

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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Come one and all, open to the public!

Next Lodge Meeting: Wednesday
January 8th. Don't want to miss it.

This Year I Resolve to...



Its that time of year again, the time we vow to lose a few pounds, learn meditation, reconnect with old friends or learn to like lima beans.

The problem with this annual self appraisal is that there is just too much to fix. The resolution-industrial complex only makes this worse. Here are a few tips to help you have the best year ever.:

- Take Tasks Off the Table, research suggests we are good at focusing on 4-9 tasks. So limit your list down to a half dozen items you want to improve on.
- Then Choose One, only 1 in 12 people report complete success on resolutions. Keep it simple, if you are like the third of people who have a financial goal, make it attainable. For example: vow to up your savings by 20%.
- Cut Yourself Some Slack, don't let one impulse buy do you in, restart and keep at it

Contact the Edmonds Lodge Financial Benefits Councilor, Mike Dyal.

"dyal": 425-243-4521



Presidents Message

President's Message

January 2020

GODT NYTT ÅR - Happy New Year!

Jeg håper alle hadde flotte helligdager og er klare til å starte det nye året friskt. I hope everyone had great holidays and are ready to start the new year fresh.

The January Lodge meeting is Wednesday the 8th and is our Installation of Officers. Prior to dinner (meatloaf) at 6pm we will be having cultural activities and the last meeting of the "gammel" (old?) Board as we decided not to have it on the first Wednesday it being New Year's Day. The Board meeting will be dedicated to the topic of **REPAIRING THOR!!!!** We need a kick start and welcome anyone who would like to help with this project. Thor needs a lot of repair before he can magnificently ride down a parade route again. We did receive a grant from Sons of Norway to support this effort. Thor has a new trailer (as the old one was beyond repair) and now we need to start working on Thor. See you at 4:30 for this important event.

2020 is a milestone year for the Sons of Norway – our 125th Anniversary. We will hear more about this at our January meeting. Norwegian immigrants began coming to America as early as 1825, although the first great wave of migration started in 1966 and a second occurred around 1880. About 100,000 Norwegians attended Norway Day at the World Fair held in Chicago in 1893. They must have exchanged stories about their experiences working in this new land. For on **January 16th, 1895**, eighteen Norwegian immigrants in Minneapolis founded **Sønner av Norge** to provide insurance to their members in case of emergencies. Membership was originally open to males of Norwegian descent between the ages of 20 and 50 who were capable of giving proof of being morally upright, in good health, and capable of supporting a family. In 1896 Lars O. Haug was issued the first certificate of adult insurance. Two years later SON incorporated the idea of fraternal lodges. In 1900 the Supreme Lodge is formed and at their second Convention in 1901, they showed a membership of 526. Lodges in the Pacific northwest started up independently, but then joined with original group in 1910, and the first two districts were created. Soon women were allowed to be members and the number of districts grew to 8 and includes Canada and Norway. Now, 125 years after the first meeting there are around 400 lodges and over 57,000 members.

Winter is here and it is time to be out skiing. Do come to the District 2 ski races at Trollhaugen this February 1st. We have a lot of fun with entries from age 6 to 96. Medals are given for many age categories which are chosen depending on the age distribution of participants. Registration starts at 9:30, races at 10:30, and lunch at 12:00. You do need a sno-park pass (for groomed trails) to park at the Crystal Springs Sno-park. You can then either ski in to the lodge or take the sno-cat that Trollhaugen runs. Edmonds Lodge usually has a good turnout.

Fraternally,
Norma Jean Sands, President



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

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

For the month of December:

20 birthday cards

Get Well-John Sjong

Get Well- Norma Ferman

Get Well-Philip Ages

Thank you -Ruth Anderson for finding and returning one of our Pancake Breakfast signs.

"Life's to short to wake up with regrets. So love the people who treat you right, forgive the ones who don't and believe that everything happens for a reason. If you get a chance, take it. If it changes your life, let it"

-Dr. Seuss

Top 10 New Years resolutions

- | | |
|---------------------------------|-----|
| 10. Spend more time with family | 13% |
| 9. Drink less alcohol | 15% |
| 8. Find another job | 16% |
| 7. . Read more | 17% |
| 6. Quit Smoking | 21% |
| 5. Learn a new skill or hobby | 26% |
| 4. Save more and spend less | 32% |
| 3. Lose weight | 54% |
| 2. Exercise more | 65% |
| 1. Diet or eat healthier | 71% |

Which one will you break in Week 2?



Submit your favorite
Recipes for a chance
to be showcased!

Email them to emdondslodgeeditor@gmail.com

HAPPY BIRTHDAY!

HAPPY BIRTHDAY TO OUR **JANUARY** BORN MEMBERS

(IF WE MISSED YOU, PLEASE LET US KNOW)

January Birthdays

1-2	Edward Egerdahl
1-6	Sara Rusten
1-10	Norma Jean Sands
1-11	Phillip Kollen
1-20	Brennan Stevenson
1-23	Xander Siqveland
1-24	Luke Casper
1-24	Nathan Casper
1-24	Lisa Palmatier
1-26	Mitchell Steed
1-29	Emmitt Dyal
1-30	Steven Malland
1-31	Birgit Ages



**Pancake Breakfasts for 2020 will be the 1st Saturdays of March, May & October.
March 7th, Mark Your Caledars now.**



Volunteers for the Breakfasts are always appreciated...inf fact they are critical for the success of the event.

