

Edmonds *sterkt lys*

EDMONDS LODGE 2-130 SONS OF NORWAY EST 1983

STAY SAFE DURING THE PANDEMIC

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125th Anniversary of this great Scandinavian tradition.

There is gear to grab on the International Website: <https://www.sofn.com/125years/>
Please send pictures of your new gear and how you are celebrating 125 years!



Protection for a lifetime

This has been a challenging time, almost unprecedented in modern history with the pandemic. The need for life insurance to help protect family, estate planning and grandchildren (to name a few) has never been more important or more affordable. There are no other investments where someone can pay so little and get so much in return as there is with life insurance.

It is interesting that this great Scandinavian organization we belong to was founded as a way to raise up the community and support each other through life insurance and though we enjoy many of the social benefits of Sons of Norway, the lodge receives a portion of all life insurance sold within its group.

Contact the Edmonds Lodge Financial Benefits Councilor, Mike Dyal.

"dyal": 425-243-4521



Presidents Message

President's Message

Summer 2020

Welcome to the new normal! As summer recedes and fall approaches, we are no closer to having social gatherings and Lodge meetings. I hope you have been able to safely enjoy our summer weather. I head to the off-leash dog run at Magneson Park with Freya early enough in the mornings to avoid any crowds. As we leave later in the morning more folks and dogs appear, but I am glad to say they are all acting responsible and wear masks and distancing.

Freya, from a dog sled kennel in Alaska, and I enjoy cooler weather and look forward to autumn weather. We are already enjoying late summer blackberries from Magneson, just outside the dog area. I have made blackberry pie, freezer preserves, and syrup. Which makes me think of pancakes and I am sad we will not be able to have our October Edmonds Lodge pancake breakfast. When will we be able to gather again? This will pass, but it will be sooner if we all act socially responsible, wear our masks out in public and when visiting family members not in our immediate household. And avoid large social gatherings for now.

So, what can we do for SON activities in the meantime? Many of us are working on Norwegian sewing and craft projects. Do look at the Cultural Medal requirements and sign up for cultural achievement awards. Some are taking this opportunity to learn or improve their Norwegian by one or another of the many offerings online. Walking is a good exercise to get one out of the house while maintaining social distancing. Keep track of your miles for a Ganger Sports Medal or two for the year. Freya and I are keeping track of our miles.

A bright spot for our Lodge is that work on our Viking ship Thor has started! Small work parties have taken place to move the boat from the old past-its-prime trailer to a new one, strengthen the keel, and move the boat to Edmonds where further repairs will take place. See elsewhere in this newsletter for information on work done and credit due.

The Edmonds Board has been meeting monthly by Zoom and we decided at today's meeting that we should try Lodge meetings by Zoom! Our First will be the regular date and start time in September = Sept. 9 at 4:30. We will start with a one-hour meeting featuring mostly a program or speaker. The September newsletter will provide more information on how to join.

