

EDMONDS LODGE 2-130
SONS OF NORWAY
EST 1983

Edmonds

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HAPPY NEW YEAR

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Upcoming Edmonds Lodge Party on
ZOOM!
Wednesday February 10th, 4:30pm!

Happy Valentinsdag!

Contact Mike, the Sons of Norway Benefits Counselor 425.243.4521

8 in 10

Americans
overestimate the
true cost of life
insurance.
It's less expensive
than you think.



The value of something doesn't shine until it is gone. I learned this first-hand when my oldest daughter, Bella, was born and almost died due to intestinal deformities. How scary and how much love I felt for this little baby. We spent over six weeks in the intensive care unit of the hospital, surgery after surgery. What I learned was we were the lucky ones. We had great benefits, love and she survived. Some families around us were just not as blessed. Protect what you love-call me today.

Presidents Message

President's message for February, 2021



We started off the new year with more Zoom meetings. The January Lodge meeting saw the **installation of our new officers** and then time to socialize virtually. It is good to see each other via Zoom, although we are not having a large turnout. It was decided at the meeting to try changing the **meeting time from 4:30 to 7 pm** to see if that is a better time for attendance. It looks like Zoom meetings will continue for quite a while into 2021. ***This February 10th at 7pm, our Lodge Meeting will feature a presentation from Ski for Light.***

The annual District 2 Ski race that usually takes place the first Saturday of February at Trollhaugen is being changed to a “log your miles” event. Keep track of how many miles you skied throughout the month of February anywhere you skied, and send them to the District 2 Sports Director, Laurie Berg, before March 16. And remember to keep track of all your miles skied since January 1 to send to our Lodge Sport Director, Glenda Nelson, for the sports medal program. February miles may be counted toward both events! Cross country skiing is an ideal way to get out and get exercise and fresh air during these socially restrictive times.

This is the time to write up all your walking, skiing, and other physical activities for 2020 and turn them into Glenda Nelson by the end of February to get your sports medals.

While social gatherings are still restricted, you can enjoy Norwegian pancakes at the Bothell drive up and take out on the second Saturday of each month. February 13: 8am – 1pm. Some of our Edmonds members volunteer each month to help this event.

In Norway there are two Flag Days: Feb. 6th is the Day of Sami people and Feb. 21st is H.M. King Harald's Birthday.

The Sami people are the indigenous people of Norway and lived in the northern areas of Norway, Sweden, Finland, and Russia prior to the influx of Europeans into the southern areas of these lands. In the early days of coexistence, these people traded. As state boundaries began to be drawn the persecution began. After the UN produced the Declaration of Human Rights in 1948, the Sami people began, although slowly, recognition and respect. The Sami have been officially recognized as an indigenous people in Norway since 1990 and hence, according to international law (International Labour Organization convention 169), the Sami people in Norway are entitled special protection and rights.

King Harald V will be 84 years old on Feb 21. He succeeded his father, King Olav V, as king on his father's death in 1991. He was a keen sportsman in his youth and represent Norway in sailing at the 1964, 1968, and 1972 Olympic Games! Harald married Sonja Haraldsen in 1968, their relationship having initially being controversial due to her being a commoner. Nowadays that has become more common among royalty. Harald and Sonja have two children, Martha Louise and Haakon. Haakon is the heir apparent.

Fraternally, **President Norma Jean Sands**



THOR SAYS:
See you February 10th at
4:30pm via ZOOM!
Lodge Meeting-YEA!!!

Live Meetings are postponed, but nothing stops Vikings! We are meeting on ZOOM Join us!

See page 11 for details & participate!

Your support is appreciated and donations to the local charities and remember to track it for the benefit of the order.



Edmonds Lodge Officers

Executive Board

President: Norma Jean Sands	2021 Nomination
Vice President : Jane Bueing	2021 Nomination
Secretary: Shirley Lovelace	2021 Nomination
Treasurer: Phil Kollen	2021 Nomination
Fin. Secretary: Loren Krusenstjerna	2021 Nomination
Counselor: Waldo Bueing	2021 Nomination

Directors

Social Director: Eli Krusenstjerna	2021 Nomination
Cultural Director: Roberta Morrow	2021 Nomination
Asst.Cultural Dir.: Shirley Lovelace	2021 Nomination
Sports Director: Glenda Nelson	2021 Nomination
Youth Director:	Available
Foundation Director: Erlene Stevenson	2021 Nomination
Financial Benefits: Mike Dyal	(425) 243-4521

Trustees

Marshall: Bob Turcott	2021 Nomination
Asst Marshal:	Available
Trustee: Harold Setran	2021 Nomination
Trustee: Nikki Pelley	2021 Nomination
Trustee: Eli Krusestjerna	2021 Nomination