Mmmmmmm, I can almost taste them now!

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

Barneleikarringen of Greater Seattle begins its Spring season on Sunday, Jan. 12, 2020. Children ages 5-12 are welcome to come and learn village dances from Sweden, song dances from Iceland, square dances from Denmark, set dances from Norway and humpaas from Finland. All dances are taught - you don't have to be Scandinavian to participate! We meet the second and fourth Sundays of most months at the Swedish Club, 1920 Dexter Ave. N., Seattle, 98109, from 1:30 - 3:00 pm. The classes are free. Performance opportunities this season include the 17th of May parade in Ballard, Summer Concerts at the Ballard Locks, and Midsommarfest at St. Edward's Park. Barneleikarringen of Greater Seattle is sponsored by the Swedish Club, Leif Erikson Lodge #2-001 and the National Nordic Museum. For more information, please contact Barneleikarringen at barneleikarringen@gmail.com.

The Nordic Lights Film Festival is devoted to showcasing Nordic cinema.

For a decade, we have offered NLFF to Seattle audiences as an avenue to experience Nordic cinema in all its forms. The festival gives us the opportunity to share the richness and diversity of the Nordic cultures through the lens of film.

All films are screened at SIFF Cinema Uptown in Seattle's Queen Anne neighborhood. Passes for the 2020 Nordic Lights Film Festival are now on sale on [SIFF's website](https://www.siff.org/). Members, be sure to use code NORDIC2020 at checkout.



The full 2020 lineup will be announced in January 2020.

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???

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/>

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.

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: Don't-ya...
E: Don't-ya Who?
I: Don't-ya wish it was Christams again?
E: Here's to a happy new year!



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/

Oppskrift Edmonds

Recipe of the month

This recipe comes from the cupboard of the Edmonds Lodge Newsletter Editor for 2019-2020. Mike and his family enjoyed this for Christmas dinner...but it was so good it should be enjoyed throughout the year.

Brown Sugar Mustard Glazed Ham

8-13 pound bone ham (a fully cooked ham is great and preferred)

1/2 cup water

1/2 cup unsalted butter

1 cup brown sugar, lightly packed

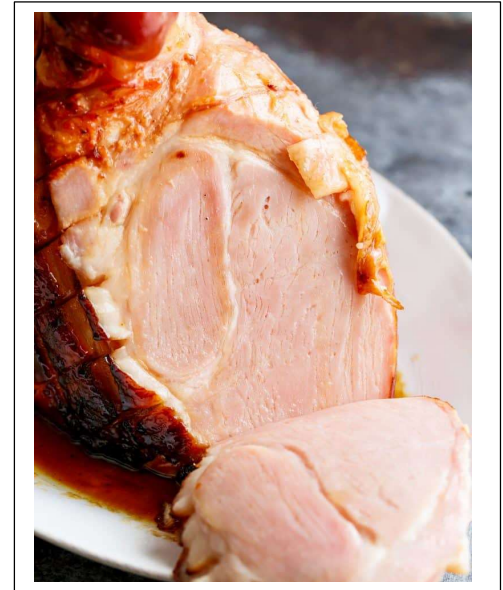
1/2 cup maple syrup

2 tablespoons Sharp Mustard (Dijon works well)

1/4 tsp. ground cinnamon

1/4 tsp. ground cloves

4 each garlic cloves, smashed or minced



Instructions:

Preheat your oven to 300 °F (150 °C) and place the rack in the lower third of the oven. Remove any plastic netting or packaging on the ham. Trim away the rind and discard. Set the ham aside to rest at room temperature for 1-2 hours.

Line a baking tray or dish with several sheets of aluminium foil or parchment paper if you prefer (it will make cleanup a lot easier).

Remove the rind or skin of the ham (refer to steps in post), ensuring you leave the fat on. Using a sharp knife score a 1-inch-wide diamond pattern (don't cut more than 1/4 inch deep) over the entire ham. Place the ham in the baking tray; pour 1/3 cup of water into the base of the pan and cover the ham with two pieces of foil or parchment paper and bake for 30 minutes.

Meanwhile, heat the butter in a small pot or saucepan over medium heat until golden browned. Add in the brown sugar, maple syrup, mustard, cinnamon and cloves, stirring to mix together well until the brown sugar has completely dissolved, (about 2 minutes).

Reduce heat to low and add in the garlic. Allow it to become fragrant, cooking for a further minute or two until the glaze just begins to simmer, then set it aside and let cool to lukewarm (the glaze should be the consistency of room-temperature honey).

After 30 minutes baking time, carefully remove the ham from the oven and increase the oven temperature to 425°F | 220°C. Discard the foil or parchment paper and pour 1/3 of the glaze all over the ham, brushing in between the cuts to evenly cover. Return to the oven and bake uncovered for 15 minutes.

