

# 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

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Next Lodge Meeting: Scandinavian Christmas  
Celebration 7<sup>th</sup>, 1pm-4pm 2019

Come one and all, open to the public!



## Time for RMD's



RMD's, or Required Minimum Distributions, were started as part of the "Deficit Reduction Act." Ironical that the way the government chooses to reduce their spending is by having us take out of our qualified (tax exempt) plans. December is when RMD's are calculated after your turn 70 ½. From this age forward you are required to take out RMD's every year until they are gone. The calculation increases year after year assuming the government is taking more than you are growing. Don't spend down all of your money and leave you with nothing at the end. There are options available now to postpone or stop these.

Contact the Edmonds Lodge Financial Benefits Councilor, Mike Dyal.

"dyal": 425-243-4521



# Presidents Message

December 2019

The days are dark way to soon and the nights are cold. Winter is truly here. But the lights of Christmas help lighten our days and spirits. Edmonds is having their annual Tree Lighting Ceremony November 30 at Centennial Plaza 3 to 5 pm, followed by Santa granting wishes and photo opportunities at the Masonic Hall. Our lodge, SON Edmonds 2-130 will have a booth there along with other organizations. Stop by to chat and bring the kids. Our Lodge is trying something different this year with our December meeting/party. It will be held on Saturday December 7<sup>th</sup> from 1-4pm to be more family friendly, so do come and bring the kids, your kids, the neighbors' kids 😊 Santa will be there. There will be music and dancing. Our lodge party will be a potluck, so bring some goodies to share.

In Norway, December brings several celebrations. On December 10<sup>th</sup> there is the Nobel Peace Prize Award Ceremony in Oslo. On December 13<sup>th</sup>, St. Lucia Day is celebrated across Norway with a festival of lights and often parades. In Bergen there is the *verdens største pepperkakebyen* - the world's largest gingerbread city display mid-November throughout December. In Tromsø, where I lived for several years, they have the Saturday Christmas Farmer's Market the end of November and in December. And, of course, they have Christmas and New Year' concerts at the famous Arctic Cathedral.

In Norway Christmas starts on *lille julekveld*, when the family get's together to put up the Christmas tree. *Julekveld* is the big Christmas dinner and sharing cards and presents in the evening. Christmas morning is for the children when the *julenissen* brings toys and goodies. At least this is how I remember it from the 1970's when I was there and living with a Norwegian family. The day after Christmas (Boxing Day) is also a holiday. In Norway Boxing Day traditionally celebrates when employers distributed money, food, cloth, and other goods to their employees. Boxing Day originated in England and was traditionally a day off for servants and the day when they received a 'Christmas Box' from the master. The servants would also go home on Boxing Day to give 'Christmas Boxes' to their families. Another tradition in parts of Norway is that families light a candle every night from Christmas Eve to New Year's Day. Christmas wasn't celebrated in Norway until about 1000 or 1100, when Christianity first came to the area. Before this people celebrated jul or jøl in the middle of winter. It was a celebration of the harvest gone and a way of looking forward to the spring.

Fraternally,

*Norma Jean Sands*

GOD JUL  
MERRY CHRISTMAS





**THOR** reminds you  
to log all your hours for  
both **COMMUNITY  
SERVICE  
&  
THE MEDALS**

welcome to the  
**PHOTO  
BOOTH**

GRAB A & STRIKE A  
PROP  POSE

Welcome in the holiday with the Lodge  
Christmas Party.

December 7<sup>th</sup>, 1-4pm.

## 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	

**\*\*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. \*\***



# 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](mailto:grannyslovelace@gmail.com)

13 birthday cards for Nov sent  
Congratulations card to Amos Chapman

Get-Wells to:

Vicki Nelson

Fay Setran

Phil Kollen

Sam Sambito

Earlene Stevenson

Thinking-of-You to: Lidia Gonzolez

"Attitude is a choice.  
Happiness is a choice.  
Optimism is a choice.  
Kindness is a choice.  
Giving is a choice.  
Respect is a choice.  
Whatever choice you make, makes you.  
Choose wisely."  
Roy T Bennett

The Norwegians describe the USA Santa Claus.

