

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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Come one and all, open to the public!

February 12 Lodge Meeting:

4:30 Cultural – Making sløyfe and Easter crafts

6:00 Dinner – Meatloaf (\$10)

7:00 Program – Installation of new officers and celebration of SON 125th

anniversary 1. February meeting Give a warning about road construction in front of the Masonic Hall. City said they would make parking available on street for our meeting!!! But still, be careful walking in!

Protect yourself



I attended a recent meeting for the Washington Accounting and Tax Professionals where we discussed 15 red flags for financial protection. I was struck that a recent study said the average amount of money taken from Seniors is nearly \$85,000. With two of the top 5 offenders being: children & grandchildren. Too often clients meet with me for a yearly review and we discover that they have money missing from an account. It is not a fun conversation to have. How do you avoid it? There are key points, but one of the main things is to protect your information. Make sure you have trusted individuals to help you if needed. Have a plan with your financial professional to know your Power of Attorney & make sure they keep your address secure. Give me a call to make an appointment and receive a free checklist to make sure you are protected.

Contact the Edmonds Lodge Financial Benefits Councilor, Mike Dyal.

“dyal”: 425-243-4521



Presidents Message

President's Message

February 2020

Beklager alt veiarbeidet foran bygningen der vi møtes. Sorry about all the road work in front of the building where we meet. If you have been in downtown Edmonds, you will have notice all the road reconstruction going on in front of the Masonic Hall on Dayton Avenue. And it may be continuing for quite a while. We cancelled our January meeting because of it. City workers say they will open up some parking for us for our February Lodge meeting, But be careful when walking around that area. We don't want anyone to trip over construction work (ask Erlene!). We will have to cancel the May Pancake Breakfast which is a shame. It is a popular event and a money raiser for our Lodge activities. Perhaps we can reschedule later in the year.

The February meeting is on. Do come and join us for a great meatloaf dinner. And, if you haven't already, turn in your sports badge accomplishments for the calendar year 2019: **Gangermerke** (walking), **Skimerke** (skiing), **Idrettsmerke** (all other sports activities, you'd be surprised what all it includes). We compete with Bothell Lodge every year for the most Sports Medal and Cultural Medals. Normally Cultural achievements are turned in as they are completed throughout the year (To Roberta, our Cultural Director).

2020 is Convention Year and we will be electing, at our February meeting, our lodge's four delegates to the District 2 Convention to be held in Portland in the end May. Jane and Norma Jean will be going as District 2 officers, so we need 4 more from our lodge to join us. The convention is both fun and informative. The International Convention is being held in Norway this year (Ringsaker in August). You have to be a delegate at a district convention to get a chance to be a delegate at the International!

Let's see, February.

The Sami National Holiday, also known as the **Day of the Sami**, is celebrated each year on February 6, as this date was when the first Sámi congress was held in 1917 in Trondheim, Norway.

February 14th - Happy Valentine's Day! In Norway, according to the legends, the sight of birds mating is a sure sign of spring and love. So - Valentine's Day in Norway has become associated with that, and Norwegians tend to look for birds especially on February 14. Spring celebrations and Valentine's Day celebrations have become linked over the years.

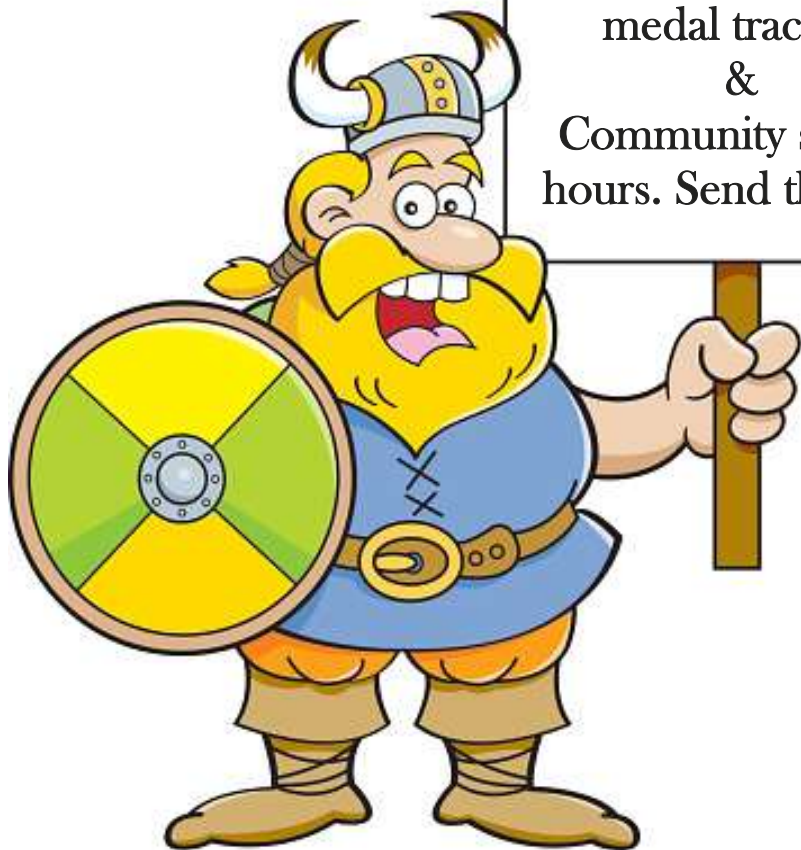
God Valentinsdag! So go outside, take a walk, look for birds and other signs of spring.

