

# 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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**Next Meeting: March 13:**

4:30 pm: Cultural - Vikings for Kids and Genealogy for all

5:00 pm: Social hour

6:00 pm: Dinner (Corn-beef and Cabbage)

7:00 pm: Lodge Meeting; open to the public.

Program Includes: Katie Mills: Alt for Norge. Edmonds is hosting Bothell Lodge this year for the results of Annual Dual-Lodge Cultural and Sports Medal Competition!



**These beautiful Ornaments are a work of art and a Hallmark Sons of Norway tradition.**

Invite your friends, family and neighbors, to the lodge for a chance to win one for yourself.

The lodge will be hosting a FREE Banquet at the lodge. It is FREE for anyone not yet a member and for members of the Edmonds Lodge who bring someone to the banquet meeting. Everyone who brings someone gets a chance to win a 2018 Sons of Norway ornament. Have questions? Ask Mike, our Financial Benefits Councilor or an Edmonds Lodge Board Member. Date TBD. See you there!

### 8 in 10

Americans  
**overestimate** the  
true cost of life  
insurance.  
It's less expensive  
than you think.



## Protect those you love

My brother has a picture of him and his oldest son, Jack, on his Facebook page. It was taken four years ago and is the last picture he has of his son alive. Just minutes after that picture was taken, Jack was struck by a car. While this is a terrible accident, the financial challenge that accompanied their family by not having insurance on each other was a stress no family should need to bear. Sons of Norway has plans to protect anyone ages "0-105" and any medical conditions. Call Mike to schedule a free; no obligation review. (425)243-4521



# Presidents Message

## President's Message – March

Spring is on its way, arrives March 20th. I hope everyone not only survived the wintery February we had but also got out and just enjoyed the snow. But don't put away your snow shovel yet, there may yet be snow on those spring flowers. Our February meeting was sparsely attended; we had to postpone it a week due to all the snow that second week in February. But those who came had a good time and enjoyed the home-made soup made by board members of the lodge.

This month's meeting, March 13, celebrates St. Patrick's Day, our culture and sport competition with Bothell Lodge, and Alt for Norge. Our dinner will be corn beef and cabbage with Waldo doing the honors in the kitchen again. We will compare the cultural and sport medal standings with Bothell Lodge and expect several guests from Bothell to come. We have the culture trophy from last year and Bothell has the Sport trophy. Who will be the winners this year? If you haven't got your sports cards filled out, send the information **NOW** to Glenda, our Sports Director, (test message to her phone and then bring filled out forms to the meeting).

Does Norway celebrate St Patrick's Day. **ja sure you betcha** There are Irish societies formed in many of Norway's cities and towns. The Norwegian Irish Society is having a Parade in Oslo 16 March 2019 and that is followed by the Parade Afterparty!

The Bergen Irish Society hosted a St Patrick's Day Kids Party on Saturday March 17th, 2018; they are sure to have it again this year.

## Children's Parade in Bergen

Put on your green and come to this month's Lodge Meeting. Bring the kids or your neighbor's kids at 4:30. Our Youth director, Nathan, will be demonstrating Viking activities for kids. There will also be Genealogy for all at the same time. See you there.

Fraternally yours,

Norma Jean

## Some St Patrick's Day Information:

March 17 marks the saint's death. He died in 461 Saul, County Down, Ireland.

The first St. Patrick's Parade was not in Ireland but in USA, in 1737 in Boston. Ireland's first parade was in 1903 (Waterford). Luke Wadding first turned March 17<sup>th</sup> into a feast day in 16<sup>th</sup> century – he was Irish Franciscan friar.





## Calling Ye Volunteers

Want to volunteer? Contact a board member and they will connect you to upcoming activities and events to serve within the Lodge and Greater Edmonds community

## MARCH Lodge Meeting Cultural Activities

### Edmonds Lodge Meeting Programs

March 13th Speaker: Katie Mills on "Alt for Norge". Katie Mills, a fifth-grade teacher at Parkview Elementary School in Bellingham, was one of 12 contestants on season 7 (2016) of "Alt for Norge." The reality TV series aims to reunite Norwegian Americans with their roots and familial relations in Norway. She is coming to share her experiences and what she learned about Norway.