Julenissen er en kulturell figur som i moderne tid fremstilles som en eldre, vennlig mann med kraftig hvitt skjegg og smilende øyne, kledd i lang, rød frakk, store støvler og rød topplue. Han kommer med gaver, særlig til barn, og kan sees på alle kjøpesentre i Europa og USA i tiden før jul. Oftest har han gavene i en sekk på ryggen, men i billedfremstillinger inspirert fra USA kjører han gjerne med reinsdyr og slede. Denne figuren kom til de nordiske landene på slutten av 1800-tallet.

Julenissen is a cultural figure who in modern times is depicted as an older, friendly man with a big white beard and smiling eyes, clothed in a long, red jacket, large boots and a red stocking cap. He comes with gifts, especially for children, and can be seen at all the shopping centers in Europe and the USA as Christmas approaches. Most often he has the gifts in a sack on his back, but in pictures inspired by USA tradition he has the gifts in a sleigh drawn by reindeer. This figure came to the Nordic countries at the end of the 1800s.



# HAPPY BIRTHDAY!

## HAPPY BIRTHDAY TO OUR DECEMBER BORN MEMBERS

(IF WE MISSED YOU, PLEASE LET US KNOW)

1- Lisa Ann Wilson

4- Ella Steed

7- Katy Brock

11- Samuel Lewis

Tristan Haije

15- Dawn Scurlock

Barbara Vadset

18- Greta Roy

20- Genie Wehling

22- David Ellingson

28- Monika Olson

3- John Sjong

6- Kathleen Swanberg

10- Brian Malnes

12- Emma Pedersen

16- Jamie Kuchinski

19- Patrick McMnus

21- Melissa Johnson

24- Gayle Joinette

29- Karin Loberg

## Pancake Breakfast March 7<sup>th</sup>, Mark Your Caledars now.

Go Mark your Calendar



## 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**

**Magnolia Chorale** invites you to our joyful presentation of warm and wistful Scandinavian carols on December 7 & 8.

**Cold Is the Night:** Scandinavian Carols skips lightly from the bright yoiks of Finland, to energetic folksongs of Norway, to traditional tunes from Sweden and Denmark. The lush harmonies and gentle melodies are just the ticket for boosting your holiday spirit.

**Our unusual program includes**

Sweden Jul, jul, strålande jul

Finland Five Christmas Songs by Jean Sibelius

Norway/Sweden Song of the Earth from Frozen

Denmark Brumbasken I Bumba, Grieg's joke of cat and mouse

Norway/Sweden Dona nobis pacem, combining Sami Yoik with Silesian carol

Denmark Calm the tempests of my heart, text by Kierkegaard

Iceland All is full of love by Bjork

For even more Scandinavian flavor, we'll be accompanied by the Seattle Lilla Spelmanslag directed by Martha Levenson. This talented group of young musicians, age 8 to 18, is known for their expertise in playing traditional Scandinavian folk music at all kinds of events throughout our region. We look forward to seeing you there!

Please note: The Saturday night concert will be at Leif Erikson Hall in Ballard. The Sunday afternoon concert will be in our regular venue at Magnolia Lutheran Church

Purchase tickets at BrownPaperTickets or from Chorale members.

General \$15

Senior \$12

Youth 17 and under free

Saturday, December 7, 2019 at 7:30 pm

Leif Erikson Hall NOTE new venue one night only!

2245 NW 57th St

Seattle WA 98102

Sunday, December 8, 2019 at 2:00 pm

Magnolia Lutheran Church

2414 31st Ave W

Seattle WA 98199

For more information: [contact@magnoliachorale.org](mailto:contact@magnoliachorale.org)

## Note from the Editor:

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

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

## Sons of Norway Foundation News

October was Foundation Month. It is the time each year that we recognize and celebrate the Sons of Norway Foundation. The Foundation has been offering scholarships, grants, and assistance to our lodges and to our members for over 50 years. As a fundraiser for the Foundation, you will have an opportunity to purchase raffle tickets for a beautiful Norwegian sweater. Tickets will be sold this month. The winner being selected at our November meeting.

Reminder: When you see the "Pink Piggies" on the tables at our meetings, please consider donating to the Foundation by depositing your loose change and/or a bill or two in them.

