

February 2023 ISSUE | VOLUME 40 | NUMBER 2



EDMONDS LODGE 2-130  
SONS OF NORWAY  
EST 1983

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### Tuesday Social

### Edmonds Lodge Meeting

**Tuesday February 28th at Masonic Center**  
**- Starts at 4pm with social and crafts and**  
**6pm Dinner**

**Pot Luck**

## Financial Planning through Sons of Norway



Mike Dyal is Edmonds Lodge's financial advisor and 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](mailto:mike@pacificadvs.com)

# Presidents Message

February 2023

*Happy Valentine's Day*



Random Acts of Kindness Day is on February 17.

February is full of designated days! Did you know that February 1<sup>st</sup> was National Baked Alaska Day? Check out our recipe on page 9. **Groundhog Day** on the 2<sup>nd</sup>, **Lincoln's birthday** on the 12<sup>th</sup>, **Valentine's Day** on the 14<sup>th</sup>, **President's Day** on the 20<sup>th</sup>, Shrove Tuesday or **Mardi Gras** on the 21<sup>st</sup>, Ash Wednesday and **Washington's birthday** on the



22<sup>nd</sup>. In Brazil **Carnival** is from the afternoon of Friday 17 February until midday on Wednesday 22 March. And in Norway 6 February is the **Day of the Sami People**. On this day state institutions and civilians are encouraged to fly both the Sami flag

and the national flag. See page 10 for more information on the Sami.

On February 16, Bothell Lodge is having their monthly meeting starting with a film about Crown Princess Martha (see page 6 for more details). And on February 28<sup>th</sup> is the **Day of Edmonds Lodge Social Meeting**. Roberta will talk about genealogy; how to get started, or if you have already started, how to turn that into a SON Cultural Medal! So do come and join us. Dinner is pot luck as usual.

It is time to start planning for our first post pandemic pancake breakfast. We did not have the luxury of doing drive-thru, which have been very successful at Bothell and Normanna Lodges. How can we pull off an in-person pancake breakfast for the community? We are thinking of the second Saturday in May. Come to our meeting February 28 where we will flip this idea about.

*Norma Jean Sands*

Edmonds Lodge

- "Kindness is a language which the deaf can hear and the blind can see." (Mark Twain)
- "No act of kindness, no matter how small, is ever wasted." (Aesop)



**SONS of  
NORWAY**

**Edmonds Lodge Social Meeting  
February 28, 4-8 pm -  
Masonic Center**

**Edmonds Business Meeting  
March 8, 7 pm - virtual**

**Edmonds/Bothell Medal  
Contest at Bothell Lodge  
March 16, 6 pm**

**Edmonds Lodge Social Meeting  
March 28, 4-8 pm - Masonic  
Center**

## Edmonds Lodge Officers

### Executive Board

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

### Directors

Cultural Director: Roberta Morrow  
Asst.Cultural Dir: 1 Shirley Lovelace  
Asst Cultural Dir. 2 Mike Dahl  
Sports Director: Glenda Nelson  
[Glennnie12345@gmail.com](mailto:Glennnie12345@gmail.com)  
Social Director: **vacant**  
Youth Director: **vacant**  
Publicity Director: **vacant**  
Foundation Director: **vacant**

**Financial Benefits:** Mike Dyal (425) 243-4521

### Trustees

Marshall: **vacant**  
Trustee: Jane Bueing  
Trustee: **vacant**  
Trustee: **vacant**

### Support Officers

Musicians: Kris Johannsen  
Librarian: Fay Setran  
Information: Erlene Stevenson  
Historian: Donna Stewart  
Website Support: Donna Stewart  
Thor Coordinator: Kirk Siqveland  
Newsletter Editor: Norma Jean Sands  
Newsletter Distribution: Shirley Lovelace  
& Norma Jean Sands  
Scholarship: Turid Bouchoukian  
Sunshine: Shirley Lovelace  
Building Liaison: Norma Jean Sands  
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. \*\***



# 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](mailto:grannyslovelace@gmail.com)

Happy Birthday \*\*\*\* Gratulerer med Dagen!

## February

- 3 Kate Lynn Nicodemus
- 6 Greg D Belvill
- 7 Dorothy Clausen
- 9 Kai Rosman
- 10 Craig Pape
- 11 Nash Pape
- 12 Loren D Krusenstjerna
- 14 Kevin D Morrison
- 19 Vilhjalmur Steinhjornsson
- 22 Amelia Emma Miller
- 25 Anders Kristofer Alvarez
- 26 Karl Rosman
- 28 Karen Pedersen

The range of ages is 13 to 83!