Looking ahead:

April 10<sup>th</sup>: Dave Ellingsen - Kayaking in Norway. Dave is a member of our lodge and has a grant from SON Foundation to produce a video of his adventures in Norway.

May 8<sup>th</sup>: Our Memorial Service for members lost in the last year. We will be blessed with singing from Laura Loge, soprano singer of Greg's work.

## 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

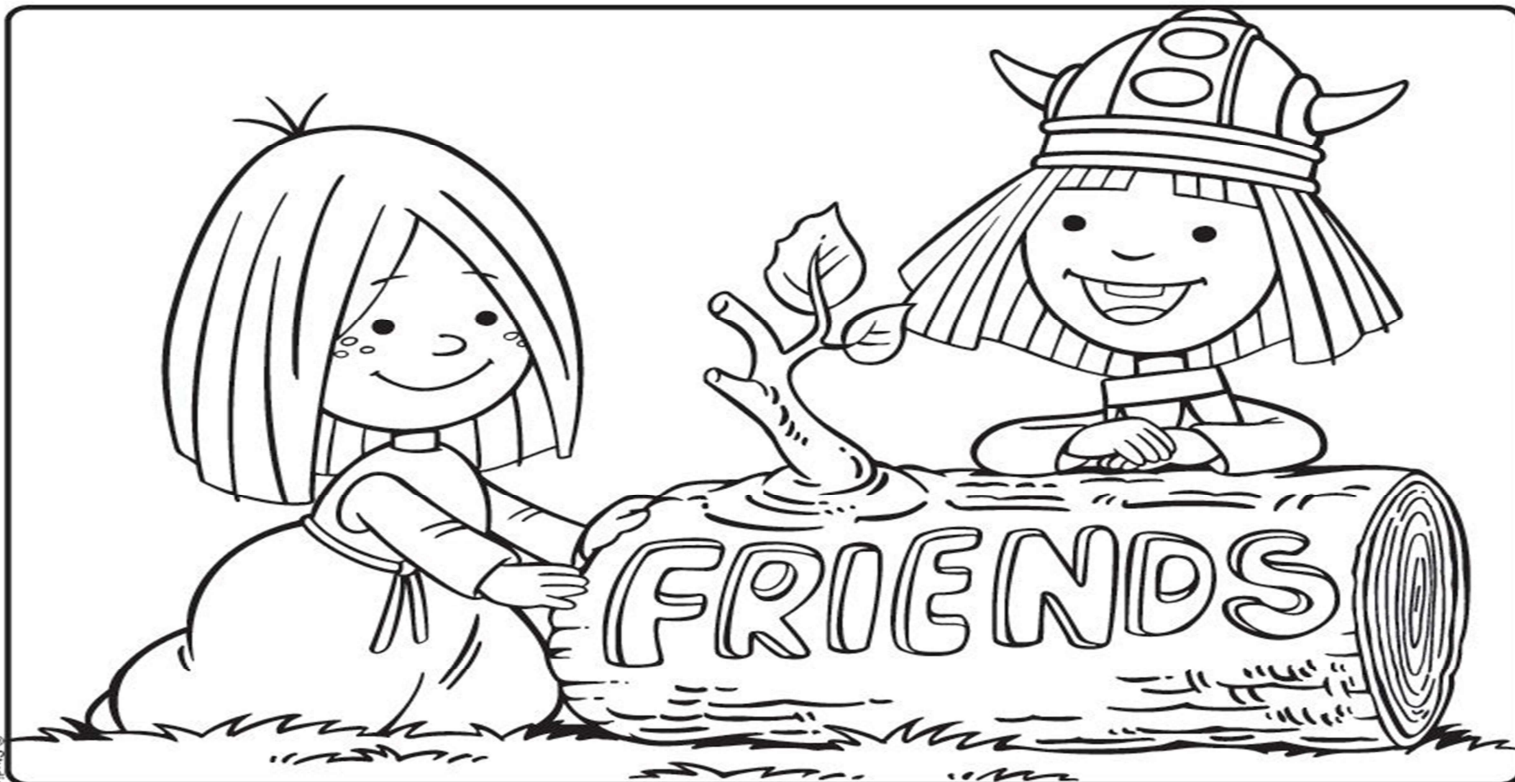
Marshall: Bob Turcott	425-308-5265
Asst. Marshal: Tristan Haije	425-778-1665
Trustee: Harold Setran	425-778-2009
Trustee: Jane Bueing	425-882-2212
Trustee: Bob Turcott	425-308- 5265