Remember the Foundation in your will and estate planning (Mike Dyal 425-243-4521, can help you get set up with what you need)



## 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!!

Service opportunities available: contact a board member now!

Members, record 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 its members by encouraging everyone to participate in activities that will improve their health and well-being in ways that suit each individual.

It is the FINAL Month!  
EXERCISE YOUR HEARTS OUT  
LADIES AND GENETELMEN!



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

[edmondslodgeditor@gmail.com](mailto:edmondslodgeditor@gmail.com)

or our newsletter distributor

Melissa at:

[missyinedmonds@outlook.com](mailto:missyinedmonds@outlook.com)





Ole: Who wants to hear a Christmas Joke? "Two snowmen in a field, one turned to the other and said "I don't know about you but I can smell carrots."

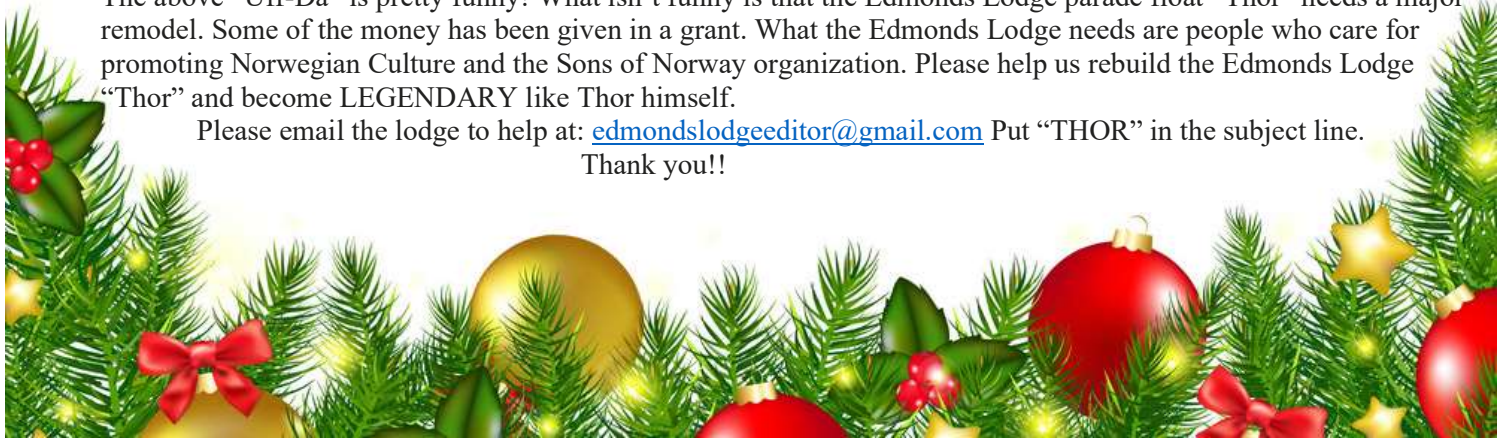
Olga: That's terrible, Ole...why do you love Christmas so much?

Ole: Christmas is in my heart 12 months a year – and thanks to credit cards it is on my Mastercard statement 12 months a year also.

The above "Uff-Da" is pretty funny! What isn't funny is that the Edmonds Lodge parade float "Thor" needs a major remodel. Some of the money has been given in a grant. What the Edmonds Lodge needs are people who care for promoting Norwegian Culture and the Sons of Norway organization. Please help us rebuild the Edmonds Lodge "Thor" and become LEGENDARY like Thor himself.

Please email the lodge to help at: [edmondslodgeeditor@gmail.com](mailto:edmondslodgeeditor@gmail.com) Put "THOR" in the subject line.

Thank you!!



## 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/](http://www.sofn.com/member_benefits/)**

# Oppskrift Edmonds

Recipe of the month

Berlinerkranser are traditional orange-flavored Christmas cookies shaped like wreaths. Both Norwegians and Germans take credit for inventing them. Whatever their origins, they will make a delicious addition to your holiday cookie tray.

