

EDMONDS LODGE 2-130
SONS OF NORWAY
EST 1983

Edmonds

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Edmonds Lodge Zoom Meeting Wednesday January 12th

Plan on Zooming in with us!

Installation of Officers for 2022

Program: Who do we donate to and what do they do?

Join us here:

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

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

88149115735#



Smooth Sailing - Are you taking advantage of the biggest benefit to membership? Sons of Norway was established to offer its members a brighter future. Everyday that is exactly what Sons of Norway provides.

Call for a review with Mike, our very own Sons of Norway Financial Benefits Counselor.

For "friends" and family pf SofN members, this review is free.

Mike Dyal at: mike@pacificfa.com (206)446-2222

Presidents Message

January 2022



Godt Nytt År - Happy New Year

We are heading into another year with pandemic concerns, social distancing and ZOOM meetings! But if everyone eligible gets all the vaccines and boosters, it should be a safer place for all. Our Christmas Zoom Meeting last month was a success where we shared music and stories from those present. We even had a surprise visit from Mrs. Clause who took time from her busy schedule to read us a Christmas story about Santa that only she could tell!

Our January meeting (1/12/22) will include installation of the officers of our Lodge for 2022. We have quite a few vacancies this year. Very sadly we lost three of our board members this past year and they will be sorely missed. Bob Turcott, marshal, Harold Setan, trustee, and Eli Krusensternja, social director and trustee, all passed away. They were active, valued members of our Lodge and Board. If you are interested in helping to fill these and other vacancies in the Board, please contact me or one of the other Board members. Another member who recently passed on is Marlene Curley; she was an active member and a great help at our pancake breakfasts.

I know that these are difficult times with continued distancing, Zoom meetings, and all our usual activities cut (like our pancake breakfasts), but we need to look to the future when things reopen and activities resume. We will be discussing at the meeting how to move forward with Lodge activities. Some ideas that have been put forward include genealogy research, wood carving, music programs for kids. What would you like to see? Come with your ideas.

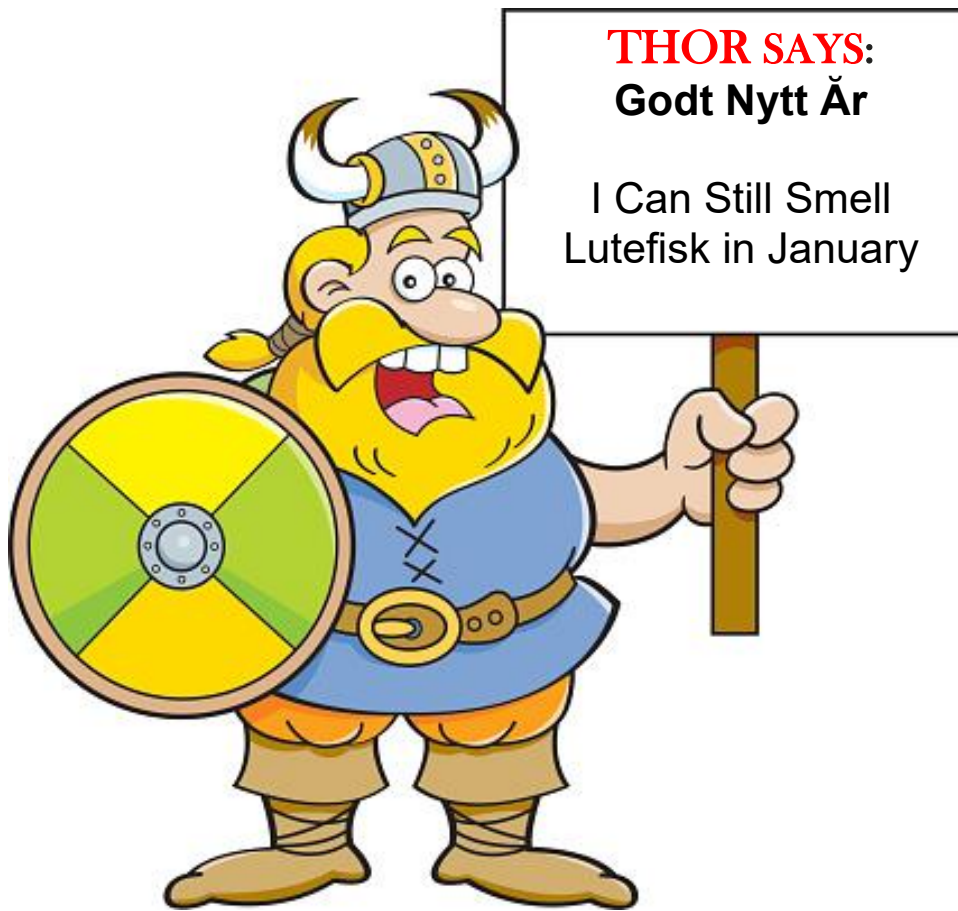
One activity we definitely have planned when weather turns better is continued work on our parade float Thor. We are being optimistic that there will be syttende mai and July 4th parades this year!