Support Officers

Musicians: Kris Johannsen	2021 Nomination
Librarian: Fay Setran	2021 Nomination
Information: Erlene Stevenson	2021 Nomination
Historian:	Available
Website Support: Donna Stewart	2021 Nomination
Newsletter Editor: Mike Dyal	2021 Nomination
Newsletter Distribution: Shirley Lovelace	2021 Nomination
& Norma Jean Sands	
Publicity Director:	Available
Scholarship: Turid Bouchoukian	2021 Nomination
Sunshine: Shirley Lovelace	2021 Nomination
Building Liaison: Sandra Ferchen	2021 Nomination
Greeters: (alternating) All board members	2021 Nomination

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For the Good of the Order:

HAPPY NEW YEAR

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

How do dogs bark in Norway? Wuff Da

Uff Da is.....

- Trying to dance the polka to Rock and Roll
- Losing your wad of gum in the chicken yard
- Having Swedish Meatballs at a Lutefisk dinner
- Spending two hours cleaning my room and Mom says “Uff I
- Walking downtown and then wondering what you wanted
- Arriving late at a Lutefisk dinner and getting served minced ham instead
- Looking in the mirror and discovering you’re not getting better, you’re just getting older
- Trying to por two buckets of manure into one bucket
- Having a mouse crawl up your leg when you’re on a hay ride
- Eating hot soup when you have a runny nose
- Getting our of bed in the morning with a backache
- Getting swished in the face with a cows wet tail
- Waking yourself up in church with your own snoring
- Forgetting your mother-in-laws first name
- Noticing non-Norwegians at a church dinner using lefse as a napkin
- Sneezing so hard a front tooth ends up in the butter plate
- NOT BEING NORWEGIAN !



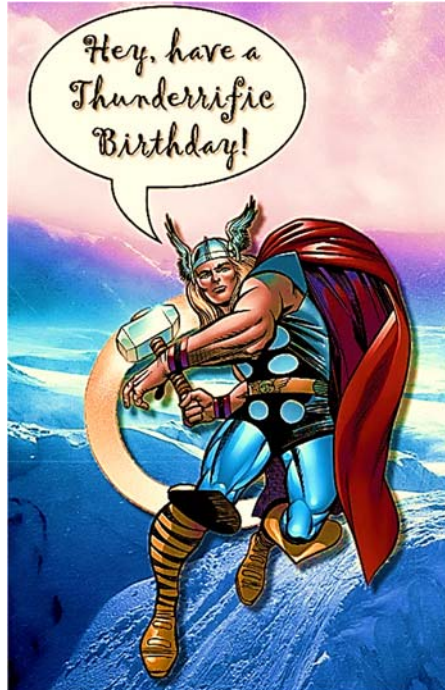
HAPPY BIRTHDAY!

HAPPY BIRTHDAY TO EDMONDS LODGE FEBRUARY BORN MEMBERS

(IF WE MISSED YOU, PLEASE LET US KNOW)

February

- 3- Kate Nicodemus
- 4- Teresa Daggett
- 6- Greg Belvill
- 7- Dorothy Clausen
- 10- Craig Pape
- 11- Nash Pape
- 11- Vicki Nelson
- 12- Loren Krusenstjerna
- 14- Kevin Morrison
- 19- Donald Kier
- 19- Vilhjalmur Steinthorsson
- 22- Amelia Miller
- 24- Karen Herlihy
- 25- Anders Alvarez
- 28- Karen Pederson



Thinking of you, Get-well to Lorna Turcott

Sons of Norway History Fact:

Founders Day

Son's of Norway Founders Day was celebrated this last month, January 6th.

On this date back in 1895, 18 immigrants from Norway met in Minneapolis, Minnesota. They came together and formed a new fraternal group whose mission and goal is still to protect its members and families from financial hardship. These hardships being associated with death and sickness in the family. This was a noble purpose and over time grew to include the preservation of Norwegian heritage and culture. It was clear that our founding fathers of the Sons of Norway were great leaders, visionaries, and men of great vision.

This year we celebrate 126 years of sharing our heritage to our fellow members thru a comradery of financial and social well-being.

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: edmondslodgeditor@gmail.com

Lodge Website:

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

SAVE YOUR CANCELED STAMPS

Cut around the canceled stamps, leaving 1/2" around the stamps, so as not to damage the perforations, and bring them to the lodge. This is an ongoing service project. Tubfrim appreciates your contribution.

Get Your Viking Skills Going:

Have you been working on cultural skills? Like Crafting?

