

Edmonds

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EDMONDS LODGE 2-130
SONS OF NORWAY
EST 1983

Whats Inside

- PAGE 2** Lodge Presidents Message
- PAGE 3** Thor & Lodge Officers
- PAGE 4** Sunshine and birthdays
- PAGE 5** Edmonds Lodge
- PAGE 6** For the Good of the Order
- PAGE 7** Recipe
- PAGE 8** Seasonal Thoughts
- PAGE 9&10** Events and Activities
- PAGE 11** Scholarship Application Form
- PAGE 12** Edmonds Kalendar

Edmonds Lodge Zoom Meeting Wednesday February 9th

Plan on Zooming in with us!

Installation of Officers for 2022
And games and socializing.

Join us here:

<https://us02web.zoom.us/j/88149115735>

or by phone: (253)215-8782 code:

88149115735#



Sons of Norway provides great financial products for its members! Watch your money grow.

Mike Dyal is Edmonds Lodges financial advisor. See page 6 for information from him on products available.

Mike Dyal has been a member of Edmonds Lodge, SofN, for years and loves serving the community and helping people protect their money. Call or text him at 206-446-2222 or email him now to schedule a meeting: mike@pacificadvs.com

Presidents Message

February 2022



Happy Chinese New Year – the year of the Tiger.

Perhaps he will chase the pandemic away!

At last month's Lodge meeting we were supposed to hold installation of officers, but as three important members of the board were not present, we decided to postpone the installation until next month. **Please mark your calendars for the February 9th Lodge meeting.** We would like all officers to be present. Remember you can always find the link to our Lodge meetings on the first page of our website as well as the first page of our newsletters. Besides installing the officers in a very quick service we will listen to music from Kris and learn more about Valentine's Day and generally socialize. It worked well at our January meeting.

We did have 11 participants at the January meeting! That included Bob Steed from Bothell Lodge. Roberta introduced us to the Norwegian "Hygge Game" from Norway. She read off questions and participants answered providing lively conversation and good memories. Some of the questions included:

What was the best decade of your life to now?

What is the best thing and worst thing about where you live now?

What is the best and most modern country in the world? (Norway, Iceland, and Finland were mentioned)

What product from today will still be in use in 500 years?

Fun things to think about. Thank you Roberta - that was most enjoyable.

We, at Edmonds Lodge, continue to have our meetings by ZOOM. And we have no immediate plans to resume our pancake breakfasts. There is just still too much spreading of the COVID-19 virus. Social distancing and restricting social gatherings continue. For those of you with your vaccines and boosters more activities are opening up, but for those of us that did not tolerate the vaccine, we are staying very isolated yet. And your president is one of those people. So I hope that those of you who can get your boosters do and that the scientist working on other solutions do find ones that will work for us. Children are going back to schools, which is probably a good place for them as long as everyone is vaccinated and masked. My neighbor's daughter headed back down to California for her college, only to find out when she arrived that they had suddenly gone back to virtual. Probably a combination of in-person and virtual will be more the norm in the future.

However they do it, it is time for our graduating High Schoolers to think about their further education and our Edmonds Lodge Scholarships. The application forms are on our webpage and need to be postmarked by April 15th and sent to our post office address at the top of the newsletter. Last year we awarded three scholarships. See page 5 for more information about this and page 11 for the application form.

I hope to see you on our February 9th Lodge meeting. I enjoy hearing what others in the Lodge are doing!

Norma Jean Sands

Edmonds Lodge President



**SONS of
NORWAY**

Celebrating 125 Years

1895-2020

Service opportunities are available!

- Thor work parties available
- Attend our Zoom Lodge meeting to see what others members are up to.
- Learn to be an officer or committee member of the Lodge! To continue, we need support from out membership.

Remember to record all service hours and provide them to our Secretary. **She needs them NOW.** Service hours are so important to maintaining our Fraternal Tax Designation.

Edmonds Lodge Officers

Executive Board

President: Norma Jean Sands
Vice President : Jane Bueing
Secretary: Shirley Lovelace
Treasurer: now vacant
Fin. Secretary: Loren Krusenstjerna
Counselor: Waldo Bueing

Directors

Cultural Director: Roberta Morrow
Asst.Cultural Dir: Shirley Lovelace
Sports Director: Glenda Nelson
Social Director:
Youth Director:
Foundation Director:

Financial Benefits: Mike Dyal (425) 243-4521

Trustees

Marshall:
Trustee: Jane Bueing
Trustee:
Trustee:

Support Officers

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

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Sunshine Report

When a Sons of Norway Edmonds Lodge Member needs some cheer, please contact our **Cheer Volunteer: Shirley Lovelace, 206 708 0344** Her email is: grannyslovelace@gmail.com

Who received get well cards?