## Norwegian Berlinerkranser

Servings: 16

1/2 lb. (227 g) cold butter

1/2 cup granulated sugar

1 tsp. orange zest, grated

2 eggs, yolks and whites separated and placed

in separate bowls

2-1/2 cups flour

1/8 tsp. salt

Colored sugar for decorating

### Preparing the Dough

Preheat your oven to 375 °F (191 °C) and line a baking sheet with parchment paper.

Wash the butter in cold water. Dip your hands in warm water so that the butter does not stick to your hands, and shape the butter into a ball. Washing the butter may seem odd, but it's an important tip. The process will both improve the texture of the cookies and make them easier to roll out.

Place the butter into a mixing bowl. Add the granulated sugar and cream the butter and sugar together using either a handheld mixer or a stand mixer with a paddle attachment that is set at medium speed. Add the orange zest and mix until the zest is incorporated into the mixture.

Add the egg yolks to the butter and sugar mixture. Turn the mixer speed to low and mix slowly until the eggs are just incorporated. Make sure not to over mix the yolks.

Place the flour and salt into the mixing bowl. With your clean hands, mix the ingredients together until the dough forms a large ball.

### Shaping the Cookies

Place the dough onto a work surface. Divide the dough into quarters.

If the dough sticks to your work surface, then sprinkle the work surface with a bit of flour. You can also sprinkle your hands with flour to keep the dough from sticking to your skin.

Pinch off 1/4 of each quarter. Roll the dough with your hands until you've created a strand of dough that is about the width of a lead pencil.

Bring the ends of the dough together to create a wreath shape. Overlap the ends of the dough slightly to create a small "X." This will make the wreaths look as though they have a ribbon trailing from beneath them.

Place a layer of colored sugar onto a plate or in a wide, shallow bowl.

Dip the wreaths in the egg whites.

Roll the wreaths in the colored sugar. Place the wreaths on the baking sheet that you've lined with parchment paper.

**Bake the Berlinerkranser** for 15 to 20 minutes or until they are lightly browned.

Make sure not to over-bake the Berlinerkranser. You want to make sure that they have a softer texture, so take them out of the oven just as soon as they begin to brown around the edges. Remove the Berlinerkranser from the oven. Place the baking sheet on your range top and allow the cookies to cool on the baking sheet. Enjoy







We are pleased to announce that the Edmonds Sons of Norway Lodge has a new website!!! Thank you for all the work that has gone into this. Melissa Johnson managed the previous site and did an amazing job-thank you!

Without further adue, please go check out the site right now!

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

### Seattle's Scandinavian Specialties helps customers with traditional foods for holiday celebrations



*Photo: Christy Olsen Field. A Christmastime, Scandinavian Specialties transforms into a magical Nordic wonderland, filled with tomter and nisser. Christy Olsen Field, Taste of Norway Editor*

Christmas is often the time when people celebrate their Norwegian heritage the most, and food plays an important role.

With so many regional specialties throughout Norway, I wanted to learn more about how Norwegian Americans keep food traditions from the old country alive. And I knew just who to ask: Bjørn Ruud, the owner of the venerable Scandinavian Specialties shop in Seattle.

Scandinavian Specialties has been a mainstay in the Seattle area for decades. It was founded in 1962 by Alf Sagland, a Norwegian sausage maker, as the Norwegian Sausage Company. It was located in North Ballard, the traditionally Scandinavian neighborhood in Seattle, next to a Scandinavian bakery.