### February Thoughts

The birth flowers of February: *Violet* and *iris*. The birthstones: *Amethyst* and *jasper*.

"February brings the rain,  
Thaws the frozen lake again." — Sarah Coleridge

"[Y]ou have such a February face, so full of frost, of storm and cloudiness" — Shakespeare, *Much Ado About Nothing*

*Yet February surrounds Valentine's Day!*

*"All you need is love. But a little chocolate now and then doesn't hurt."* - Charles M>. Schultz



*A friend is what the heart needs all the time.*

# Edmonds Lodge News

SON Edmonds Lodge 2-130 Masonic Center, Edmonds, WA

Visit our website at: <https://www.edmondssonsofnorway.org/>

Join us for the **Edmonds Lodge Meeting** at the Masonic Center February 28th, from 4 to 8pm at 515 Dayton Street, Edmonds

Doors open at 4 pm for culture and socializing. Roberta will be presenting a talk on how to get started on your genealogy, or how to turn what you already know into SON Genealogy Cultural Medals.

Dinner starts at 6pm and is potluck.

**Edmonds Lodge Business Meeting** March 12<sup>th</sup> at 7 pm – Virtual. An agenda and link to join will be sent out several days prior to the meeting.

Is it time for Edmonds to do a pancake breakfast? We are looking for support from our members who have helped in the past – and, of course, are always looking for new volunteers to help us with this endeavor. We are setting our eyes on May 6<sup>th</sup>. We will need folks who can mix pancake batter and who can flip pancakes on the grill! And then there are servers and greeters! Come join the fun and get a free pancake breakfast for your volunteer time.



Have you been keeping track of your steps, miles and/or kms for 2022? Please turn them into



our sports Director Glenda Nelson at our February Social meeting or to [Glennnie12345@gmail.com](mailto:Glennnie12345@gmail.com)

We did not do well against Bothel Lodge last year. Not enough members turned in their achievements. Let's see if we can do better this year!



Results of the medal contest will be discovered at Bothell's March 16<sup>th</sup> meeting, so do come to that. There will be a corned beef and cabbage dinner and reservations are required. See flyer on next page.



We had a grand time at the annual District 2 ski race at Trollhaugen this past Saturday (2/4). There were 16 skiers signed up to race; first in person race in 2 years! Two of those were from Edmonds Lodge: Norma Jean and Roberta! With several age categories for each gender, there were medals to go around for all. We got silver and bronze, respectively, in our category (whatever age that was). Lief Erickson was host at the event and served a delightful lunch prior to awards ceremony.

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**Whidbey Island Lutefisk!** Two of our members, Jane and Waldo Bueing, attended the Whidbey Island Nordic Lodge (2-164) lutefisk dinner January 28th. They took an early ferry and first drove around Whidbey Island for 3 ½ hours on a beautiful sunny day. Then they arrived at Whidbey Lodge for a delicious lutefisk dinner accompanied by Lori Hansen on the accordion. It couldn't get better!



**Edmonds and Bothell - Will Join together for a  
Corned Beef & Cabbage and Uff Da Awards dinner!**

You are cordially invited to Bothell Lodge's general meeting on Thursday March 16<sup>th</sup>, 2023 for a  
**Corned Beef and Cabbage dinner and presentation of the  
"Uff-Da" awards.**

What is an **Uff-Da" award** you ask?

They are determined by which lodge' members have earned the most Cultural and Sports medals in 2022 and trophies will be awarded.

Which lodge **Bothell or Edmonds Lodge** will take home the trophies for the most Cultural and Sports medals earned in 2022???

Please let your Lodge Cultural and Sports directors know if you have earned any medals so yours can be in the count!

The evening will begin with 6:00 pm Social, 6:30 pm Dinner, 7:30 pm Meeting  
**Dinner Reservations are required** and must be in by March 5<sup>th</sup> at midnight Email  
[Dinner@bothellsonsofnorway.org](mailto:Dinner@bothellsonsofnorway.org) or call the Lodge at 425-485-9085 and leave a message with your name and number of dinners. (Please Speak slowly and spell your name please). The cost per dinner is \$10.

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## Bothell Lodge is showing a rare and very entertaining video at their February 16<sup>th</sup> Meeting - Check it out here

**Feb 16** Lodge meeting night.

5:00 PM Video Crown Princess Martha, 6:00 pm Social, 6:30 pm Dinner, 7:30 pm Meeting  
Dinner will be soup, salad, and a dinner roll. Dessert is a surprise.