### 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 Palmation	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	

**\*\*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. \*\***





Update from your friendly Youth Viking Director

For March's meeting, March 13<sup>th</sup>, young Viking kids have the opportunity to learn about how awesome Norway is, Norwegian heritage and culture. There will be a presentation beginning at 4:30pm. with youth activities to follow.

Thank you,

Nathan Salmon, Youth Viking Director



## Sunshine Report

When a member needs some cheer from our lodge, please contact our **Cheer Volunteer:**

**Shirley Lovelace: 206.708.0344**

**Her email is: [grannyslovelace@gmail.com](mailto:grannyslovelace@gmail.com)**

Life it seems goes way to fast.  
Simple pleasures will make it last. So, take some time out  
to find your way... Seek out a friend and make their day.

February sent 13 birthday greetings.

Healing thoughts go out to Lorna Turcott, Birgit Ages, Gordon and April Mills.

Condolences to Sandra Ferchen and Mary Lambert on the passing of their mother and our Sons of Norway sister member... Sylvia Ferchen

Please send any Sunshine requests to Shirley Lovelace  
@ 206-708-0344

# For the Good of the Order:



## HAPPY BIRTHDAY TO OUR MARCH BORN MEMBERS

David Berg. March 3<sup>rd</sup>  
Yvonne Heindel. 5<sup>th</sup>  
Siri Siqveland. 7<sup>th</sup>  
Richard Aspen. 8<sup>th</sup>  
Luann Majeed. 8<sup>th</sup>  
Stacy Silva. 8<sup>th</sup>  
Donald Thompson 12<sup>th</sup>  
Berti Breivik. 14<sup>th</sup>  
Vernon Wilson. 18<sup>th</sup>  
Herbert Murray. 19<sup>th</sup>  
Sonja Adam's. 22<sup>nd</sup>  
Marvin Bueing. 23<sup>rd</sup>  
Vicki Cook. 29<sup>th</sup>  
Michael Dyal. 29<sup>th</sup>  
Jon Adams. 30<sup>th</sup>  
Janis Neill. 30<sup>th</sup>  
William Wilson. 31<sup>st</sup>



Velkommen to all new lodge members!

Some benefits to being a Sons of Norway Member are:

- Award winning monthly publication: Viking
- Edmonds Lodge famous newsletter
- Cultural and Heritage programs
- Social Opportunities Galore!
- Summer Camp for the kids & grandkids
- Community Service and Lodge leadership Opportunities
- Scholarships for all ages and learning
- Car Rental Discounts
- Hotel Discounts
- Discount Flight & oversees vacation
- PerkSpot membership! (Big Discounts on everything!)
- Best in Class Life Insurance
- Philanthropic opportunities
- Monthly Meetings and much, much more!

## 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**

## News from our D2 Youth Director:

Dear members,

A new season of youth camps is coming at us in the too near future. The camp schedule is as follows;

Trollhaugen	June 30 <sup>th</sup> to	July 13 <sup>th</sup>
Nidaros	July 14 <sup>th</sup> to	July 27 <sup>th</sup>
Normanna	July 28 <sup>th</sup> to	August 10 <sup>th</sup>

International Summer School (Saltveit Scholarship) runs from June 22<sup>nd</sup> to August 2<sup>nd</sup>.

Camps are expensive. This year we raised the price for District Two's camps to \$650. Please bear in mind that the value of our camps far outpaces our costs. That being said, families sending one or more kids to camp will agree that every little bit helps. Do what you can to make more work for the Scholarship Committee, get your campers to apply. In the past, we've had scholarships unclaimed because nobody applied for them.

While I'm on the subject of scholarships, I'd like to remind you that we have quite a range of scholarships and grants available through Sons of Norway International's web page. In particular, I'd like to highlight the Douglas Warne-Rolf & Wenche Engineering Scholarship.

