

## EDMONDS LODGE 2-130 SONS OF NORWAY



January 1st 2021 \* Nyhetseksplasjon  
Godt Nyttår



Ønsker dere et godt og bedre nyttår i  
2021

Celebrate the New Year, however, for the immediate future we need to continue our social responsibilities of distancing and masks. Edmonds Board and Lodge meetings will continue to be by ZOOM. Board Meetings will start at 7pm (first Wednesday of month) and Lodge meetings will start at 4:30pm (second Wednesday of month). At this **January Lodge Meeting** (1/13/20 4:30pm) we will install our **new** officers (just the new ones to shorten the event). This will be followed by general “zoom” visiting and exchanging ideas for meeting programs in the future. Do join us and support the new officers.

I want to thank **Vicki Nelson** for her many years as treasurer for Edmonds Lodge. She has done a fantastic job and always got all filings in on time. She has promised to help our new Treasurer, **Phil Kollen**, to know the ins and outs of being a good treasurer for our lodge. I would also like to thank **Sandra Ferchen** for her support to me as our past Vice President. And thanks to **Jane Bueing** and **Shirley Lovelace**, who are taking new roles on the Board as Vice President and Secretary, respectively. Thank you goes also to **Nikki Pelley** and **Eli Krusenstjerna** who are new Trustees. **Mange takk** to **Kris Johansson** for agreeing to be our new musician. We heard from him at our Christmas Party and hope to hear him play again at future Zoom meetings.

Turning to Norway, this is the time for **Romjul**. The word *romjul* comes from the Old Norse adjective *rumheilagr* and refers to the days between Christmas and New Year. In Norway it is a tranquil time when families get together, undisturbed by the outside world. *Wait*, isn't that what we've been doing since March?!?! Maybe that is why Norwegians are good at this social distancing. Their rate of infection is much lower than most of Europe. By tradition, for families with children, it is the season for baking and building gingerbread houses to be smashed and eaten by New Year's Day. My dog must have some Norwegian Elkhund in her for last year the Gingerbread House stood on a table for several days. But it got closer to the end of the year and one evening, the dog smashed and ate most of the house. One wall was left, lying flat on the plate. For some different baking this season, try one or both of the Norwegian recipes later in this letter. Want to see the biggest Pepperkakebyen (GingerBread Town)? Visit Bergen, online of course, at <https://en.visitbergen.com/whats-on/gingerbread-town-pepperkakebyen-p895763>.

Fraternally,  
*Norma Jean Sands, President*



## Edmonds Lodge Officers 2021

(blue bold are new this year)

### Executive Board

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

### Directors

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

### Trustees

Marshall: Bob Turcott  
Trustee: Harold Setran  
Trustee: **Nikki Pelley**  
Trustee: **Eli Krusestjerna**

### Support Officers

Musician: **Kris Johannsen**  
Librarian: Fay Setran  
Information: Erlene Stevenson  
Historian: **-vacant-**  
Website Support: Donna Stewart  
Newsletter Editor: Mike Dyal  
Newsletter Dist.: Norma Jean Sands  
& Shirley Lovelace  
Publicity: **-vacant-**  
Scholarship: Turid Bouchoukian  
Sunshine: Shirley Lovelace  
Building Liaison: Sandra Ferchen  
Greeters: All board members

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## 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](mailto:grannyslovelace@gmail.com)



### January 2021 Birthdays

Jan 2 Edward Egerdahl  
Jan 6 Sara Rusten  
Jan 10 Norma Jean Sands  
Jan 11 Phillip Kollen  
Jan 20 Brennan Stevenson  
Jan 23 Xander Siqveland  
Jan 26 Mitchell Steed  
Jan 28 Andrew Shoey  
Jan 30 Steven Malland

Sixteen birthday greetings were sent in December. **Happy Birthday all!**

Looking forward to 2021 with optimism, care and helping hands. . . and humor.