Looking closer into this year, the Annual Ski race at Trollhaugen will again be cancelled, but the virtual race (keep track of your kilometers over the month of February) will take place again. See page 5 in newsletter. However Trollhaugen is open this winter for skiing; they rent skis and snowshoes. It should be open on weekends. During the week you should check with them if they will be open. Contact information is on page 5.

Looking ahead to summer, District 2 is planning on in-person summer camps! We have 3: Camps Trollhaugen (ages 13-15), Nideros (ages 9-12), and Normanna (ages 9-12). Applications can be received after February 15th. There will be more information about these in our February newsletter. There are two scholarships to help offset costs to the youth camps: the Draxten Memorial Scholarship and the Sofie/Olson Scholarship. Deadline for applications for these are in April. Do you know anyone who would like to attend? We actually have 17 members between the ages of 9 and 15 (at time of summer camps). Do you know one or more of them? Ok, two live in Maine, but wouldn't that be an adventure?

I hope the year ahead results in our getting to see each other in person again; meanwhile I hope to see you on zoom!

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 are doing in this time of more isolation than we would like. Zoom meetings are safe!
- Learn to be an officer or committee member of the Lodge!

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

Edmonds Lodge Officers

The Elected Board for 2022

Executive Board

President: Norma Jean Sands
Vice President : Jane Bueing
Secretary: Shirley Lovelace
Treasurer: Phil Kollen
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
Thor: Kirk Siqveland
Historian: Donna Stewart (needs help!)
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



January Birthdays

2	Edward D Egerdahl
10	Norma Jean Sands
11	Philip Kollen
20	Brennan Stevenson
23	Xander Gerhard Kirian Siqveland
26	Mitchell Eric Steed
28	Andrew Snoey
30	Steven M Malland

Donations made by Edmonds Lodge 2021

Montlake Terrace Community Senior Center
Edmonds Waterfront Center Senior Food Program
Hero's Café for Veterans, Lynnwood
Seattle Childrens Hospital
Ski for Light
Scandinavian Hour
SON Foundation Nordic Museum

My 2022 New Year's Wishes for you:

12 months of Happiness
52 weeks of Laughter
365 days of Success
8760 hours of Good Health
525,600 minutes of Blessings, and
31, 536,000 seconds of Joy!
HAPPY NEW YEAR

2022 District Two “Distance” Ski Event



*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.

Trollhaugen is open for skiing this winter on the weekends. Skis and snowshoes are available for renting. Visit the web page or call the number below below to see availability during the week and whether overnight accommodations are available at this time.



