boid.*

*Disclaimer – there are many variations on the exact wording.*

*The author is anonymous and predates Ogdan Nash who is sometimes attributed to it.*

## Pancake Breakfast and Bake Sale

**WHEN:** Saturday May 4, 2019, Missed it? Put it on the calendar

**WHERE:** Edmonds Sons of Norway Lodge Masonic Center, 515 Dayton Street, Edmonds

**TIME:** 7:30 A.M. – 12 Noon

**WHY:** For the Children! (your stomach will thank you)

Norwegian pancakes with strawberries, ham, juice, coffee or tea

Live Music, Crafts and Bake Sale

Donation: \$8.00, ages 11 and older, Children 6 – 10: \$5.00

Children under 6 are free.

For information call: [\(425\) 712-9788](tel:4257129788)

AND free folk dancing lessons for kids 10 – Noon

Website- <http://EdmondsSonsofNorway.weebly.com>



## 2019 District 2, Zones 2 & 3 Seminar

Saturday, April 6, 2019

Registration at 8:30 AM

Meeting 9:00-4:00 PM (Lunch Included)

Bothell Lodge

23905 Bothell Everett Highway, Bothell

### Some Topics included are:

- Successful Programs & Fundraisers
- Communications/Newletters
- Campy and Scholarships
- Financial Benefits
- Foundation and Tubfrim
- International Board News
- Lodge Reports & Volunteer Hours
- Membership Recruitment & Retention



Bring your questions and your success stories. Working together makes us all stronger. We have ideas and news you'll want to hear!

Lodge officers and members are encouraged to attend. Make your reservations early. Call-206-524-6020 or email - [abnormajean@gmail.com](mailto:abnormajean@gmail.com)

## DISTRICT 2 HORSESHOE TOURNAMENT



### Game on!

Yes, you read that right! We're bringing back the horseshoe tournament! Join us for a new style horseshoe tournament that will take place the morning of the Annual Trollhaugen Show Day.

Registration starts at 9:00 AM

Tournament starts at 10:00 AM

Duration of 90 is suggested for singles.

If you have any questions about this event, please contact Lene Berg. [lberg@trollhaugen.com](mailto:lberg@trollhaugen.com)

To get your tickets to the Show Day, please contact:

BO Weber (425) 672-4914

[bo@trollhaugen.com](mailto:bo@trollhaugen.com)

If you would like to stay for a night or the whole weekend, please contact the Trollhaugen Managers (509) 454-1991

[Trollhaugen@trollhaugen.com](mailto:Trollhaugen@trollhaugen.com)

July 20, 2019 Trollhaugen Lodge

Meeting Room on 1st floor, Suite # 32, 2100 Stampede Place Road

Turn right at stop and continue for approx. 1 mile

Driving is on the left

Address: 210 Stampede Place Road

Twain, WA 98529



## SONS OF NORWAY BORDER FESTIVAL PICNIC



District Two  
United States



District Seven  
British Columbia

Peace Arch Park, Blaine Washington

Sunday, July 14th, 2019

Horseshoes at 10:00am

Lunch at 12:00 noon, Coffee provided.

Bring a lunch for yourself, utensils and beverages other than coffee and a dessert to share with all lodges.

Program begins at 1:00 and includes:  
Flag salute and national anthems,  
raffle drawings, royalty contest and entertainment.

Optional: Lawn chair, sun glasses, hat and umbrella

Parking: Washington State Parks Dept charges  
\$10.00 for one day or requires a  
Discover Pass (\$30.00) to use the parking lot.  
Handicapped parking is free.

For Information Contact

Elaine Graddock, [vikings1kg@gmail.com](mailto:vikings1kg@gmail.com) (360) 631-5260  
Susan Strang, [strangb@telus.net](mailto:strangb@telus.net) (604) 291-1664



## NORWAY DAY

And Other Nordic Countries

April 20, 2019 10-4

Thurston Co. Fairgrounds, Olympia, WA

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

Sponsored by Sons of Norway, Edmonds Lodge #94  
& Daughters of Norway, Phila Guri Lodge #70



Admission courtesy of Olav's Travel Agency  
[www.norwayday.com](http://www.norwayday.com)

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

Admission \$3.00  
Children under 12,  
Free with adult

[www.OlympiaNorwayDay.com](http://www.OlympiaNorwayDay.com)

### Edmonds Lodge & Sons of Norway is for everyone!

You don't need to be of Scandinavian decent to eat like one, have fun like one and enjoy life like one. Check out what **Sons of Norway & Edmonds Lodge** provides members on page 5 in this newsletter.



**Iditarod update:** *Peter Kaiser*, from Bethel, Alaska, and his dogs won the race from Anchorage to Nome in 9 days 12 hours 39 minutes. Our Norwegian, **Joar Liefseth Ulsom**, came in second, 12 minutes behind Peter. The Red Lantern (last place finish) went to rookie **Victoria Hardwick**, from Bethel, Alaska, who took 13 days 23 hours. *Niklas Wikstrand*, the Norwegian Rookie scratched after 8 days on the trail. The trail was unusually warm this year, making for ice and difficult running in many areas.

Our **April 10<sup>th</sup> Lodge Meeting Program** features **Dave Ellingson**. He will talk about his one month kayak adventure on the Sogne and Hardanger Fjords in Norway which is also featured in his book, *Paddle Pilgrim: Kayaking the Fjords of Norway*, and his 25-min documentary, *"Coming Home."* "Coming Home" recently played to great reviews at the Oneota Film Festival in Iowa! He will be entering the documentary in a number of film festivals in the U.S. and Norway in the coming weeks.

