

EDMONDS LODGE 2-130 SONS OF NORWAY



April 2020 Newsletter

CANCELLED: April and May Lodge Meetings, May Pancake Breakfast

President's Message

This is a tough time for all of us. But take this epidemic seriously. Stay home and practice good hygiene. You are protecting both yourself and your community. I have stayed home for over a week now, only going out to walk the dogs. Those I meet, mostly also walking their dogs, keep a distance as we pass. I do keep in constant phone or text contact with my sister and niece. If you are healthy and able, reach out to neighbors who may need help or support. Below are guidelines SON Headquarters have asked us to share.

Public events are being cancelled and this is true for SON events. All our Edmonds Lodge events for the next several months are cancelled. The District Convention has been called off; it is not known whether it will be delayed a year or cancelled completely. The 17th of May parade in Ballard has been cancelled. Hopefully by July we will be back to normal and we can celebrate with a real 4th of July parade!

While infections continue to be on the increase in the US and Europe, Norway has taken stringent actions. **Norway is all but closed for two weeks.** Until Thursday 26 March, all schools and universities are closed, most bars and restaurants will not be permitted to open unless they can guarantee social distancing, many businesses will be forced to close their doors, and anyone who has travelled abroad faces a compulsory 14-day home quarantine. Norway has had a little over 2,000 confirmed cases and less than only 7 dead to date.

On a lighter tone, last month I talked about the three Norwegians entered in the Iditarod race in Alaska. The race officially ended today with the last remaining team to finish the race at 12:29 pm today, Sunday. Thomas Waerner from Norway (born in England, raised in Norway) was in first place with 10 dogs finishing in a time of 9 days 10 hours 37 minutes 47 seconds!

Joar Leifseth Ulsom, from Mo I Rana, finished in 6th place. Tom Frode Johansen from Furufalten, Norway, a rookie (first time Iditarod racer), came in at 19th place. But the winning rookie was Mille Porsild from Denmark. She came in at 15th place. Kaci Murringer, a rookie from Willow AK came in last, crossing the finish line today at 12:29 and earning the red lantern award. However, due to the coronavirus; all the usual celebration events at the end of the race have been cancelled.

Fraternally,

Norma Jean Sands, President

The following guidelines are recommended by public health officials to help you stay healthy and protect those around you.

Clean your hands often

- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid close contact

- Avoid close contact with people who are sick
- Put distance between yourself and other people if COVID-19 is spreading in your community. This is especially important for people who are at higher risk of getting very sick.

Stay home if you're sick

- Stay home if you are sick, except to get medical care.

Cover coughs and sneezes

- Cover your mouth and nose with a tissue when you cough or sneeze, or use the inside of your elbow.
- Throw used tissues in the trash.
- Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

From your Edmonds Newsletter Editor:

It is the desire of the Edmonds Sons of Norway Board to help our members during this time. We will not be sending out paper newsletters while the community endures this crisis with the intent of lessening any exposure through the mailing process. Thank you for your understanding. The newsletter will continue to be published electronically and sent out via email and posted onto our website. Thank you for your understanding.

Financial Benefits Counselor Message: (Picture attached)

My family and I send out our concern for the members and our desire for all of us to be safe and secure during the health crisis and the financial meltdown. At this time of reflection on our lodge and the future ahead-we know we will be strong but there are lean times for us due to the activities being cancelled. The strain on the lodge is great and my thoughts are geared to how the love of heritage, our SofN friends and family can be helped. As board members we take an oath to support the organization in the Financial, Foundational and Fraternal efforts. Our hearts and prayers go out to all our fraternal brothers and sisters. I donate as I can to the foundation to support positive causes throughout the organization. By buying a financial product through Sons of Norway-you are giving back to the lodge. Money is reciprocated



to the lodge to support it. The organization only has products that protect its members, like what the lodge family does for each other and these products: Life Insurance for anyone-any condition; with linked benefits to support members in their Long Term Care needs. IRA or ROTH plans without market risk. Annuities for stable interest rates far above what the bank can provide with lifetime or set payout periods to help give additional income. These plans help ourselves, as members because they protect what we care about-our hard-earned money, our family & loved ones. They also provide for our lodge by giving back to the lodge a portion of the money they use to operate the funds. At this time when our lodge needs this support-reach out to me to discuss options that fit your needs.

-Mike Dyal, Your Financial Benefits Councilor "dyal": 425.243.4521 or email me at successmd@outlook.com.

If you have any questions about Edmonds Lodge activities or lack thereof, feel free to phone any of the board listed below. And our Sunshine Person, Shirley Lovelace, is still sending out cards to those needing our best wishes. If you know anyone who needs a get-well or cheering-up card let her know. Our Treasurer, Vicki Nelson, is just out of the hospital for surgery; we send her best wishes to keep healthy in these trying times.

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This shortened newsletter is going out by email only. A quarter of our members do not supply an email address to SON when renewing their membership. If you know of a member who only received postal mail, let them know, and if they have an e-mail we could use, let Melissa Johnson, Newsletter distributor know (missyinedmonds@outlook.com). Thank you.