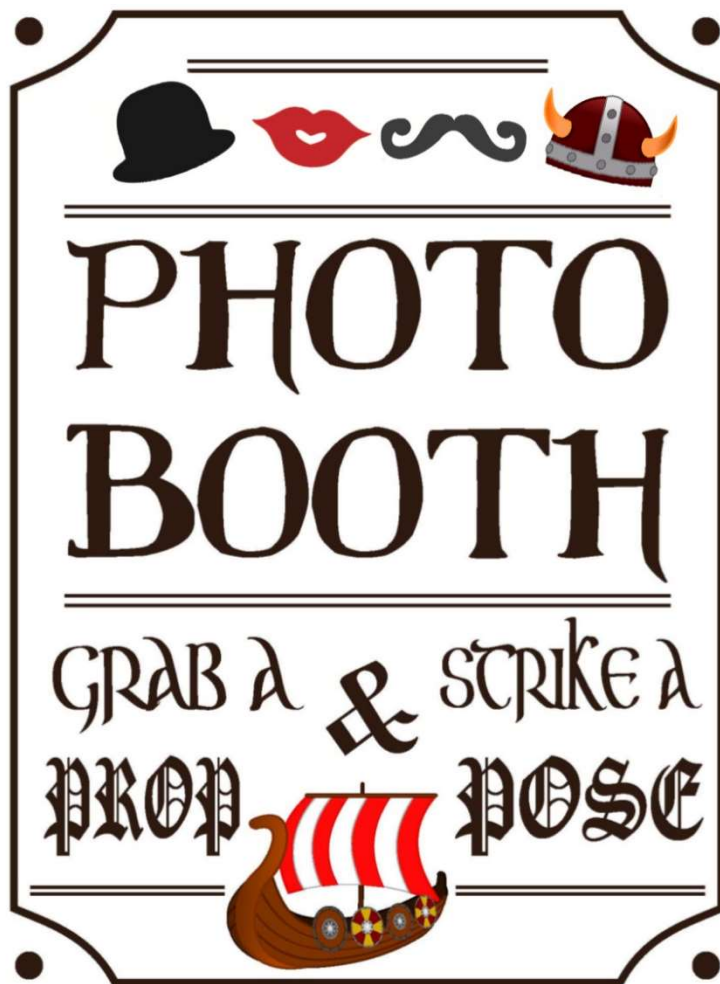
In 1980, Sagland sold the shop to Ruby and Herb Anderson, who changed the name to Scandinavian Specialties, and in 2000, Anne-Lise Berger and Osmund "Ozzie" Kvithammer, Ruud's mother and stepfather, bought it. A year later, they moved it to its current location at 6719 15th Ave., N.W. in Seattle. Ruud bought the company in 2017.

"We have so much support and loyalty from the community, and that's what keeps us going. We also have a lot of tourists and out-of-town visitors who come to the shop," said Ruud.

Planning for the Christmas season starts early at Scandinavian Specialties, even earlier than I would have expected. Vendors reach out in February and March so Ruud can place orders for ornaments and nisser. Chocolates, candies, and specialty food items from Scandinavia are ordered in June. The Christmas tree is decorated by Halloween.

*Scandinavian Specialties is open seven days a week. Visit them online at [www.scanspecialties.com](http://www.scanspecialties.com), or visit in person at 6719 15th Ave., N.W., Seattle, WA 98117.*

*This article originally appeared in the November 15, 2019, issue of The Norwegian American.*



Decemer 7, 2019  
Hoiday Photo Booth!

Come be a part of our history!

Bring the family, gather your  
friends and strike a pose!

## FEATURED HOLIDAY EVENTS



December 5 @ 10:00 am  
**Nordic Stories:  
Christmas/Norway**

National Nordic Museum  
Today's story is The Polar Bear Wish by Lori Evert and Per Breiehagen. The first Thursday of the month, Nordic Stories features children's tales along with a fun craft project. Cost: ...



December 5 @ 6:30 pm  
**Woven Christmas Hearts**

National Nordic Museum  
Weaving Christmas Hearts out of paper is an old Scandinavian tradition. Learn how to make them without ripping the paper and losing your patience or ...



December 6 @ 5:00 pm  
**Julebord**

Swedish Club  
Julbord. You betcha, it's a real julebord with all the authentic food! Survival tip: start with glogg, move on to the fish, continue with cold meat and warm dishes, and ...



December 7 @ 10:00 am  
**Gingerbread House Family Program**

National Nordic Museum  
Come with your family to this always popular program decorate a gingerbread house with candy and other goodies to make your home festive for the holidays. ...