Not all lodges have a Youth Director. If your lodge does not have one, please forward this info to whoever can pass on this important information.

### Note from the Editor

It is an honor to represent the Sons of Norway Edmonds Lodge (2-130) with this regular newsletter. For such a young lodge, Edmonds has everything a lodge is looking for. The monthly meals are a highlight, the relationships are sincere and the activities are joyful. May this coming year be filled with better from Edmonds Lodge.

Is something missing in the newsletter? Please send your notifications no later than the 21<sup>st</sup> 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.

**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 everyone.

The Sons of Norway Sports Medal Brochure outlines options for earning medals in Walking, Skiing, Biking and as a Generalist. Email our Sports Director, she will provide you with the following forms via email. Recordkeeping is simplified by using the following Sons of Norway forms:

- Gangmerke (Walking) Record
- Skimerke (Skiing) Record
- Sykkelmerke (Biking) Record
- Idrettsmerke (Sports and (Fitness) Record

Though it might be too late to turn in your activities for 2018, it is just in time to start adding up and writing down your activities for 2019! **Make 2019 the healthiest it can be!**



### Edmonds Lodge wins at Sons of Norway District 2 Cross Country Ski Race!

This year At Trollhaugen Lodge two of our very own brought home medals from the cross-country ski race. It was exciting times with a very large field and 50 or more attendees.

Roberta Morrow & Norma Jean Sands both won medals

Congratulations!

Lunch was managed by another of Edmonds finest, Loren Krusenstjerna. Thank you for everyone who participated and supported this long-standing event. Until next year.





## Special Bulletin: Due April 15<sup>th</sup>!

### Sons of Norway Edmonds Lodge Final Call for 2019 Scholarship Applications

#### Sons of Norway

Edmonds Lodge 130,  
P.O. Box 1651,  
Edmonds, WA, 98020 -  
1651



*"The mission of the Sons of Norway is to promote and preserve the heritage and culture of Norway...."* This portion of the mission statement encourages Edmonds Lodge Sons of Norway to provide academic scholarships to deserving graduating high school seniors.

#### SCHOLARSHIP APPLICATION

Graduating high school seniors who are Unge Venner members of Edmonds Lodge or who are relatives (children or grandchildren) of Edmonds Lodge #2-130 members in good standing may apply.

#### APPLICATION INFORMATION

Name \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_

Telephone no. \_\_\_\_\_ E-mail address \_\_\_\_\_

Name of your high school \_\_\_\_\_ GPA \_\_\_\_\_  
Attach latest transcript - required

Attach statements of your goals, school activities and extra-curricular activities.  
Please explain your past and continuing interest or involvement in Norwegian or Scandinavian heritage and culture. Letters of recommendation are encouraged.  
Please identify the university or community college you wish to attend in the fall of 2018

Unge Venner membership number if applicable \_\_\_\_\_

If a relative, please indicate name (parents or grandparents) and relationship to you:

Name \_\_\_\_\_ Relationship \_\_\_\_\_

Student's signature \_\_\_\_\_

Parent's or guardian's signature \_\_\_\_\_

Application must be postmarked to the above address, attention Scholarship Committee, by April 15, 2018

Website: <http://EdmondsSonsOfNorway.weebly.com>



It is time to apply for the Edmonds Lodge Scholarship(s). We give out one or two scholarships each year to a high school graduate intent on starting college. Graduating high school seniors who are Unge Venner members of Edmonds Lodge or who are children/grandchildren of Edmonds Lodge members in good standing may apply. Applications must be returned to the Scholarship Committee by April 15, 2019 to be considered. Any applications received after this date will not be considered.

Go to website at <https://edmondssonsofnorway.weebly.com/> for application form. Please direct questions to Norma Jean Sands at 206-524-6020.

## *In Loving Memory...*

Sylvia Johanne Torget Ferchen, 91, founding member of our Edmonds Lodge, passed away peacefully on January 21, 2019.

There will be a "Celebration of Life" for her on Sunday, March 10, 2019 from 2-5p at the Bothell Sons of Norway Lodge.