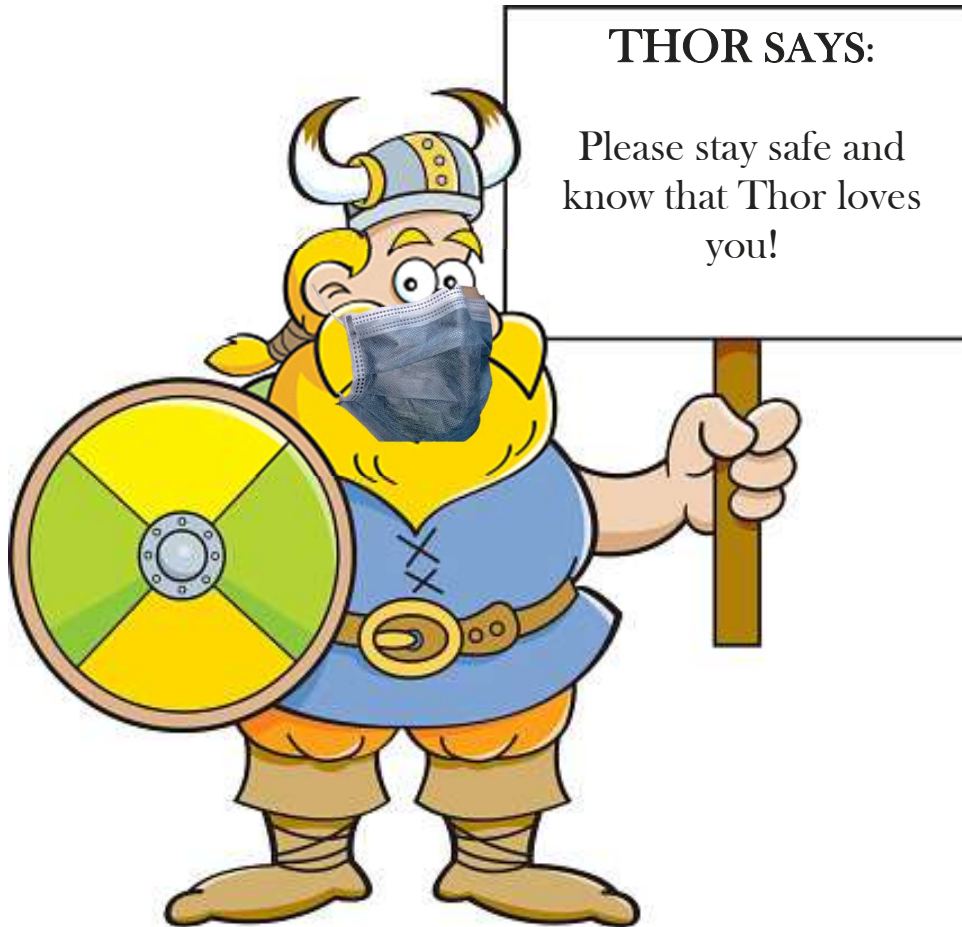
Jeg håper vi snart kan se hverandre igjen – på Zoom til vi kan møtes personlig. Hold årvåkenhet, hold deg aktiv og hold kontakten.

I hope we will be able to see one another soon – on Zoom until we can meet in person.

Keep vigilant, keep active, and keep in touch.

Fraternally,

Norma Jean Sands,
President



Meetings are postponed until further notice. Your support is appreciated and donations to the local charities is needed.



**SONS of
NORWAY**

Celebrating 125 Years

1895-2020

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 Palmatier	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	

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For the Good of the Order:



Sunshine Report

When an Edmonds Lodge Member needs some cheer, please contact our **Cheer Volunteer:**
Shirley Lovelace, 206.708.0344 Her email is: grannyslovelace@gmail.com

Month of April:

17 Birthday Cards

Month of May:

17 Birthday Cards

Thinking of you to Norma Fuhrman

Month of June:

21 Birthday Cards

Get Well Cards to Brian Malnes, Fay Setran, Jane Bueing

Month of July:

22 Birthday Cards

Get Well Cards to Fay Setran, Sonja Berg



**Submit your favorite
Recipes for a chance
to be showcased!**

Email them to emdondslodgeeditor@gmail.com

**Thoughts from Shirley.....While quarantined I have been getting many messages and phone calls from friends and acquaintances asking me how I am.
This is my response.**

I'm Fine

There's nothing whatever the matter with me
I'm just as healthy as I can be
I have arthritis in both my knees
And when I talk, I talk with a wheeze

My pulse is weak, and my blood is thin,
But I'm awfully well for the shape I'm in.
I think my liver is out of whack
And a terrible pain is in my back.

My hearing is poor, my sight is dim,
Most everything seems to be out of trim,
But I am awfully well for the shape I'm in.

I have arch supports for both my feet,
Or I wouldn't be able to go on the street,
Sleeplessness I have night after night,
And in morning I'm just a sight.