It is almost medal time! YEA!!!
It's time to get together your paperwork to submit. Let Roberta Morrow know what you need such as forms or support.

Roberta, 425-921-0302

Free; on-demand Norwegian language classes online at:

https://www.sofn.com/norwegian_culture/norwegian_language_lessons/

(log into your Sons of Norway membership online and then click the link under "Norwegian Culture" for your free classes!)

Sons of Norway Foundation News

Remember the SofN foundation in your estate planning.

You can also give online at: **www.SoN.com**

Foundation programs include:

- Helping Hands to Members Grant
- Funds available for lodges
- Funds for members

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 keep our non-profit Fraternal Tax Designation- everything else works from this!



Sons of Norway's Sports & Fitness Medal Program

It is almost medal time (medals (pins) are given to members for cultural and physical prowess and effort.

Everyone can participate and earn some- everyone should participate! More information at SoN.com or contacting **Glenda Nelson**

Be Active, Be a Viking!

Arne Riddere (Norwegian French Toast)

- 2 eggs slightly beaten
- 2 tsp vanilla extract
- 1 tsp ground cinnamon
- Pinch of salt
- ½ cup milk
- 8 slices of brioche or sliced thick bread
- Butter for frying



In shallow baking dish, combine eggs, vanilla, cinnamon, salt and milk. Set aside. Bring a skillet to medium high heat and while warming , lay a slice of bread into egg mixture. Evenly coat on both sides. Fry with butter on both sides 3-4 minutes. Top with butter, maple syrup, fresh fruit, powdered sugar or your favorite topping.

Brennsnut (Meat Stew)

- 1.5 lbs (any combination of cooked lamb, cooked sausage or cooked Norwegian Meatballs
- 8 ½ cups of lamb, beef or chicken stock
- 4 carrots, peeled and sliced
- 1 rutabaga, peeled and cubed
- 8 potatoes, peeled and cubed
- 1 yellow onion, diced
- Salt and pepper to taste

In large pot, bring lamb stock, chicken stock or water to a gentle boil on medium high heat. Once boiling add vegetables and meat. Return pot to a simmer and allow the stew to cook for 25 minutes or until vegetables are soft. Season to taste. Serve with flatbread or favorite homemade bread.

Got to get your gear before its gone!



There is gear to grab on the
International Website:
<https://www.sofn.com/125years/>

Edmonds Lodge Member Bio

Erlene Stevenson: I was born and raised in Eureka, California, located on Humboldt Bay in Northern California. It is a beautiful area, in the heart of groves of Coast Redwood trees. Several ocean beaches are nearby, and logging, commercial fishing, and tourism are the main industries. My ancestors were early settlers to the area. My roots run deep!

I attended Humboldt State College in Arcata, 7 miles North of Eureka. It is now the University of California at Humboldt. My plan was to become an elementary school teacher. However, plans have a way of changing. I met a classmate of my sister who planned to attend the University of Washington the following year. We married that summer and moved to Seattle. That was a defining decision. We both enjoyed the beauty of the Northwest, and the more pronounced seasonal changes here. After obtaining his Masters Degree from UW, we moved to Bremerton where he taught in the Biological Sciences Department at Olympic College. A few years later he was hired by Shoreline Community College. We moved to the Martha Lake area of Lynnwood, bought our first house, and raised our three sons.



I worked as a Bookkeeper and Receptionist in a small law firm in Everett, Washington after my husband and I separated and eventually divorced. I thoroughly enjoyed my job, became a Legal Secretary, and retired after a total of 15 years at the office. I was fortunate to have had a very interesting and challenging career.

I believe I was destined to become a member of Edmonds Lodge Sons of Norway! I met Bob Stevenson in 1986. He told me about his Norwegian heritage and about his mother who was born in Tromsø, Norway. She emigrated with her family as a young girl in the early 1900's. He also told me about Edmonds Lodge, and invited me to attend the next meeting with him. What a fun adventure that was! When we arrived at the meeting, he introduced me to his good friends, Al and Sonja Berg. What a coincidence. Al and Sonja lived just two blocks from me in the Martha Lake area. Our children were school mates, and my youngest son took piano lessons from Sonja. It was clearly "meant to be". Bob and I were married in May of 1987, and I joined the lodge on June 10, 1987. Over the years, I served as Secretary, Vice President, and President of our lodge. I was then elected Zone 2 Director for our District. It was my introduction to service as a District officer. I later served as District Vice President and President, opening a whole new area of experiences, which culminated as our District's Representative to the International Board of Directors in Minneapolis. I have been so enriched by these experiences, and have such a great appreciation for the heritage and culture of Norway, for Sons of Norway as an organization, and of course, for Edmonds Lodge, and our many members and friends there.