Address: 23905 Bothell Everett Hwy, Bothell, WA 98021



## *Oppskrift:*

### **Recipe of the month**

**Soda Bread** This traditional bread is baked in kitchens across Ireland every day and couldn't be easier to prepare. Remember to mark the distinctive cross in it before it goes in the oven: it's to let the fairies out, apparently.

#### Ingredients

220g/8oz plain flour

220g/8oz whole meal flour

½ tsp salt

1 tsp baking powder or bicarbonate of soda

1 pint/500ml buttermilk

#### Method

Preheat the oven to 180C/350F/Gas mark 4.

Mix all the dry ingredients together in a bowl. Make a well in the center and pour in the buttermilk, use your hands to draw the flour and milk together. Next, pour ingredients onto a floured surface and lightly form into a round (do not over-knead). Cut a cross on the top. Place onto a floured baking tray and put into the oven for about 35-40 minutes.

When you take the bread out, turn it upside down and tap the bottom. If the bread sounds hollow it's done. Leave to cool on a wire rack.

Have a recipe (Oppskrift) you want to share with the lodge?

Send it to the editor at: [edmondslodgeeditor@gmail.com](mailto:edmondslodgeeditor@gmail.com)

Want more information of upcoming events in Edmonds and surrounding lodges? Well, you will just have to come to the next meeting. See you there!





***Above, Medalists of the Edmonds Lodge with the event Cook extrodinair. Below: Liam & Seth***



## March Lodge Cultural Activities

4:30pm Come and work on genealogy for the next 2 months.

We started in January, but you may start now in February or continue to the next step. Call or email Roberta before the meeting if you want to participate so she will have materials on hand: (425)921-0302, [birdeekay@gmail.com](mailto:birdeekay@gmail.com).

Get a head start by coming with parents and grandparents' names, birth place and date, marriage date and death date.

The Viking has a great editorial on Genealogy near the back of the magazine.



## Pancake Breakfast and Bake Sale

**WHEN:** Saturday March 2, 2019, Missed it? The next one is May 4<sup>th</sup>, put it on the calendar

**WHERE:** Edmonds Sons of Norway Lodge Masonic Center, 515 Dayton Street, Edmonds

**TIME:** 7:30 A.M. – 12 Noon

**WHY:** For the Children! (your stomach will thank you)

Norwegian pancakes with strawberries, ham, juice, coffee or tea

Live Music, Crafts and Bake Sale

Donation: \$8.00, ages 11 and older, Children 6 – 10: \$5.00

Children under 6 are free.

For information call: [\(425\) 712-9788](tel:4257129788)

AND free folk dancing lessons for kids 10 – Noon

Website- <http://EdmondsSonsofNorway.weebly.com>

# 2019 District 2, Zones 2 & 3 Seminar

Saturday, April 6, 2019

Registration at 8:30 AM

Meeting 9:00-4:00 PM (Lunch Included)

Bothell Lodge  
23905 Bothell Everett Highway, Bothell

## Some Topics included are:

- ~Successful Programs & Fundraisers
- ~Communications/Newsletters
- ~Camps and Scholarships
- ~Financial Benefits
- ~Foundation and Tubfrim
- ~International Board News
- ~Lodge Reports & Volunteer Hours
- ~Membership Recruitment & Retention



Bring your questions and your success stories. Working together makes us all stronger. We have ideas and news you'll want to hear!

Lodge officers and members are encouraged to attend. Make your reservations early. Call ~206-524-6020 or email ~ [afsnormajean@gmail.com](mailto:afsnormajean@gmail.com)

## EDMONDS LODGE & SONS OF NORWAY MEMBERSHIP INFORMATION

<b><u>Individual Membership</u></b>	\$60/year	<b><u>Family Membership</u></b>	\$95.00/year
<b><u>Heritage Membership</u></b> (15 years old & younger)	FREE		

Contact us today to learn more

Edmonds Lodge & Sons of Norway is for everyone!

You don't need to be of Scandinavian decent. Check out what Sons of Norway & Edmonds Lodge provides members on page 5 in this newsletter.