My memory is failing, my head's in a spin,
I'm peacefully living on aspirin,
But I am awfully well for the shape I'm in.

The moral is, as this tale unfolds,
That for you and me who are growing old,
It's better to say, "I'm fine" with a grin,
Than to let them know the shape we're in.

Thought for the day:

"Wherever you go, no matter what the weather, always bring your SUNSHINE"

Shirley



VIKING
for kids

**Norwegian Folk Tales:
All About Trolls!**

How Well Do You Know the Norwegian Royal Family?

Norwegian and Sámi Culture in Frozen 2

SONS of NORWAY
Celebrating 125 Years
1896-2020

Check out the new publication for our kids: Viking for Kids available now on the website or attached to our electronic version of the SofN Edmonds Lodge Summer Newsletter.

HAPPY BIRTHDAY!

HAPPY BIRTHDAY TO OUR **AUGUST** BORN MEMBERS

IF WE MISSED YOU,
PLEASE LET US KNOW

Roger Olson 8/4
Jack Bjorge 8/6
Brian Sinclair Harris 8/6
Marcia Reiersen 8/6
Sylvia Hustad 8/7
Glenda Nelson 8/7
Robert Turcott 8/8
Jenny Bueing 8/9
Henry Torget 8/11

Kirk Siqveland 8/12
Joan Miller 8/13
Oliver Weakland 8/16
Jane Bueing 8/21
Jeff Lovelace 8/23
Lee Hewitt 8/26
Arthur Sambito 8/26
Ron Richins 8/27
John Hustad 8/28



HAPPY BIRTHDAY TO OUR **PREVIOUS MONTH(S)** BORN MEMBER

May Birthdays

1 Liam Baird
3 Gerald Graham
5 Astrid Driveness
6 Peter Bjorge
6 Aeryn Saeverud
7 Weslie Murray
7 Annika Wilson
8 Brianna Casper
9 Harold Setran
10 John Richins
10 Rick Steves
13 Donna Stewart
14 Lynee Forsyth
16 Lisa Chinlund
19 Jenna Brock
20 Calvin Lovegren
22 Sarah Casper

June Birthdays

1 Susan Lovelace
5 Eli Krusenstjerna
7 Kai Rogers
8 Rose Scott
9 Adrianna Alvarez
9 Sandra Ferchen
9 Karen Schaefer
10 Joann Blevins
11 Laurence Burris
11 Harold Malnes
11 Elise Shoey
12 Jaden Stevenson
13 Mary Lambert
15 Henry Cannon
17 Robert Steed
18 Magne Nes
19 Arthur Nelson
20 Anne-Lise Deering
21 Theresa Baird
24 Luke Rogers
27 Roberta Steed
28 Lorna Turcott
30 Maya Rogers

July Birthdays

1 Shirley Lovelace
1 Astrid Thompson
2 Helen Graham
4 Marlene Curry
4 Elaine Reitan
4 Chris Richins
6 Kimberly Fay
8 Teresa Pape
8 Erlene Stevenson
12 Kris Johansson
14 Margaret Tangen
16 Ray Rusten
18 Amos Chapman
19 Douglas Hansen
21 Elizabeth Aplin
21 Charles Gunderson
25 Waldo Bueing
26 Judith Roller
27 Mary Ovstedal
27 Ann Patterson
28 Norma Fuhrman
28 Sheri Richardson
29 Sam Molvik
30 Edna-Mae Olufson Smith

Note from the Editor:

Is something missing in the newsletter? Please send your notifications no later than the 21st of each month to Mike @ The editor's e-mail:

edmondslodgeeditor@gmail.com

The Sterkt Lys is a publication of Sons of Norway Edmonds lodge 2-130. Normally published ~10x per year and available in email and print versions for your convenience. This year is not the normal and the board wishes you all the safety and love in the world.