And you have an extra day this year – it is a Leap Year – **Skuddår**.

Fraternally,

Norma Jean Sands, President





**Final Call for Sports
medal tracking
&
Community service
hours. Send them in!**

Special “Thank You’s” to all of the Edmonds Lodge Officers, Board Members and Trustees who have served throughout 2019. Thank you so much for your service. The greatest form of service is of our own time and you have been gracious.

New officers will be appointed. We look forward to the continued success and vitality of our Sons of Norway Edmonds Lodge.

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

12 birthday cards sent in January

Friendships are born in a million different ways, and all good friends strive to achieve the same goal: to be a source of love and support. Finding a true friend feels like a gift that keeps giving.

Reach out, make a new friend at the Edmonds Sons of Norway. It will be a truly rewarding experience. Think of all the wonderful stories you can share about your family and your heritage. Find someone you can call a NEW FRIEND.



Submit your favorite
Recipes for a chance
to be showcased!

Email them to emdondslodgeeditor@gmail.com

HAPPY BIRTHDAY!

HAPPY BIRTHDAY TO OUR FEBRUARY BORN MEMBERS

(IF WE MISSED YOU, PLEASE LET US KNOW)

February Birthdays

Lily June Bradford	3
Ariana Dyal	3
Kate Lynn Nicodemus	3
Teresa B Daggett	4
Dorothy Clausen	7
Craig Pape	10
Vicki Ann Nelson	11
Nash Pape	11
Loren D Krusenstjerna	12
Kevin D Morrison	14
Donald Kier	19
Vilhjalmur Steinthorsson	19
Amelia Emma Miller	22
Karen Jangard Herlihy	24
Anders Kristofer Alvarez	25
Karen Pedersen	28



March pancake Breakfast **CANCELLED** due to road work.

MEMBERS!! We need to cancel our March Pancake Breakfast due to road work.

We need the profits of our breakfasts for our Scholarships for the Youth.

If you want to be so kind as to donate to the lodge any amount, please feel free to write a CHECK.

Send to our mailbox (address below) or bring to the February meeting.

Thank you!!

Edmonds Sons of Norway
PO Box 1651
Edmonds, WA 98020-1651



I thank all of our workers, which is close to 50 at each breakfast, YOU ALL WILL BE GRATEFUL not to get my phone call. Volunteers for the Breakfasts are always appreciated...in fact they are critical for the success of the event.

Jane Bueing

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

ATTENTION!! DISTRICT 2 NEWS:

May 1-3 The Doreen J. Parker Cultural Heritage Retreat at Trollhaugen. This is postponement from last fall when not enough people signed up to hold the event. So sign up now for May so we can hold this great event. It is a lot of fun and usually in the past there was a waiting lie to get in. (see District 2 website for application)

July 18 Horseshoes and Klubb and the Trollhaugen Steak Fry - at Trollhaugen of course!

Aug 1 Golf Tournament in Leavenworth WA.

District 2 Convention in Portland OR. Edmonds Lodge gets to elect 4 delegates. To be voted on at February 12 Lodge Meeting.

EDMONDS COMMUNITY NOTE.

The May Pancake Breakfast Cancelled due to road construction



Has everyone sent in their miles walked, kilometers skied, and other sports accomplishments so we can WIN our annual competition with Bothell Lodge? Bring the to the February meeting or Send them to our Sports director

Glenda Nelson at:
8014 30th Ave NW, Seattle, WA

Sons of Norway Foundation News

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 (call Mike Dyal 425-243-4521)



Got Skills??? Cultural 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

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. 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/>



SERVICE NOTICE:

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.

Begin the year off great!
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: edmondslodgeeditor@gmail.com or our newsletter distributor Melissa at: missyinedmonds@outlook.com



Ivan: Knock Knock?
Erik: Who's there?
I: A Little old lady.
E: A little old lady who?
I: I didn't know you could yodel?



Some of the kiddos thought the above "Uff-Da" is pretty funny! What isn't funny is that the Edmonds Lodge parade float "Thor" needs a little bit of "TLC" Tender Love & Care. The Lodge has money to get it going, we just need your help to come get it done. Please reach out to the lodge if you have any construction or fabrication experience or know of resources which will help us.. The Lodge uses Thor for promoting Norwegian Culture and the Sons of Norway organization. Please help us fix the Edmonds Lodge "Thor" and become LEGENDARY like Thor himself.