Reservations are required and must be in by February 12th at midnight  
Email [Dinner@bothellsonsofnorway.org](mailto:Dinner@bothellsonsofnorway.org) or call the Lodge at 425-485-9085  
and leave a message. The cost per dinner is \$10

Share some kindness and bring some cheer to others around you.

Until next month stay safe and healthy.  
Remember to have a little fun.



### **"Crown Princess Martha: the American Story" Video Special Showing!!!**

On February 16 at 5PM, just before our Lodge monthly general meeting, the true story of Princess Martha, Norway's First Crown Princess of the modern era will be shown. Whether or not you saw or heard about PBS' "Atlantic Crossing", come to this special showing for the true story with actual videos and commentary by the Royal family (e.g., her daughter Princess Astrid) and others (e.g., Norway's Ambassador to the US). This very rare video even contains her and Prince Olav's 1939 visit to Washington State! Our Lodge has the good fortune but limited opportunity to view this rare video. It is a legendary tale of romance, sacrifice, war, mystic, dedication, history and heart break. A story to enjoy during Valentine week! A tale not to be missed!

Duration is 52 minutes.

Thank you for your consideration.

Bonus points for any of you if you suggest a video for the March meeting at 5PM as we experiment with ways to attract folks to our lodge. The bonus points would get you a Tusen Takk from me.....

FYI. This video is quite rare. Searches for it on the internet were not successful for me.  
Bob Steed



## District 2 -- Zone 2

District 2 includes the Lodges in Washington, Oregon, Idaho, and Alaska. Zone 2 includes:

Normanna Lodge No. 3, Everett; Fritjov Lodge No. 17, Stanwood; Wergeland Lodge No. 21, Bellingham  
Abel Lodge No.29, Conway; Edmonds Lodge 29, Conway; Whidbey Island Nordic Lodge No. 164,  
Coupeville

Zone meetings are held every other year. This year Zone 2 meeting is being held at Abel Lodge on Saturday, March 18<sup>th</sup>. Anyone from Zone 2 may attend. So, to learn more about what is happening in SON, do come. Registration forms will be available later.



## SONS of NORWAY

### What is the Sons of Norway?

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.



### Sons of Norway Financial

The back bone of the SON, the financial portion provides insurance and annuities to members. And they are very competitive with other financial institutes.

Mike Dayl is our Lodges' representative. Contact him for more information on products.

[mike@pacificadvs.com](mailto:mike@pacificadvs.com)

206-446-2222

Check out the SON webpage  
[https://www.sofn.com/financial\\_products/](https://www.sofn.com/financial_products/)

### Sons of Norway Fraternal

The sights, sounds and tastes of Norwegian culture are captivating to people from all walks of life. So it stands to reason that Sons of Norway would be the first stop for anyone who's looking to explore and discover Norway's treasures. Not a member? You can still browse some of our recipes, language lessons, and a sampling from *Viking* magazine – and don't forget: membership gives you access to additional benefits, like travel discounts and your own copy of *Viking* magazine delivered to your home. Find out more today.

Learn more about SON has to offer at  
[https://www.sofn.com/about\\_us/](https://www.sofn.com/about_us/)

### Sons of Norway Foundation

*Provides scholarships grants and financial help to individual members and lodges based on needs. In 2021, the Sons of Norway Foundation distributed over \$147,000 in awards.*

Check out their website to see what is available

<https://www.sofn.com/foundation/>

*If you can imagine it, you can achieve it.*

*If you dream it, you can become it.*

*Imagine yourself an active Sons of Norway member!*

IDRETTSMERKE  
Sports & Fitness  
Medal Program



### Sons of Norway Sports and Fitness Medals:

Idretts/General fitness, Ski/Skiing, Svømme/Swimming, Sykkel/Biking, and Gang/Walking

### Sons of Norway Cultural Medal Programs:

Cooking, Literature, Stamp Collecting, Rosemaling, Genealogy, Knitting, Language and Culture, Hardanger Embroidery, Figure Carving, Weaving, Ornamental Woodcarving, Chip Carving, Folk Dancing, and Music and Musicians.

### 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. TUBFRIM is owned by the Norwegian Health Association. Today the profits are used to help children and youth with disabilities, and children and youth with handicaps in Norway, and to finance the efforts to eradicate tuberculosis.



# Recipe of the Month – BAKED ALASKA

February 1<sup>st</sup> was National Baked Alaska Day!