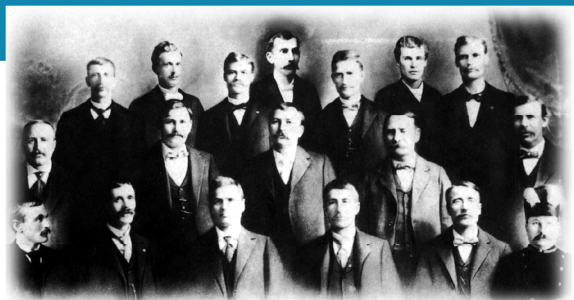
Newsletters from the year are available. Missed one? Check them out. Go to:

<https://edmondssonsofnorway.weebly.com/>



Fun Fact #1

Sons of Norway was organized as a fraternal benefit society by 18 Norwegian immigrants in Minneapolis, Minnesota.



www.sonsofnorway.com

on this day



August 6, 1934

E.B. Hauke was first elected to the office of Supreme President. He would go on to be re-elected by ten consecutive Conventions, serving until 1954. His leadership is credited for much of the organization's success during that period and the decades that followed.

(This day, August 6th, is also the day your editor was married...so he never forgets this important date)

Sons of Norway Foundation News

Remember the Foundation in your will and estate planning.

Everyone should give what they can to organizations that they love! A life insurance plan with a portion of the proceeds going to the lodge can make a huge difference.

(call Mike Dyal 425-243-4521)



Got Skills???

Have you been working on **cultural skills**?

Please get together your paperwork you have to submit, & if you need some forms, let Roberta know what you need, and she will bring it to the meeting.

Roberta, 425-921-0302

The Doreen J. Parker Cultural Heritage Retreat at Trollhaugen will be in early 2020!



ATTENTION!!

Want to serve? Contact a board member now!

Members, please keep a record of all service hours and share them with a board member.

Service hours are so important to maintaining our Fraternal Tax Designation.



IDRETTSMERKE
Sports & Fitness
Medal Program



Sons of Norway's Sports & Fitness Medal Program

brings a bit of Norwegian tradition to by encouraging everyone to participate in activities that will improve their health and well-being in ways that suit each individual.

Be Active, Be a Viking!



If you wish to receive a printed copy of the newsletter and are not getting it now, you may ask our editor at:

edmondslodgeeditor@gmail.com

or our newsletter distributor Melissa at:

missyinedmonds@outlook.com



Feature

Member Highlights:

Vicki Nelson



Hello everyone, this is Vicki. Since we have been on lockdown I have been continuing to work on several exciting projects. I belong to the Northwest Bead Society (www.nwbeadsociety.org) where I have been their Treasurer since 2016. However, I have been beading since 2004. Our monthly meetings are held at the Maplewood Rock & Gem building in Edmonds. We currently have about 100 members some of whom live in Oregon. There are quite a few of us who also belong to the Portland Bead Society. We primarily teach & learn techniques which we can then apply to jewelry making. Each year, we host a 4 day & 3 nights Retreat at Camp Burton on Vashon Island usually around the middle of May. We also host 2 - 3 day workshops a year in July & October where we invite professional bead instructors from around the United States to come and teach projects we would not have access to otherwise. In addition to our regular meetings about 12 or so meet every Wednesday at the Food Court in Alderwood Mall. We treat ourselves to lunch while we visit and work on beading projects. There is another similar group who meet on Tuesdays at the Food Court in the Crossroads Mall in Bellevue. Since we have been on lockdown, we now have Zoom meetings and classes every Wednesday and Sunday. In addition to beading I do Hardanger; knitting; crocheting; and tatting to name a few. I also make Scandinavian flag ball ornaments for sale!





A grasshopper walks into a bar. The bartender says, "We've got a drink named after you." The grasshopper says, "You've got a drink named Steve?"

Why did the Dutch Cowboy buy a dachshund? Someone told him to "get a long little doggy."