Please email the lodge to help at: edmondslodgeeditor@gmail.com Put "THOR" in the subject line.

Thank you!!

HIP HIP
HOORAY

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/

Norma Jean requested that this recipe be included in our current, newsletter.

Divine Almond Wedges

ALMOND WEDGES: Makes 32 wedges; very rich and moist-Heaven Sent delights.

1 cube margarine
1 cube butter
1 ½ cup sugar
1 egg, plus 1 egg yolk (reserve one egg white) – Use Large or Extra Large eggs
2 Tbs. pure almond extract (this is not a misprint!)
2 – 2 ¼ cups flour
1 egg white
Sliced almonds



Instructions:

- 1) Cream sugar, margarine and butter.
- 2) Add egg and egg yolk and mix well.
- 3) Add almond extract. Mix well and then add flour all at once.
- 4) Mix. Spread in two 9" pie plates.
- 5) Beat the reserved egg white until foamy; use just enough to brush the top of the dough in each pie plate; sprinkle the top with sliced almonds.
- 6) Bake at 330 degrees for about 20 minutes, until golden brown and barely indents to the touch of a finger (feels firm.)
- 7) Let cool. Cut in wedges, 16 per pie plate. Makes 32 wedges; very rich and moist.

Note: Cash & Carry in Lynnwood has a very good price on their pints of pure almond extract. **Note: Cash & Carry stores are now "Smart Foodservice" stores.**



Congratulations!

Edmonds Lodge, 2-130 met the 2019 new member recruitment goal.



Thank you for giving a warm welcome to the 5,985 newest members of our Sons of Norway family.

Dear Vicki,

It's only fitting that as we begin our exciting 125th anniversary year I have outstanding news to share with you: In 2019 you not only helped Sons of Norway *reach* the goal of 3,900 new members set by the International Board, *you blew past it*. With **5,985 new members in 2019**, we ended the year **53% above goal**.

Congratulations to our Edmonds Lodge Members at the 2020 Ski Competition!



SON Edmonds Lodge 2-130 Meetings and Events for 2020 Updated Draft 1/23/2020

Lodge Meeting Programs are followed by Business Meeting

January 8th Lodge Meeting – cancelled due to road construction in front of meeting hall

February 12 Lodge Meeting: 4:30 Cultural – Making sløyfe and Easter crafts

6:00 Dinner – Meatloaf (\$10)

7:00 Program – Installation of new officers and celebration of SON 125th anniversary

March pancake Breakfast CANCELLED due to road work

March 11 Lodge Meeting: 4:30 Cultural – Learn how to write your name in Runes

6:00 Dinner – Corned Beef and Cabbage (\$10)

7:00 Program – Cameron “Rune” Norske Language

March 19 Bothell Lodge Meeting: Hosts Edmonds Lodge for Cultural and Sport Medals contest

6:00 Social

6:30 Dinner – Corn Beef and Cabbage

7:30 Program – Ski for Light

April 8 Lodge Meeting: 4:30 Cultural – Making Norwegian Waffles

6:00 Dinner – Potluck

7:00 Program –Eli Krusensterna “Ode to Brunost”

May Pancake Breakfast Cancelled due to road construction in front of our lodge

May 13 Lodge Meeting: 4:30 Cultural – Making summer flower crowns

6:00 Dinner – Potato Bar (\$10)

7:00 Program – Memorial Service

May 17th Parade Ballard: Edmonds Lodge will have an entry – come join us.

May 27-30th D2 Convention: Edmonds Lodge will elect 4 delegates to attend this convention in Portland.

July 4th Parade in Edmonds: Edmonds Lodge will have an entry – come join us.

July 12th Border Fest in Blaine: Edmonds Lodge is active in planning and attending this great event.

July 26th Edmonds Picnic: Our annual potluck picnic at Lake Joy

Sept 9th Lodge Meeting: 4:30 Cultural – TBD ** 6:00 Dinner – Potluck ** 7:00 Program – TBD

Oct 14th Lodge Meeting: 4:30 Cultural – TBD ** 6:00 Dinner – Cod ** 7:00 Program – TBD