## Ingredients

*Vegetable for, for brushing*

*1 pint raspberry or other fruit sorbet, softened*

*1 pint vanilla ice cream, softened*

*1 quart chocolate ice cream, softened*

*1 cup chocolate wafer crumbs (about 17 crushed wafers)*

*1 loaf pound cake*

**For the meringue:**

*1 cup egg whites (about 6 large eggs), at room temperature*

*Pinch of tartar*

*1 cup sugar*

## INSTRUCTIONS

1. Make the ice cream cake: Brush a 3-quart metal bowl with vegetable oil; line with plastic wrap. Fill the bowl with scoops of the sorbet, vanilla ice cream and half of the chocolate ice cream, alternating small and large scoops to create a mosaic of colors and shapes. Place a piece of plastic wrap on top of the ice cream; press down to close the gaps between scoops and even out the surface. Remove the plastic wrap, sprinkle the ice cream with the wafer crumbs and re-cover with the plastic wrap, pressing gently. Freeze until set, about 30 minutes.
2. Remove the wrap and spread the remaining chocolate ice cream in an even layer on top of the crumbs. Cut the pound cake into 1/2-inch-thick slices; completely cover the ice cream with the slices, trimming as needed (you'll use about two-thirds of the cake). Cover with fresh plastic wrap and freeze until firm, at least 2 hours or up to 2 days.

## INSTRUCTIONS

3. Make the meringue: Whip the egg whites and cream of tartar in a large bowl with a mixer on medium-high speed until foamy, about 2 minutes. Gradually beat in the sugar on high speed until the whites are glossy and hold stiff peaks.
4. Remove the top layer of plastic wrap, then invert the cake onto a parchment-lined baking sheet. (If necessary, let the cake stand overturned until it slips out.) Remove the rest of the plastic wrap and cover the ice cream completely with the meringue, making the dome-shaped top slightly thicker than the sides. Form swirly peaks in the meringue using the back of a spoon. Freeze for at least 3 more hours.
5. Preheat the oven to 500 degrees. Bake the cake until the meringue peaks are golden, about 4 minutes, or brown the meringue with a blowtorch. Let the cake soften at room temperature for 5 to 10 minutes before slicing. Freeze any leftovers.



## February in Norway

The **Sami People's Day**, on 6th February, commemorates the first meeting that brought Sami people together from north and south and from Norway and Sweden. It took place in Trondheim in 1917. The day has become an official flag day, and in Tromsø it has grown into an annual manifestation of Sami culture which lasts for an entire week.

The Sámi people are the Indigenous people of the northern part of the Scandinavian Peninsula and large parts of the Kola Peninsula and they live in Sweden, Norway, Finland and Russia. There is no reliable information on the population of the Sámi people; they are, however, estimated to number between 50,000-100,000.

Around 2,600 Sami people in Norway make their living from herding reindeer, and the majority of the region of Northern Norway is actually used for raising reindeer. Traditionally, most Sami people have supported themselves through fishing, livestock farming, and hunting, along the coast, on the fjords and alongside the large rivers farther inland. Today, a large proportion of the Sami people live outside the traditional Sami areas and have moved into the towns of Northern Norway or to the Oslo area. Even more, they still live in traditional Sami settlement areas but earn their living in the modern service sector, industry, travel and the public sector.



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### LOCAL EVENTS

#### **Pancake breakfast Bothell Lodge.**

They are doing them quarterly now, in January, April, June and September. They are drive-thru only.

#### **Pancake breakfast Normanna Lodge**

They are continuing to do drive thru pancake breakfasts on the 2<sup>nd</sup> Saturday of the month, 8-11 am. Their Scandinavian Boutique will also be open during breakfast hours; park and come in to shop.

#### **Zone 2 Meeting at Abel Lodge - Saturday March 18**

Everyone from Zone 2 is welcome. More information next month.





A little nostalgia from an earlier Trollhaugan ski race.

Photos from this year's race will be in next months newsletter.

## EDMONDS LODGE CALENDAR

February 28, 4-8 pm	Lodge Social Meeting at Masonic
March 8, 7pm	ZOOM Board & Business Meeting
March 28, 4-8 pm	Lodge Social Meeting at Masonic
April 12, 7pm	ZOOM Board & Business Meeting
April 25, 4-8 pm	Lodge Social Meeting at Masonic
<b>May 6, 8-11 am</b>	<b>PANCAKE BREAKFAST????</b>
May 10, 7pm	ZOOM Board & Business Meeting
May 23, 4-8 pm	Lodge Social Meeting at Masonic

## 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.org](http://www.edmondssonsofnorway.org)

ADDRESS SERVICE  
REQUESTED