What do you call a dog who can do magic? A labracadabrador.

Do you have your...



MAGIC socks on?

Velkommen to all new lodge members!

Benefits to being a Sons of Norway Member are:

- Award winning monthly publication: "Viking" Magazine & the Famous Edmonds Lodge newsletter
- Cultural, Heritage and Social Opportunities Galore!
- Summer Camp for the kids & grandkids
- Community Service and Lodge leadership Opportunities
- Scholarships for all ages
- PerkSpot membership! (Big Discounts on everything! Vacations, TV, Hotels, Food, Shoes & more)
- Best in Class Life Insurance
- Philanthropic opportunities
- Monthly Meetings and much, much more!

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 the website:

www.sofn.com/member_benefits/

THOR

Restoring our Edmonds Lodge Float

Over the last few weekends, the Edmonds Sons of Norway's Viking ship was restored as a part of Xander Siqveland's Eagle Scout project. Members of the lodge assisted in the project along with Scouts and adults from Troop 166. In all, crews worked over three days to reach the goals set forth in Xander's proposal.

The Viking ship Thor is an absolute favorite of both the Edmonds Fourth of July parade, as well as the *Syttende Mai* parade in Seattle. Unfortunately, time and the elements had made Thor virtually unusable. Xander's project was the perfect solution to this problem.

The work parties began by transferring the ship from its old trailer to the new one. This required a lot of heavy lifting and creative engineering. Once the ship was fitted to the new trailer all the rotten wood was replaced. Finally, the ship was sanded and painted with varnish.

Additional restoration will be required to make Thor float ready. Volunteers will be needed as more work parties occur in the future. In addition, the question remains where the lodge's ship will be stored. Kris Johansson has graciously stored Thor in his front yard for a long time and must be thanked for his generosity. Now the Edmonds Sons of Norway lodge must find a new home for Thor.

Takk skal du ha to all the participants in the restoration party. The work was a great success due to the great leadership displayed by Xander.



In Loving Memory...

Our Lodge Member Amos Chapman passed away recently at the age of 95.

Amos was born July 18, 1925 and died July 29, 2020. The family plans a Celebration of Life in July 2021, near Amos's birthday, delayed due to COVID restrictions. He was preceded in death by Margaret, his wife and is survived by three daughters. He was a beloved and active member of Edmonds Lodge and will be sorely missed. Just recently, in October 2019, he received the Congressional Gold Medal for his participation in the U.S. Navy during war activities in the Philippines at an event at the Mt. Tahoma High School Auditorium in Tacoma. He was one of 28 veterans, mostly deceased now, who received the award.



Upcoming Events

Wednesday September 9th 4:30—5:30 pm Zoom Lodge Meeting
Wednesday October 14th 4:30—5:30 pm Zoom Lodge Meeting
Wednesday November 11th 4:30—5:30 pm Zoom Lodge Meeting
Friday December 5th Virtual Christmas Party

And the people stayed home.
And read books, and listened, and rested,
And exercised, and made art, and played games,
And learned new ways of being, and were still.
And listened more deeply.
Some meditated, some prayed, some danced.
Some met their shadows.
And the people began to think differently.
And the people healed.
And, in the absence of people living in ignorant,
Dangerous, mindless, and heartless ways,
The earth began to heal.
And when the danger passed,
And the people joined together again,
They grieved their losses, and made new choices,
And dreamed new images,
And created new ways to live and heal the earth fully,
As they had been healed.

Kitty O'Meara

SMARTER PLANNING



Want to help support our lodge during this time when we cannot meet together? Getting life insurance on you Or your grandchildren gives money back to our lodge. Consider making the Lodge a beneficiary to your existing plan and tell Mike.

Call Mike Dyal, Sons of Norway Financial Councilor at:
(425) 243-4521



**SONS of
NORWAY**

Sons of Norway
Edmonds Lodge 2-130

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Edmonds, WA 98020, USA

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