Remove from the oven, brush with another third of the glaze and some of the pan juices, and repeat again after 15 minutes more minutes of baking until a dark golden-brown crust has formed, (about 30 minutes total). For added depth of flavour, mix some of the ham pan juices together with the glaze in the pot which will help keep it runny enough for brushing. If your crust is still pink after there suggested baking time, turn on your broiler (or oven grill), and allow it to broil for 2-5 minutes, while keeping an eye on it so it doesn't burn from the sugar. **if baking an uncooked ham, continue cooking until internal temperature is 130 °F (usually a couple hours more.)

Let the ham rest 10-20 minutes before slicing.

Notes

If your glaze has been over simmered and begins to thicken between each baste, add some of the pan juices to it and heat it up over low heat until it warms through and is the consistency of warmed honey.



We are pleased to announce that the Edmonds Sons of Norway Lodge has a new website!!!

<https://edmondssonsofnorway.weebly.com>

Edmonds Christmas Party Extravaganza!



**SONS of
NORWAY**

Edmonds Lodge

515 Dayton St

Come join us!
Every 2nd Wednesday

edmondssonsofnorway.weebly.com

Find us on Facebook
#EdmondsSonsofNorway



***** 2020 Schedule of Events*****

January 8: (Installation)(Founder's Day) (125th Celebration of Sons of Norway)

(4:30 Cultural: Syttende Mai Sløyfe (Lapel ribbon)

6:00 Dinner: Meatloaf (Chef to be announced) **\$10.00**

7:00 Program: Installation

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"

March 6: Set-up for Pancake Breakfast

(Volunteers needed-Contact Jane Bueing (425) 268-9627)

March 7: Pancake Breakfast

(Volunteers needed-Contact Jane Bueing (425) 268-9627)

March 11: (St Patrick's Day)

4:30 Cultural : Learn how to write your name in Rune

6:00 Dinner: Corned Beef and Cabbage (Chefs to be announced) **\$10.00**

(Volunteers needed-Contact Norma Jean Sands (206) 524-6020)

7:00 Speaker: Cameron "Rune" Norske Language-30 mins-\$50 stipend

March 19: Bothell Lodge hosts Edmonds Lodge for Cultural Bars and Sports Medals

6:00 Social

6:30 Dinner: Corned Beef and Cabbage

7:30 Program

April 8: (Easter)

4:30 Cultural: Young & Old: Come and try an instrument

6:00 Dinner: Potluck

7:00 Program: Folk Voice Band with Phil & Birgit Ages

May 1: Set-up for Pancake Breakfast

(Volunteers needed/Contact Jane Bueing (425) 268-9627)

May 2: Pancake Breakfast

(Volunteers needed/Contact Jane Bueing (425) 268-9627)

***** 2020 Schedule of Events*****

Continued...

May 13th: (Memorial Service)

4:30 Cultural: Syttende Mai Flower Crowns

6:00 Dinner: Potato Bar (Vicki Nelson) **\$10.00**

7:00 Memorial service

May 17: Syttende Mai Parade in Ballard

June 28: Midsummer Fest at St. Edward's Park

July 4: Parade in Edmonds

July 12: Border Festival – Blaine, WA

July 18: Steak/Salmon at Trollhaugen

July 26: Edmonds Lodge Picnic at Lake Joy

September 9: Welcome Back

4:30 Cultural Skills

6:00 Dinner: Potluck

7:00 Program: To be announced

October 14: (Halloween) 37th Lodge Anniversary

4:30 Cultural Skills

6:00 Dinner: Cod (Torsk) (Chef to be announced) **\$10.00**

7:00 Program: To be announced

November 11: (Thanksgiving Dinner)

4:30 Cultural Skills

6:00 Dinner: Turkey (Chef to be announced) **\$10.00**

7:00 Program: To be announced

December 5: 6:00 Christmas party for the Lodge Board – Potluck/Trinity Lutheran Church

*****December 12: Holiday Scandinavian Potluck (Bring your favorite Scandinavian dish)**

*****NEED TO VERIFY THIS DATE*****

Upcoming Events

January 8: (Installation)(Founder's Day) (125th Celebration of Sons of Norway)

(4:30 Cultural: Syttende Mai Sløyfe (Lapel ribbon)

6:00 Dinner: Meatloaf (Chef to be announced) \$10.00

7:00 Program: Installation

February 12: (Valentine's)

4:30 Cultural: Easter Craft

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

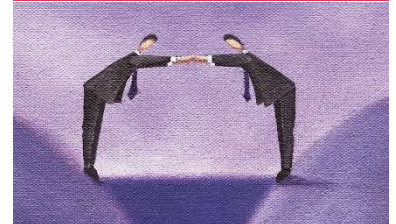
(Volunteers to make soups-Contact Norma Jean Sands (206) 524-6020)

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

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

March is the Edmonds Pancake Breakfast!

SMARTER PLANNING



Lock in higher rates than the bank. The new SofN rates are great!!! Give Mike a call now to get it started.

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

Mike is here to help you. Call Mike Dyal, Sons of Norway Financial Councilor at: (425) 243-4521



**SONS of
NORWAY**

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**