February Birthdays

Kate Nicodermus	Feb 3
Greg Bellvill	Feb 6
Dorothy Clausen	Feb 7
Kai Rosman	Feb 9
Craig Pape	Feb 10
Nash Pape	Feb 11
Loren Krusenstjerna	Feb 12
Kevin Morrison	Feb 14
Vihjalmur Steinthorsson	Feb 19
Amelia Miller	Feb 22
Anders Alvarez	Feb 25
Karl Rosman	Feb 26
Karen Pedersen	Feb 28



Lincoln (12th) and Washington (22nd) celebrated on the 21st!
Kong Harald V Feb 21st!

Welcome to our new members – The Rosman family in Brier WA: Karl, Valerie, Kai, and Laszlo! Two of which are in our February birthday list!

Thoughts from your **Sunshine Chairman:**

There are a lot of things to get excited about in **February**. Whether you think of it as the month of love or whether you see it as the 2nd chance of making your year beautiful, make the most of February because it comes and disappears in no time.
I have decided my 2022 start again on February the first....January was just a trial month.

I also say Welcome February, wishing you a month filled with love, peace and joy.

Sing hurrah to February!



Edmonds Lodge

Edmonds Lodge was organized October 8, 1983. So we will be 1 year short of our 40th anniversary this year. Time to start thinking how we will celebrate. Hopefully in person with a big party! We still have space at the Masonic Center on Dayton St. in Edmonds. You may hear them refer to themselves now as the “The Old Edmonds Opera House & Masonic Center”. But we deal with the same management for our contract. Normally, besides our monthly meetings, we hold our three **pancake breakfasts**/year there. It has been a favorite activity of the community. Hopefully we can start up again soon. We normally hold them the first Saturday of March, May, and October. We will not be having one in March, but is May a possibility? If so, we will need a lot of new volunteers to pitch in as many of our old timers who did so much to make sure these events were a success have either left us or are no longer physically able. We always have help from Bothell Lodge and they have been asking when we might start up. Bothell Lodge has been putting on a drive-thru pancake breakfast during the pandemic, and we have had several volunteers from our Lodge helping them.



During these past two years, we have also lost many **Board Officers** for various reason and have not picked up any new officers. If you look at the list of Officers on page 3, you will see many empty positions. **To be fully functioning we will need to fill these positions.** Especially needed right now is a new Treasurer. While Phil Kollen did valiently take the position last year, he found that the position needs to have more computer skills than he is comfortable with. So we are looking for someone with both financial and computer skills to fill this position.



Another thing Edmond's Lodge is known for is our fantastic float in the 17. Mai and the 4th of July parades! Thor, originally known as Fang, was built and maintained by Al Vadset and Bob Turcott. When they retired from this activity, noting that **Thor** had served many good years but was now in dire need of repair if it was to be seen in another parade, Xander Siqveland valiantly stepped forward to head the repair work, working it into his Eagle Scout project. There is only minor work, mainly cosmetic, that needs doing now. A few more work parties and then 17. Mai here we come! Look for work parties organized by Kirk Siqveland later this year as weather gets better.

And in June we look forward to our annual **summer picnic at Lake Joy**. We even managed to hold it this last summer as it was outside and tables were spaced allowing for social distancing for those that wished. By then we all had our first round of vaccines.

Edmonds Lodge grants **Scholarships** to our young members graduating from highschool and pursuing further education at a college or university. In 2020 we did not grant any scholarships due to the pandemic, so in 2021 we opened the scholarships to those graduating both in 2020 and 2021. We received three applications and all three received \$1,000 grants towards tuition or books. Lily and Kaleb Anderson (grandchildren of former member Harald Anderson) are both attending Bellevue College and Ashley Carlson (granddaughter of Al & Baarb Vadset) is attending PLU. We are again accepting applications for students graduating this year; applications are due by April 15th. The Application form can be downloaded from our Website: www.edmondssonsofnorway.org. Or go to page 11 of this newsletter.

It is great to be a member of Edmonds Lodge!