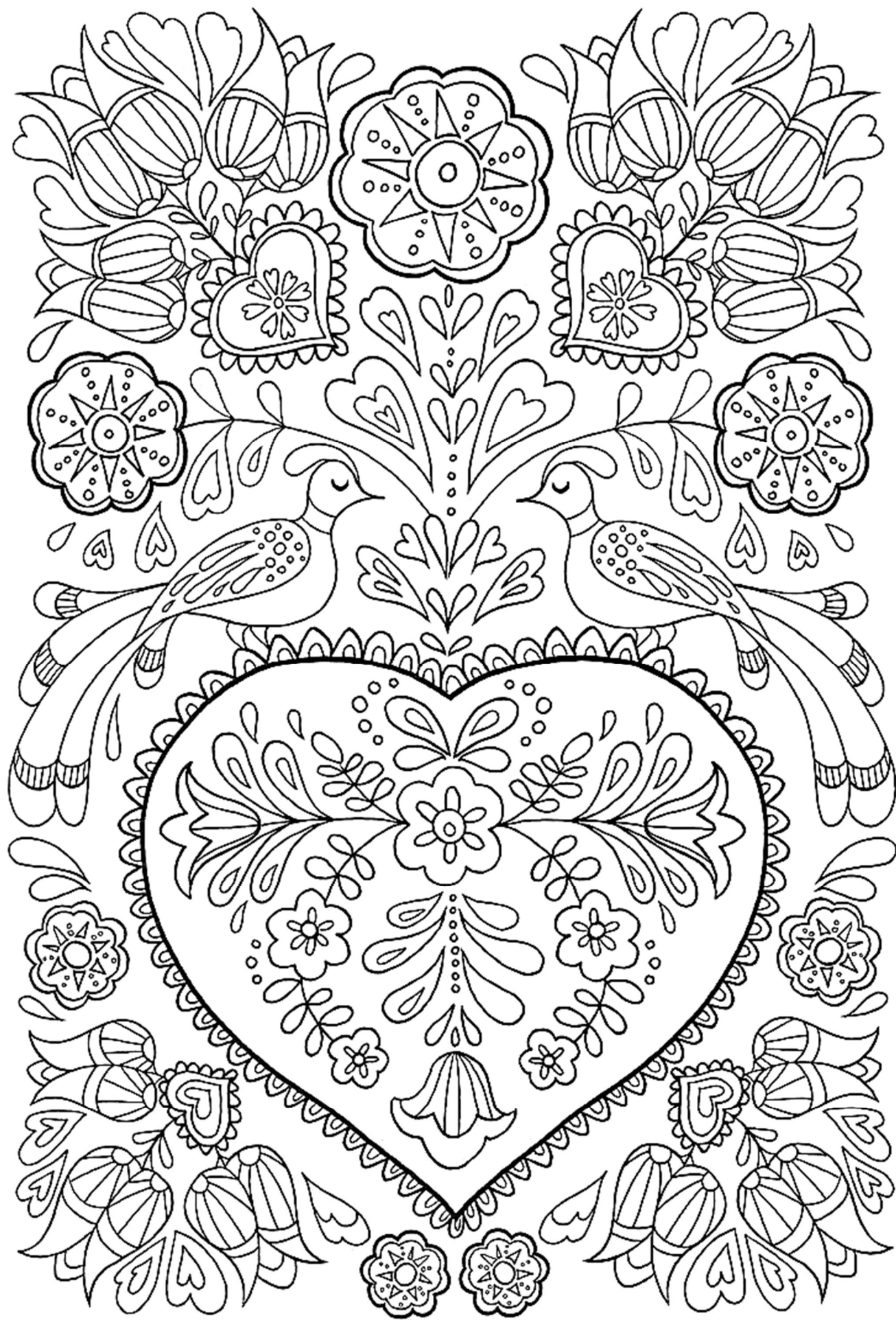
Nov 11th Lodge Meeting: 4:30 Cultural – TBD ** 6:00 Dinner – Turkey ** 7:00 Program – TBD

Dec 5th Lodge Meeting: Saturday afternoon Christmas Party and Potluck

Board Meetings are held the 1st Wednesday of each month (except July and August) at Trinity Lutheran Church in Lynnwood. NOTE new time 1pm. All Members are welcome to attend.

***To volunteer to help at a meeting or other event please call Board member:
Norma Jean Sands (206 524 6020) or Jane Bueing (425 268 9627)***

<https://edmondssonsofnorway.weebly.com>



Upcoming Events

February 12: (Valentine's)

4:30 Cultural: Easter Craft

6:00 Soups & Salad (Chefs to be announced) \$10.00

(Volunteers to make soups-Contact Norma Jean Sands (206) 524-6020)

7:00 Speaker: Eli Krusenstjerna "Ode to Norwegian Brunøst"

February 28-March 1 is the 11th annual Nordic Lights Film Festival

March Edmonds Pancake Breakfast is CANCELLED



**SMARTER
PLANNING**



If you love them, give a life insurance plan.

Sons of Norway has Life insurance for anyone. Plans for people with conditions, plans for grandchildren, plans for young families and plans to save more.

Mike is here to help you. 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
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Edmonds, WA 98020-1651

Website:
www.edmondssonsofnorway.weebly.com

**ADDRESS SERVICE
REQUESTED**