December 7 @ 8:00 pm  
**O Yule Full of Gladness: Christmas in Scandinavia**  
 St. Mark's Cathedral  
 Songs and carols from Norway, Sweden, Denmark, and Finland. The wonderful Christmas traditions in the Nordic countries truly make December fun and memorable. Many of those



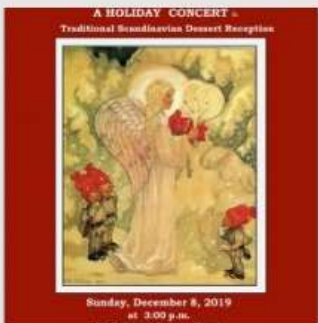
December 8 @ 1:00 pm  
**Children's Christmas in Scandinavia**  
 National Nordic Museum  
 This afternoon of Nordic fun begins at 1pm with the always popular Santa Lucia Pageant, put on by the children of the Swedish School, followed by Christmas crafts for kids—and adults—to



December 8 @ 2:00 pm  
**The Seattle Lilla Spelmanslag joins Magnolia Chorale**  
 Magnolia Lutheran Church  
 Come in from the cold for a concert that will warm your heart. How quickly summer leaves us, and we are touched once again by cold winter nights. Find respite from the chill for a few hours



December 8 @ 2:00 pm  
**Julestue**  
 Seattle Danish Center  
 Join us for a Northwest Danish Christmas celebration filled with Danish Christmas Traditions! Sunday, December 8th, 2019 2:00 pm to 5:00 pm Seattle Danish ...



December 8 @ 3:00 pm  
**NLC Christmas Concert**  
 Our Redeemer's Lutheran Church  
 NLC's Annual Christmas Concert and Cookie Buffet ...



December 8 @ 4:00 pm  
**Julefest at First Covenant Church**  
 Seattle First Covenant Church  
 Julefest is a Scandinavian-style advent service, featuring an evening of Christmas music and a



December 10 @ 12:00 pm  
**Soup and Cinema: A Christmas Story (Finland)**  
 National Nordic Museum  
 A Christmas Story / Joulutarina (Finland) We celebrate the holiday season with this Finnish



December 10 @ 7:00 pm  
**A Nordic Christmas**  
 Phinney Ridge Lutheran Church  
 Join Seattle's wonderful Nordic heritage choirs, representing Finland, Norway, and Sweden as we sing our most beautiful Christmas music at the



December 13 @ 5:00 pm  
**Julebord**  
 Swedish Club  
 Julebord. You betcha, it's a real julebord with all the authentic food! Survival tip: start with glögg, move on to the fish, continue with cold meat and warm dishes, and ...



December 14 @ 5:00 pm  
**Julebord**  
 Leif Erikson Hall  
 Leif Erikson Lodge 2-001, Sons of Norway, presents its traditional Christmas dinner called Julebord on Saturday, December 14 starting at 5pm. Come join with your family and friends to celebrate a Norwegian ...



December 15 @ 2:00 pm  
**Children's Christmas Party**  
 Leif Erikson Hall  
 Prepare for a fun afternoon of eating, singing and dancing around the Christmas Tree, Norwegian style!! There will be Ally-Oop a wonderful children's entertainer, a visit from everyone's favorite guy ...



December 23 @ 7:00 pm  
**Lillejuleaften: Danish Christmas Service**  
 St. John United Lutheran Church  
 Lillejuleaften is an annual holiday event with a Danish Christmas service. Join us for a cozy evening with a sermon by Danish pastor, Susanne Rasmussen. ...



# Upcoming Events

## December

Lutafistk All Month Long! Check October's Newsletter  
7<sup>th</sup> – Edmonds Lodge Christmas Party 1pm-4

7<sup>th</sup> - 12th Annual Cathedral Christmas, 8pm St. Mark's Cathedral, Seattle  
8<sup>th</sup> – Everett Lodge Children's Christmas Party 3pm. RSVP

## See you there!



## SMARTER PLANNING



How is your CD rate? The new SofN rates are great!!! Sure, it's not 1984, but it's the best rates in a decade. Give Mike a call now to get it started.

Give back to the lodge by remembering them in your estate planning & Life plans.

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



Sons of Norway  
Edmonds Lodge 2-130

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515 Dayton Street  
Edmonds, WA 98020, USA

PO Box 1651  
Edmonds, WA 98020-1651

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[www.edmondssonsofnorway.weebly.com](http://www.edmondssonsofnorway.weebly.com)

ADDRESS SERVICE  
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