What is the Sons of Norway?

A vibrant community, rich in tradition.

Discover Sons of Norway and you'll find a community of people dedicated to their families, other members, and making a difference in the world around them. Together we celebrate the heritage and culture of Norway, while offering our members the protection of solid financial products and services.

February Words of Wisdom

- Did you see [Punxsutawney Phil](#)?
- Send a **Valentine**!
- Go skiing and send your accumulated km to our District 2 Sports Director
- Get your booster and wear a mask. Think of others as well as yourself. With everyone's cooperation we will get through this.
- Think of how you can help others.
- Visit the Edmonds Waterfront Center and take a walk on the Beach (see page 10).

Sons of Norway Foundation News

Support the Foundation at:
www.SoN.com

SON Foundation programs include:

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

What about your own finances?

Sons of Norway was established to help its members now and in the future. One of the ways the organization does this is by providing quality financial products. At times of financial concern, and uncertainty as we have been experiencing the past couple years, these products are a perfect addition to anyone's portfolio. One of these services is a guaranteed fixed annuity. An annuity is a widely used, long standing tool to give long-term guarantees. If you have or want to have Social Security someday, then you want an annuity. Social Security is a pension, an annuity. The term "Fixed" refers to the long-term interest rate that the plan will provide. Most of us know or have used a Certificate of Deposit (CD) from our bank or credit union. Very similar to a CD, a fixed annuity pays out a guaranteed interest rate each year for the term of your annuity plan. Unlike a CD, the money earned in interest is deferred until the end of the term...thus saving you taxes and growth over time. Sons of Norway Annuities are about 3x the interest of what bank CDs pay out. Those two features make them a great buy right now! Kind of Cool? I think so, and not just because it is winter.

Another great tool to look into is iBonds offered by the US Treasury Department. The Treasury has a very good introductory rate of over 7%! That is great! Yes, there are limits, more limits than a CD or Sons of Norway Annuity. These Treasury iBonds are limited to \$5,000 or \$10,000 per person. And to get the most out of them—they need 5 years to vest. You may want to do the larger dollar amount into a Sons of Norway Annuity and \$10,000 into the iBond. Check with your dedicated Sons of Norway Financial Benefits Counselor to find the right fit for you.

Call or text Mike Dyal at 206-446-2222 or email mike@pacificadvs.com

IDRETTSMERKE
Sports & Fitness
Medal Program



Sons of Norway's Sports & Fitness Medals:

February is ski month at SON District 2. Keep track of your km! And if you don't ski, keep track of your steps, whether you run or walk!

Sons of Norway's Cultural Medal Programs.

Do you want to work on a cultural medal? Contact our Cultural Director Roberta Morrow for help.

SAVE YOUR CANCELED STAMPS

Cut around the canceled stamps, leaving 1/2" around the stamps and get them to Bothell Lodge. This is an ongoing service project coordinated by District 2. Tubfrim in Norway appreciates your contribution.

Recipe of the Month

Warm Up Your February with Norwegian Baked Goods

You may have not realized it, but February is “National Bake for Family Fun Month.” This makes for a perfect opportunity to try great Scandinavian recipes with your loved ones. The Scandinavian countries have a strong tradition of baking, giving you more than enough recipes. From sweet to savory you will find the perfect recipe for all palates.

February also happens to be National Heart Month, making it an opportune time to kickstart a heart healthy diet. Norwegian baked good tend to be a bit more focused on flavor than health, but you can still find a few that are heart friendly. Opt for healthier options like traditional lefse (going easy on the butter, sugar and cinnamon). A good rule of thumb, is to remember enjoying these dishes in moderation will go a long way keeping your heart healthy.

Norwegian Fjellbrød

1 cup plus 2 tbsp whole milk
2 ¼ tsp dry yeast
1 cup rye flour
1 tbsp light brown sugar
3 tbsp pumpkin seeds
3 tbsp flaxseeds

1 cup plus 2 tbsp lukewarm water
3 cups whole-wheat flour
¼ cup rolled oats
1 ½ tsp salt
3 tbsp sunflower seeds

Heat milk in a pan until lukewarm. Add warmed milk, lukewarm water and yeast to a mixing bowl. Leave 10 minutes.

In another bowl combine remaining dry ingredients and seeds and lightly mix. Add liquid yeast mixture to bowl of dry ingredients and mix. Dough will be very sticky. Scrape mixed dough onto well floured counter and form into a rough loaf shape. Add loaf to buttered loaf pan. Top with extra seeds as desired.