## March is Iditarod month in Alaska.

Two Norwegians will be running this year: Joar Leifseth, veteran musher and last year's winner, and Niklas Wikstrand, a rookie Iditarod musher. You can follow their progress on <https://iditarod.com/>. The ceremonial start day is March 2<sup>nd</sup> at 10 am in downtown Anchorage. The official start is March 3<sup>rd</sup> at 2pm in Willow.

The biographies below are from the Iditarod website.

### Biography

Joar Leifseth Ulsom (32) is from Mo I Rana in Norway by the Arctic Circle. In 2011 Joar traveled with his dogs from Norway to Alaska where they reside in Willow. He works full-time with his small kennel of dogs while heading up Team Racing Beringia for the non-profit Go North! Adventure Learning. Racing Beringia is an online education program exploring the region of Beringia spanning from the Yukon in Canada, across Alaska to Chukotka, Russia (RacingBeringia.com).

NOME — Norwegian musher Joar Leifseth Ulsom fulfilled his childhood dream when he and his eight-dog team crossed the finish line here, **winning** the **2018 Iditarod** Trail Sled Dog Race after 9 days and 12 hours on the trail. "It's unreal," said the 31-year-old musher who currently lives in Willow.

### Biography

Niklas Wikstrand, 28, was born and raised in Romerike, NORWAY. He first became interested in dog mushing while watching "Iron Will" as a kid. But his first experience came when he started a class called "Mushing & Outdoors Life" at the school, Folkehøgskolen 69° Nord! Then he had one year as a handler and soldier in the Norwegian Air Force-K9. After that he studied biology for one year and ran a recreational team. In 2013, he moved to Svalbard to become an Arctic Nature Guide. After graduation, he worked as a guide taking guests out with dog sleds, kayaking, hiking, skiing, snow machining, glacier walking and camping, until he came to Alaska in 2016 to be Pete Kaiser's handler for one year (and has now been there three years). When he is in Norway, he still works as a guide and the last year as an assistant at the local veterinarian clinic. Niklas lists his hobbies as climbing, biking, reading, Ice Hockey, snow machining, hiking and camping. He says, "I am looking forward to the adventure of travelling through Alaska with the dogs I've gotten to know for the last three years. I don't know which of Pete's dogs I will be running, but it doesn't matter, because I like them all and I think we'll have fun out there."



Sven: "Was Lena surprised when you gave her a box of chocolates for her birthday?"

Ole: "I'll say she was! She was expecting a microwave."

Ole is in Ireland for the St Patrick's festival in Cork. Ole stops Paddy, a man in the street in Dublin, and asks for the quickest way to Cork.

Paddy asks: "Are you on foot or in the car?"

Ole replies: "In the car". "Well, that's the fastest way" says Paddy.



# Upcoming Events

At Edmonds Lodge (Unless indicated otherwise)

## MARCH

6th - **Board Meeting** - 6:30

13th - **Lodge Meeting**

4:30 Youth Activities & Culture  
- Genealogy  
5-6:00 Social Hour  
6:00 Dinner  
7:00 Lodge Meeting

## Calendar

### LOOKING AHEAD

3/02 Edmonds Pancake Breakfast  
3/10 Memorial for Sylvia Ferchen  
3/13 Lodge Meeting  
4/10 Lodge Meeting  
4/06 District Zone 2/3 Training  
5/04 Edmonds Pancake Breakfast  
5/08 Lodge Meeting

“

Better to have one bird  
in hand than ten on the  
roof.

”

BEDRE MED EN FUGL I  
HÅNDEN ENN TI PÅ  
TAKET.

*Board meetings are held first  
Wednesday of the month at Trinity  
Lutheran Church; any lodge  
member is welcome to attend.*

*Lodge meetings are held the 2<sup>nd</sup>  
Wednesday of each month at the:  
**Edmonds Masonic Lodge**  
Open to the public*

## SMARTER PLANNING



Sons of Norway has just  
announced some of the best  
rates on term insurance in the  
country.

When is the last time you  
reviewed your Life Insurance  
with a professional? You could  
be spending money on  
overpriced; outdated policies.



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](http://www.edmondssonsofnorway.weebly.com)

**ADDRESS SERVICE  
REQUESTED**