## Cultural Corner

So you want to learn some Norwegian? Taking a trip to visit relatives or site see in Norway? Or perhaps refresh your memory of what you learned earlier? There are several avenues available to learn.

First of all, there is the Sons of Norway website. Here you will find 37 Language Lessons that you see and hear, Norwegian Reading for Comprehension that teaches you about Norwegian grammar, and the Cultural Skills Program, including the one on Language and Culture.

The S/N Cultural Skills unit for Language and Culture is different from all the others. There are still three parts; however, you may earn two in language and one in culture, or earn two in culture and one in language. And you receive two bars as long as you do at least one level in language and one level in culture. Part 1 is Language, Part 2 is Culture and Part 3 is Language or Culture.

### How to get to the Cultural items on the Sons of Norway website

Go to <https://www.sofn.com>. If it is your first time logging in, you will need your membership number to log in. Then you may change your login to your email address or whatever you choose. (Write it down!)

Now, click on the white box outlined in red in the upper right corner that says "Member Resources."

Scroll down to the third item, Cultural Programming, and click on the "Learn more" box. From this page, you have several choices: For now, you can go to Language Lessons or Norwegian Reading for Comprehension or Cultural Skills Program.

If you choose Cultural Skills Program, you can now scroll down to Norwegian Language and Culture. From there you can print the PDF of the entire unit or go to the YouTube playlist to work on the 10 lessons on language and culture.

There is also a free course on the Internet called **Norwegian on the Web** at this website:

<https://www.ntnu.edu/norwegiancourse/norwegian-on-the-web>. It was created for foreign students who go to Norway to study at the Norwegian University of Science and Technology, or NTNU.

Third, there is another free course on the Internet for learning many languages, including Norwegian, called **Duolingo**. What I like about this course is that you hear the language and have to speak it as well. Find it this website:

<https://www.duolingo.com/course/no-BO/en/Learn-Norwegian%20Bokm%C3%A5l>

Fourth, there are several text books of Norwegian in our own Edmonds Lodge library. They provide a way to review vocabulary, learn about grammar, and practice reading and writing, etc.

Our own **Viking** magazine always has the president's message in both English and Norwegian. Try reading it in Norwegian first, and then read it again in English to see if you got the gist of it.

There are several other websites on the Internet that can help you learn Norwegian, such as one named **Norwegian Blog**. You can sign up to get it in your inbox.

The **Norwegian-American** newspaper is the only one left that is published in American. It has a page of news stories in Norwegian, plus amazing articles about Norway and Norwegians. Subscriptions are \$70 a year for a weekly issue. Share a subscription with a friend! We could ask members who subscribe to bring back issues to our meetings to share, and keep a few months of issues available. These would be useful to find a subject for writing an article for your optional activity for the cultural part of the Language and Culture unit.

One of the most difficult things about learning a language is not having an opportunity to practice. Some years ago, we had a table set up at our dinners for those who wanted to practice speaking Norwegian. Should we reinstitute that practice? See how it goes for a few months? **Hva venter du på?** (What are you waiting for?)

### What is next?

We have two more sessions on genealogy: Part 3 in April, and in May we will finish up any paperwork that is still outstanding and submit completed levels not already submitted earlier. In May, we will also begin the Reading Cultural Skill. Now that you know how to find the Cultural Skills on the Sons of Norway website, I will let you look up the unit yourself, and print it off as you desire. For those who do not have computers or printers, and who want to participate (or continue if you have already started), I'll hand out units, so let me know if you want me to print one for you. Before the evening concludes, I hope you will check out some books from our library to read over the summer, so when we come back in September you will have some paperwork ready to submit! I will also bring some of my own books for you to borrow.

### TUBFRIM

Don't forget to bring in your stamps!

### May Pancake Breakfast

Remember that baking something for the bakery table or knitting, doing Hardanger or card weaving, etc. for the craft table can be used as your optional activity for those Cultural Skills awards.

Roberta K. Morrow, [birdeckay@gmail.com](mailto:birdeckay@gmail.com)

Cultural Director, Edmonds Lodge

# Upcoming Events

At Edmonds Lodge (Unless indicated otherwise)

## April

3<sup>rd</sup> - **Board Meeting** - 6:30

13<sup>th</sup> - **Lodge Meeting**

4:30 Youth Activities &

Culture - Genealogy

5-6:00 Social Hour With

PHOTO BOOTH!!!

6:00 Dinner

7:00 Lodge Meeting

“  
**Humming a melody for spring's light breeze  
Yet you like playing hide and seek I feel  
your presence all around me Welcome April  
in green, yellow, white and purple Filled  
with many fresh and clean newborn  
miracles The joy of life, spring diamonds  
folds the earth**”

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## Calendar

### LOOKING AHEAD

4/06 District Zone 2&3  
Training

4/10 Pot Luck Dinner  
w/Kayaking Norway! &  
Photo Booth Event!

5/04 Edmonds Pancake  
Breakfast

5/08 Lodge Meeting-Memorial

5/17 17<sup>th</sup> of May Parade in  
Ballard with THOR

7/14 Border Festival & Kubb

*Board meetings are held first  
Wednesday of the month at Trinity  
Lutheran Church; any lodge  
member is welcome to attend.*

*Lodge meetings are held the 2<sup>nd</sup>  
Wednesday of each month at the:  
**Edmonds Masonic Lodge**  
Open to the public*

## SMARTER PLANNING



Too many people believe their current Life Insurance plan will last as long as they want it too. They find out too late when there is nothing left!

When is the last time you reviewed your Life Insurance with a professional? You could be spending money on overpriced; outdated policies. Schedule now! (425)243-



**SONS of  
NORWAY**

Sons of Norway  
Edmonds Lodge 2-130

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