Bake 350° on center rack for 1 hour. Test for doneness by inserting toothpick.

And did you watch the weather report from Phil?



This year marks the 136th Groundhog Day to be celebrated at Gobbler's Knob in Punxsutawney, Pennsylvania.

And . . .

Punxsutawney Phil did see his shadow! 6 more weeks of winter!

Get out there and ski (see page 9)

February in Norway



Not surprisingly, February is one of the coldest months of Norway's calendar year where **temperatures range within the 20-30 degree Fahrenheit range**—especially if you're in Oslo, central Norway, or anywhere in the north.

Feb 6 **Saami People's Day** Flag Day

Feb 13, Mother's Day **Morsdag** In Norway, Mother's Day is always on the second Sunday in February. It is a day for showing appreciation towards mothers and mother figures.

Feb 14, Valentine's Day **Valentinsdagen**

Feb 21, **King Harald V's day** H.M. King Harald V of Norway was born on 21 February 1937. His birthday is celebrated country-wide by flying the Norwegian flag. Flag day

Feb 27, Carnival - **Fastelavn** Last Sunday before lent

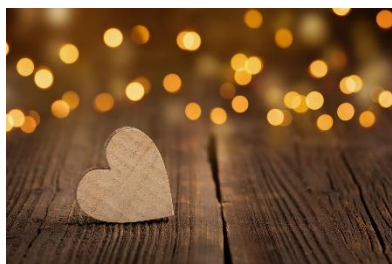
The Sámi National Day is an ethnic national day for the Sámi people that falls on February 6, the date when the first Sámi congress was held in 1917 in Trondheim, Norway. Wearing national garment, attending concerts and culture events, eating national food, displaying flags. The Sami are **an indigenous people who inhabit Sápmi**, their preferred name for Lapland, and adjacent areas of northern Norway, Sweden, and Finland as well as the Kola Peninsula of Russia. They are speakers of the Sami languages, which are endangered. Sami reindeer herders, small farmers, hunters, fishermen and gatherers traditionally use these lands. Around 50-65,000 live in Norway, **between 1.06% and 1.38%** of the total Norwegian population of approximately 4.7 million. 2020 pop 5.38 million Sweden 10.35, Denmark 5.83, Iceland 663 thousand. *The Saami People's Day is a national day for the entire Saami population in Norway, Finland, Sweden and Russia.*



Valentines Day in Norway

Valentine's Day (Valentinsdagen), also called All Hearts Day (Alle Hjerters Dag), in Norway is a celebration of love and romance.

Strongly weaved into the cultural web of Norway is the celebration of Valentine's Day, so much so the date has become a very important part of the social calendar of the country. People wait in anticipation for 14th of February to arrive and this is particularly true for the younger generation. Valentine's celebration in Norway has become interlinked with the spring celebrations over the years. A number of myths and legends have been associated with the celebration of the festival, making way to different types of customs and rituals. Earlier, the Norwegians had this common belief that it was the day when the members of the avian species mated, in order to procreate and give birth to their offspring. Hence, the day is regarded as an auspicious occasion for lovers to express their deep-set emotions for one another.



Every region has its own typical way of celebrating that is unique only to that area. Special preparations start months ahead and to a large extent, is facilitated by gift stores and shopping malls. Greeting cards, Valentine decors and chocolate are favorites. One of the most popular ways adopted by Norwegians, to celebrate Valentine's Day, is to take their partner out on a special date, which involves an elusive romantic dinner for two accompanied by a red rose and romantic card. This is also an ideal date to "tie the knot". The adults observe this occasion as a sign of their years of togetherness and their unfading trust and love for one another.

FEBRUARY EVENTS 2022



*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 15th. Once all miles have been submitted, they will be tallied, and Laurie Berg will disperse participation awards. Results will be printed in the Dynamic 2.

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

The Scandinavian Hour

with your host
Seth Tufteland



Saturday & Sunday 6:00-7:00am, Saturday 9:00-10am

Stream us online at <https://1150kknw.com/listen-online>

Visit our website at www.thescandinavianhour.org

Music, News, & Interviews for the Scandinavian Community

Bothell Lodge Pancake Drive-Thru Breakfast

February 12, 8 am to noon. 4 Swedish Pancakes, Strawberries & Ham All Orders To Go Only 23905 Bothell Everett Hwy, Bothell, WA 98021

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Norwegian Heritage Day at Bothell Lodge

March 5, 10 am to 3 pm. Demonstrations and Bake Sale. Norwegian meatballs and split pea soup. Food served to go only.