**SONS OF
NORWAY**

Trollhaugen 50th Anniversary
July 16, 2022

Trollhaugen Lodge

314 Stampede Pass Rd, Easton, WA 98925
mail – **PO Box 155, Easton 98925**
509-656-9997

trollhau@outlook.com

<https://www.trollhaugensofn.com/>

Recipe of the Month

Oatmeal-Date Bread

Harvrekake med dadler

1 cup boiling water	½ cup chopped nuts
1 cup quick-rolled oats	1 cup flour
2 eggs, beaten	½ tsp cinnamon
½ cup sugar	1 tsp baking soda
1 cup brown sugar	½ tsp cloves
½ cup shortening	1 tsp salt
½ cup chopped dates	

Combine boiling water and oats; let stand until cool.
Mix eggs, sugars, shortening, dates and nuts. Sift dry
Ingredients together and stir into date-nut mixture.
Add oatmeal. Bake in greased loaf pan. 1 hour at 350°d



Winter in Norway

7 Reasons of Visit Scandinavia in the Winter

According to a travel tour company... these are the seven reasons.

1. The fjords can be even more magical. A winter wonderland.
2. Frozen waterfalls are quite a site. Water frozen in mid-flight, frozen in time.
3. All the snow in the mountains, sometimes as high as second story windows.
4. You will get a real feel for the locals. People living life to the fullest.
5. You will see how ice has shaped the landscape. Very much like the ice age. Ice sheets and glaciers.
6. The Northern lights will be at their best. Winter months are darker which makes the Aurora Borealis easier to see.
7. You will learn about the concept of “Hygge.” The comfort and contentment that comes with being with friends and family. A sense of togetherness with crackling fires, candles, blankets, and hot chocolate.



Temperatures

“The coldest month in Norway is **January**, with an average high-temperature of -1.8°C (28.8°F) and an average low-temperature of -6.8°C (19.8°F).” **But when was this written and for where in Norway?** As I write this, it is 4 am in Tromsø, -7°C and snowing. In the coming 10 days it will continue snowing and the high will be 2°C and the low -12°C. Bergen is 1°C with a mixture of sun, snow, and rain in the next 10 days, with a range of temperature from -7°C to +6°C. Sun rise is at 9:41 am. Oh ya, sun rise in Tromsø is in about 7 days!

Later this week I am headed for Winthrop/Mazama. The temperature there is -11°C, snowing, and with a maximum temperature tomorrow of around -4°C. But they promise some sun for the weekend. We can hope.

What are 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.

Sons of Norway's Cultural Medal Programs.

Anyone for genology this year?

Message from District 2 President Jerry Erickson

- "Happy New Year to all of you! I welcome the new Lodge Presidents in District 2 and thank all of you who are continuing to serve. It has been a tough year and I hope that 2022 is a much better year for all of us. We are planning for our 2022 District Convention in Portland Oregon June 1st to the 4th. You will be electing Delegates in February and I hope that we have a full complement of Delegate to the Convention. The Convention Committee has met recently and are continuing with their planning for a great Convention. When the December 31st membership numbers are published we will let you know how many Delegates each Lodge will be allowed."

Sons of Norway Foundation News

Remember the SON foundation in your estate planning, a small gift can make the world better.

You can also give online at: www.SoN.com

SON Foundation programs include:

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

ATTENTION!!

Want to become more active in your lodge?

Attend the meetings.
Contact a board member now!

Members, please keep a record of all service hours and share them with a board member.

Service hours are so important to keep our non-profit Fraternal Tax Designation-everything else works from this!

Turn in 2021 hours

now to Shirley

grannyslovelace@gmail.com

IDRETTSMERKE
Sports & Fitness
Medal Program



Sons of Norway's Sports & Fitness Medals:

A New Year – keep track of those miles, kilometers! Be a Viking! Almost any activity counts towards a personal achievement medal.

SAVE YOUR CANCELED STAMPS

Cut around the canceled stamps, leaving 1/2" around the stamps, so as not to damage the perforations, and bring them to the lodge. This is an ongoing service project. Tubfrim appreciates your contribution.