“ The New Year stands before us, like a chapter in a book, waiting to be written”

Melody Beattie

“Although no one can go back and make a brand-new start, anyone can start from now and make a new ending”

Carl Bard

“Life’s not about expecting, hoping and wishing. It’s about doing, being and becoming”

Mike Dooley

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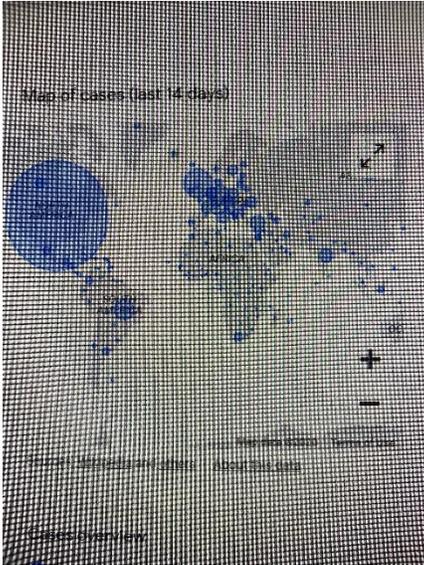
### **Norwegian Headline News:**

Lutefisk has been named as the 3<sup>rd</sup> COVID-19 vaccine behind Pfizer and Moderna. The NDFDA (Norwegian Disgusting Food and Drug Administration) announced yesterday that they have stockpiled 1 million doses at a warehouse facility in Madison, Minnesota the self proclaimed Lutefisk capital of the world. Ole Larson and Sven Olsen are head of distribution while Lena and Marit help with distributing recipes for preparing the vaccine inoculations. When asked how effective the vaccine is Ole commented, “Ve are not to sure how vell it verks on keeping one from getting da virus but it is 100% effective at ensuring people wear da mask and social distance”. The Swedish Government has just filed a lawsuit against Norway claiming they have the patent rights on Lutefisk. When asked about this Lars commented “Dos crazy Swedes ar always trying to steel the show, yust quiet down and eat your lutefisk”.

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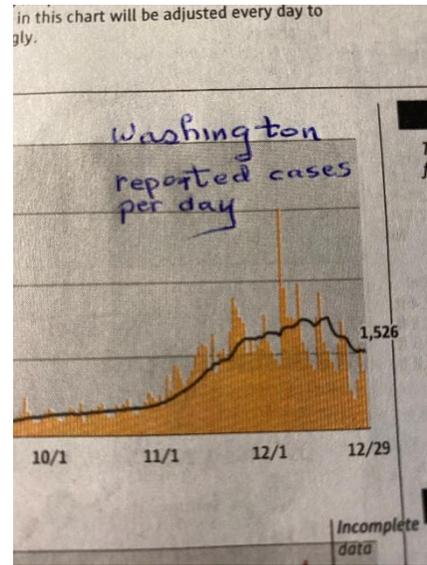
### **Keep up your humor through all of this:**

1. The dumbest thing I ever bought was a 2020 planner.
2. I was so bored I called Jake from State Farm just to talk to someone. He asked me what I was wearing.
3. 2019: Stay away from negative people. 2020: Stay away from positive people.
4. The world has turned upside down. Old folks are sneaking out of the house & their kids are yelling at them to stay indoors!
5. This morning I saw a neighbor talking to her dog. It was obvious she thought her dog understood her. I came into my house & told my cat. We laughed a lot.
6. Every few days try your jeans on just to make sure they fit. Pajamas will have you believe all is well in the kingdom.
7. Does anyone know if we can take showers yet or should we just keep washing our hands?
8. This virus has done what no woman has been able to do. Cancel sports, shut down all bars & keep men at home.
9. I never thought the comment, “I wouldn’t touch him/her with a 6-foot pole” would become a national policy, but here we are!
10. I need to practice social-distancing from the refrigerator.
11. I hope the weather is good tomorrow for my trip to the backyard. I’m getting tired of the Living room.
12. Never in a million years could I have imagined I would go up to a bank teller wearing a mask & ask for money.



**Covid-19 – World view –**  
**Not a pretty picture. But we are doing better in Washington state! Keep up the good work! With masks and social distancing**

With that in mind, lets go skiing! A good activity outdoors and for keeping one's distance.