District 2 Summer Youth Camps Youth camp applications **cannot** be postmarked before February 14th, 2022

Camp Trollhaugen (Ages 13-15) Located in Easton, WA - June 26 – July 9, 2022

<http://www.sofncamps.com/camps/camp-trollhaugen/>

Contact: Chris Hicks (425) 672-0194 816 214th St. SW Lynnwood, WA 98036

Camp Nidaros (Ages 9-12) Located in Gearhart, Oregon – July 10-23, 2022

<http://www.sofncamps.com/camps/camp-nidaros/>

Contact: Andrew Agerter 1396 Tamarack St. Springfield, OR 97477

Camp Normanna (Ages 9-12) Located at Lake Riley outside Arlington, Washington- July 24– August 6, 2022

<http://www.sofncamps.com/camps/camp-normanna/>

Contact: Seth Tufteland (206) 605-4112 PO Box 1422, Bothell, WA, 98041



Has reached another milestone. 50 years from breaking ground in the beautiful Washington Cascade Mountains. To celebrate this occasion Trollhaugen will be having an Anniversary dinner July 16, 2022.

We will have slide shows of the beginnings of Trollhaugen and the 45 Anniversary, games, dancing and more.

How can your lodge or individual member be a part of the celebration? Easy!

Make a basket to be raffled off.

Find articles or photos and send us a copy.

Make plans to come to the dinner July 16, 2022 at Trollhaugen.

Send photos to Erick Balstad

3407 80th St. E., Tacoma, WA 98443 or

Email: trollhau@outlook.com

The Ten Essentials for Surviving the Pandemic

- 1. Destination** – have a vision for where you want to be in all aspects of your life
- 2. Adaptability** – be open to new routes to the goal
- 3. Focus on your health** – take charge of your mind, soul, and body
- 4. Reciprocity** – ask for help, but offer to help when you can – it's how ecosystems work
- 5. Stay Active** – the synchronicity with the world that comes from movement will give you strength and clarity
- 6. Volunteer** – share your time and talent with something that is important to you - the collective impact of many people working toward the same goal will lift you up
- 7. Someone to love** – caring for a pet, a neighbor, or a friend reminds you that you are needed
- 8. Read** – opens your mind to other ways of thinking
- 9. Purpose** – your contribution to the world - you are part of something larger
- 10. Embrace what comes** – the world will come – an open mind and open heart will allow you to learn and respond with grace.

Trollhaugen

Trollhaugen is open this winter but do call to check opening times

Email: trollhau@outlook.com F or Day Use and all reservations, please email or call ahead for availability. **Reservations or information** call: 509-656-9997

Visit the web site for a virtual tour of the area and read about the history!
<https://www.trollhaugensofn.com/>

Edmonds Waterfront Center

10 Essentials from the Edmonds Waterfront Center
January/February Newsletter
We have a great resource here in Edmonds with this Center! Consider becoming a member. They offer many health clinics, workshops, classes, trips, etc. with great discounts for members. They are located on the waterfront just south of the ferry terminal. Grab a \$1.00 drip coffee (member's price) at the coffee kiosk and take a walk on the beach! Relax and enjoy the "Frilluft"!

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



“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 in 2022 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.

Unge Venner membership number if applicable _____

to 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, 2022.

Website: www.edmondssonsofnorway.org

VINTER OG VÅR KALENDAR

Februar - February

2nd Edmonds Board Meeting

9th Edmonds Lodge Meeting

*Be a part of your lodge activities,
limited as they may be at this time.
Join our Zoom meetings.
Better days will follow.*

Mars - March

2nd Edmonds Board Meeting

9th Edmonds Lodge Meeting

April - April

6th Edmonds Board Meeting

13th Edmonds Lodge Meeting

Mai - May

2nd Edmonds Board Meeting

9th Edmonds Lodge Meeting

SMARTER PLANNING



**Sons of Norway has some
of the very BEST Life
Insurance and fixed
annuity rates in the
country!**

Life insurance Benefits:

- Avoid Probate
- Pay Estate Taxes
- Provide for Loved Ones
- Build Cash
- Give to charity



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**