 © 2014 Crayola LLC. **Coloring Pages** Find more coloring pages at crayola.com

A black and white line drawing of a baby wearing a top hat and a sash that says "NEW YEAR". The baby is surrounded by confetti and streamers. The baby is sitting down, looking up and smiling, with its arms raised. The sash is draped across the baby's chest. The background is filled with various shapes representing confetti and streamers. The entire illustration is enclosed in a rectangular border.

A collection of winter-themed line art illustrations. At the top left is a pair of mittens with heart cutouts. To its right is a striped scarf with a pom-pom. In the center is a smiling snowman wearing a top hat and having three buttons on its chest. To the left of the snowman is a single snowflake. At the bottom left is a cup of hot chocolate with marshmallows and steam rising from it. At the bottom right is a pine cone.

IT'S A NEW YEAR! — HOPE SPRINGS ETERNAL — RESOLUTIONS FOR 2022

As the year ends, we can sit and reminisce about the last twelve months. We may choose to be grateful and learn from the lessons that come our way.

The next step is to work towards new goals. Suggestions for this year goals may include:

- Get or stay healthy – it's winter, go skiing at Trollhaugen
- Go green
- Try a new activity every month
- Be more present with those you love
- Send time for self-reflection
- Reach out to your Son's of Norway brothers and sisters
- Become more active in the Son's of Norway Lodge
- Remember that every single day is a new chance to try again

Winter Bucket List



1. A candlelit night spent cuddling
2. Long Sunday morning walk
3. Hot tea on a cold night
4. Vision board made for New Years goals
5. Pajamas all day
6. Sit by a fire
7. Cozy socks on a cold morning
8. Closet clear-out
9. Hygge up the home
10. Host a movie night
11. Get lost in a good book
12. Coffee in bed

❖❖❖ January SON Lodge events 2022 ❖❖❖

Bothell Lodge 2-106. Saturday January 8th - Drive Thru Swedish Pancake Breakfast - 8am to 12:00 Noon

Normanna Lodge 2-003. Saturday January 8th 8-11am Drive Up Pancake Breakfast.

Oslo Lodge 2-035. Installation Dinner - Saturday, **January 8th** 12:00 Social Hour 1:00 Dinner – Music by Charlie Brown for our listening and dancing pleasure.

Leif Erikson Lodge 2-001. January 12, 2022: Members Meeting and Lodge Board Installation.

Leif Erikson Lodge 2-001. Saturday, January 22, 2022: Educational Foundation is planning for its crab feed.

Bothell Lodge 2-106. Sunday Jan 23rd - SON Walk/Run - 9:00 am - The Park at Bothell Landing

Bothell Lodge 2-106. Sunday Jan 23rd – Drive Thru Meatloaf Dinner - 3:00 pm to 4:45 pm \$10.00 Reservations required by 1/16/22

Poulsbo Lodge 2-044. Saturday, January 29, 2022, 11AM-3PM: is having its annual Lutefisk and Meatball Dinner Price: TBD. Seating by reservation. Come enjoy our view of beautiful Liberty Bay! Poulsbo Sons of Norway, Grieg Hall, 18891 Front Street, Poulsbo, WA phone: 360.779.5209 www.poulsbosonsofnorway.com

Whidbey Island Nordic Lodge 2-164: We are currently planning a Lutefisk Dinner in **January of 2022**. Our plans are not yet complete, but I will notify you when we have decided on a date. Brian Petersen, President.

Winter/Spring Kalender Edmonds Lodge

January

5th Edmonds Board Meeting
12th Edmonds Lodge Meeting

February

2nd Edmonds Board Meeting
9th Edmonds Lodge Meeting

March

2nd Edmonds Board Meeting
9th Edmonds Lodge Meeting

April

6th Edmonds Board Meeting
13th Edmonds Lodge Meeting

Happy New Year = Godt Nytt År

Zooming Along

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**
Sons of Norway
Edmonds Lodge 2-130

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Edmonds, WA 98020, USA

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**ADDRESS SERVICE
REQUESTED**