We Love All our members!!!

It is not how much we give but on much we put into giving.

*Welcome **February**! Wishing you a month filled with love, peace and joy.*

Among the things you can give and still keep are your word, your smile and a grateful heart.

Valentine's Day at a glance

1. Valentines was a Roman fertility festival named after Saint Valentines but St. Valentines wasn't just one person.
2. Valentine's Day has its roots in an Ancient Pagan festival.
3. In the 1300's, it officially became a holiday associated with love.
4. Cupid has its roots in Greek mythology.
5. The 1st valentine was sent in the 15th century and was a poem written by a French medieval duke name Charles to his wife in 1415 AD
6. It wasn't until 1840 that we got the first mass-produced valentines when people started exchanging cards and handwritten notes.
7. The tradition of giving flowers dates back to the 17th century. The practice can be traced back to when King Charles II of Sweden learned the "language of flowers" on a trip to Persia. Red roses symbolizing deep love.
8. Today, Americans spend over \$25 billion on Valentine gifts including \$2.4 billion on candy alone
9. American's send and estimated 145 million Valentine cards each year. Teachers receive the most, followed by children, mothers then wives.
10. The 1st heart shaped box of chocolates was introduced in 1861 and created by father and son, John and Richard Cadbury.

Valentines in Norway

Special preparations start months in advance and like the United States is stimulated by stores and marketing. In Norway, Valentine's Day celebration is known as **Valentinsdag**. Although many feel it is a borrowed concept they celebrate with much zeal and enthusiasm with flowers, candy and romantic dinners.

Join us in February 10th at 4:30pm (first time on zoom? Its easy!)

To join the meeting, go to: <https://us02web.zoom.us/j/86386807151>

or

join the party with just your **phone**, call: **253-215-8782** then type in this code: **86386807151#**

If you want a tutorial in ZOOM prior to the meeting, please email edmondslodgewebmaster@gmail.com or call [206-251-5446](tel:206-251-5446).



2021 DISTRICT TWO “DISTANCE” SKI EVENT



Email mile submissions to:
Laurieberg.lb@gmail.com

In lieu of the District 2 ski race

For the whole month of February, please record how many miles you cross country ski. This event is open to all ages and experience levels.

Send your miles to District Two Sports Director: Laurie Berg. Be sure to include your full name, age, and the lodge that you are a member of.

The cut-off date for submitting miles is March 16th. Once all miles have been submitted, they will be tallied, and Laurie Berg will announce the awards. Results will be printed in the Dynamic 2.

Miles can be tracked for all skiing, not just miles done at Trollhaugen.



NORMANNA LODGE #3 EVERETT

DRIVE UP PANCAKE BREAKFAST

SATURDAY FEBRUARY 13 8AM TO 11AM

STAY IN YOUR CAR. WE WILL DO ALL THE WORK.

4 PANCAKES, STRAWBERRIES & HAM

PRICE - \$10.00 PER ORDER

ALL ORDERS TO GO ONLY

WE ACCEPT CASH AND CARDS



**NORMANNA LODGE
2725 OAKES AVE
EVERETT, WA 98201**

***SWEDISH PANCAKES MADE BY
NORWEGIANS***

normannaeverett@gmail.com

**Sons of Norway
Swedish Pancake
Drive-thru Breakfast**



**Fundraiser for
Sons of Norway
Bothell Lodge**

23905 Bothell Everett Hwy,
Bothell, WA 98021

Phone: (425) 485-9085

Website:
www.bothellsonsofnorway.org

Facebook:
[https://www.facebook.com/
bothellsonsofnorway](https://www.facebook.com/bothellsonsofnorway)



**Saturday,
February 13, 2021
8:00 am to 1:00 PM**

4 Swedish Pancakes, Strawberries & Ham
Orange juice on request. No Coffee.

\$10.00 Adult (donation)

\$5.00 Child (donation)

All Order To Go Only

No Seating Available.
Stay in your car and we'll do all the work.
A hot breakfast will be delivered to you
Cash and cards will be accepted
Open to the public

**SMARTER
PLANNING**



**During this time of love,
remember to include the
Sons of Norway in your
Will and Trusts-Ask Mike
how to do this for
\$100/month or less!
Smart Tip: don't save your
money for the next
generation-use it, enjoy it
and use insurance to leave
a LEGACY behind.**



**Sons of Norway
Edmonds Lodge 2-130**

Street Address:
515 Dayton Street
Edmonds, WA 98020, USA

PO Box 1651
Edmonds, WA 98020-1651

Website:
www.edmondssonsofnorway.weebly.com

**ADDRESS SERVICE
REQUESTED**