## 2021 District 2 “Distance” Ski Event

In lieu of our annual one day ski race at Trollhagen this February 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 16<sup>th</sup>. 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.

*Email mile submissions to: [Laurieberg.lb@gmail.com](mailto:Laurieberg.lb@gmail.com)*



## History of New Year's Resolutions

New Year's Day celebrations began in pre-Christian times, beginning with the Babylonians in March but later was changed to January by the Romans.

Roman: The month of January got its name from Janus, the two-faced god who looks backward into the old year and forward into the new. Janus was also the patron and protector of arches, transitions, time, gates, doors, doorways, endings and beginnings.

Christian: The custom of setting "New Year resolutions" began in Rome two millennia ago, mostly of moral flavor (being good to each other). But when the Romans took Christianity as its official religion in the 4<sup>th</sup> century, these moral intentions were replaced by prayers and fasting. Christians were not happy observing some of the New Year practices associated with the pagan god Janus.

The Puritan urged their children to skip revelry and spend their time reflecting the year past and contemplating the year to

come. Jonathan Edwards, a great American theologian, took the writing of resolutions to an art form. He compiled seventy resolutions on various aspects of his life, which he reviewed each week.

It now is a tradition, most common in the Western Hemisphere, in which a person resolves to continue good practices, change an undesired trait or behavior, accomplish a personal goal or otherwise improve their life. Hence the beginning of what we now do each year expecting not to keep past the first week but with good intentions.

### Top Ten New Year's Resolutions for 2021

1. Build a better budget
2. Cook one new thing each week
3. Read more books
4. Join a club
5. Eat veggies regularly
6. Take the stairs
7. Plan a vacation
8. Drink more water
9. Volunteer
10. Honor Family History

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*What are your resolutions for 2021?*

**Kringla Cookies** are a traditional Norwegian-American cookie that is thick, pillowy soft, and shaped like a pretzel. Traditionally they are not frosted.

2 cups sour cream	2 tsp baking powder
1 cup buttermilk	½ tsp salt
½ T shortening	2 tsp nutmeg
1 ½ cups sugar	4 ½ cups flour
2 tsp baking soda	

1. Combine sour cream, buttermilk, shortening and sugar.
2. Sift dry ingredients together and slowly add to liquid mixture.
3. Use one teaspoon of dough to roll out rope, 6-8 inches long.
4. Twist into pretzel or figure 8 shape.
5. Bake at 350° for 10 minutes

## Norwegian Meat Balls and Gravy

4 T butter	1 ¼ tsp salt
6 T finely chopped onion	½ tsp nutmeg
1 lb. ground beef	¼ tsp allspice
¼ lb ground lean pork	3 T all-purpose flour
½ cup soft bread crumbs	1 tsp salt
½ cup milk	¼ tsp pepper
1 egg beaten	1 cup water
2 tsp sugar	1 cup cream

1. Heat butter in a large heavy skillet over low heat. Add and cook onion over medium heat until onion is golden yellow, stirring occasionally.
2. Combine and mix together lightly the onion and ground beef, lean pork, bread crumbs, milk, egg and a mixture of sugar, salt, nutmeg and allspice.
3. Shape mixture into 1 inch balls.
4. Heat 2 tablespoons butter. Add the meat balls and brown over medium heat. Shake pan frequently to obtain an even browning and to keep balls round. When thoroughly cooked, remove meat balls to warm serving dish and keep warm while preparing gravy.
5. For gravy: Add to the fat in the skillet a mixture of flour, 1 teaspoon sugar, ½ teaspoon salt and pepper.
6. Heat until mixture bubbles and flour is lightly browned.
7. Remove from heat; add gradually, stirring in, a mixture of water and cream.
8. Cook rapidly, stirring constantly, until mixture thickens but do not boil. Cook 1-2 minutes longer. Pour gravy over meat balls.
9. Serve at once and enjoy.

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## Upcoming Events

**January 13 Zoom Lodge meeting 4:30 pm** - we are getting our own Zoom account for these meetings so watch for information later on how to connect.

**February 10**

**March 10**

**April 14**

**May 12**

-----→ Send us ideas for programs you would enjoy at these meetings.