

# 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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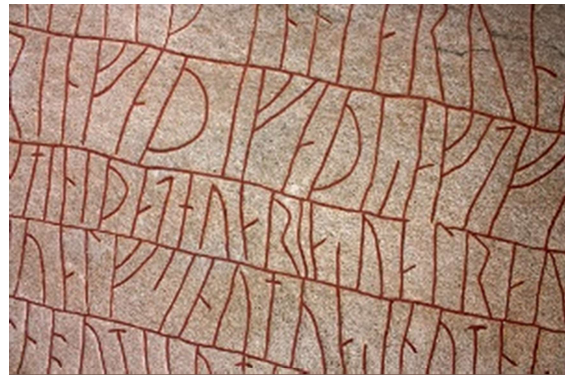
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Don't miss the March Member Meeting where we will have a special guest: Cameron Widmark, student from Cornish College of the Arts.

**INSIGHTS OF THE ANCIENT RUNE  
LANGUAGE OF THE VIKINGS**



## Feel lucky?

For the many active Sons of Norway members, a market “correction” might be unacceptable. But where else can the money go to preserve the principal, earn “real interest” and maintain income? Instead of betting on the market and hoping your luck will last, look at options within Sons of Norway which provide Lifetime Income, Guaranteed Rates, No Losses and a lot of boring results. No “luck” required.

Find out how to increase income up 33%, earn market gains-without loss and/or Long Term Benefit Multipliers that grow your money into 2 or 3 times the amount reserved for LTC. Best of all! You’ll never lose a dollar unless you take it out.

**Contact the Edmonds Lodge Financial Benefits Councilor, Mike Dyal.**

**“dyal”: 425-243-4521**



# Presidents Message

## President's Message

March 2020

We had a great lodge meeting in February when we ate Meatloaf prepared by Josef Hinkofer and installed our new Officers for 2020. Unfortunately, for lodge participation, most of the officers are the same as last year. While they have all done a good job, we need new blood rotating into the running of the lodge. So, this coming year, all officers will try to encourage someone to work with them to encourage others to participate. So, if asked, please do! And if not asked, volunteer to help! We do have two new board members this term: Nikki Pelly, Trustee, and Brian Malnes, Publicity Director. We welcome you two and hope to see you at the monthly Board meetings.

What do you think of when March arrives? Leprechauns and green beer and shamrocks? Or perhaps corned beef and cabbage? Edmonds Lodge will be celebrating St Patrick's day at our lodge meeting March 11 with a corned beef and cabbage dinner. The culture activity prior to dinner will be learning to write with Runes (Viking alphabet) and the program after dinner will be a talk by Cameron Widmark on aspects of the Rune language of Vikings.

Is St Patrick's day celebrated in Norway? Ya sur, ya betcha. In Oslo they are celebrating the 20<sup>th</sup> anniversary of the St Patrick Day Parade! It will be held this year on Saturday March 14<sup>th</sup> starting at the *Jernbanetorget*. The day, 17<sup>th</sup> of March, commemorates St Patrick and the arrival of Christianity in Ireland. For a less reverent interpretation, see elsewhere in this newsletter.

March also heralds spring. The spring equinox, *Vårjevndøgn*, occurs this month (19<sup>th</sup> this year) and marks the day that day and night are of equal length and thus days will start getting longer (well, in the northern hemisphere). This is a day anticipated with gladness in Northern Europe after a long dark winter.

Some of us still seek out snow. I will be heading for Canada and some spring skiing early in the month. And in Alaska they pray for snow along the Iditarod sled dog race trail. The Iditarod starts March 7<sup>th</sup> and will use the northern route from Anchorage to Nome (just shy of 1,000 miles). In odd years, a southern route is used. Both sections of trail are a part of the Iditarod National Historical Trail which was used in early years for all winter travel. Dog sleds delivered the mail, the preacher, the groceries, and hauled out gold and furs all the way to Anchorage or Fairbanks. There are three Norwegians racing this year. Joar Leifseth Ulsom, from Mo I Rana, will be racing for the eighth time. He placed in the top ten all years and won in 2018 with a time of 9 days 12 hours. Thomas Waener, from Torpa, ran in 2015, took 17<sup>th</sup> place and won rookie of the year. This year he is running as a veteran. Tom Frode Johansen, from Foruflaten, is running his first Iditarod race this year.

And later in March, March 25<sup>th</sup> to be exact, we have *Vaffeldagen*. This holiday originated in Sweden and is called *Våffeldagen* there. The holiday coincides with the Feast of the Annunciation. This day was also considered the start of spring in Sweden and Europe. It became a custom for Swedish families to celebrate the two events by making waffles on this day. Norway quickly caught on to this day of observance!

Fraternally,  
Norma Jean Sands, President





## 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	

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

# 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](mailto:grannyslovelace@gmail.com)

Cards sent in February:  
15 Birthday cards  
Thinking of you to Bob Turcott  
Get Well to Brian Malnes

"When you can't  
find the sunshine,  
be the  
sunshine."

- Unknown



Submit your favorite  
Recipes for a chance  
to be showcased!

Email them to [emdondslodgeeditor@gmail.com](mailto:emdondslodgeeditor@gmail.com)



# HAPPY BIRTHDAY!

## HAPPY BIRTHDAY TO OUR MARCH BORN MEMBERS

(IF WE MISSED YOU, PLEASE LET US KNOW)

- |                      |                       |
|----------------------|-----------------------|
| 1- Sherry Sambito    | 18- Vernon Wilson     |
| 3- David Berg        | 22- Neil Pope         |
| 4- Heinrich Goldbach | 22- Sonja Adams       |
| 5- Bella Dyal        | 23- Marvin Bueing     |
| 6- Maxine Lovelace   | 23- Patricia Berkoski |
| 7- Cassandra Richens | 24- Emmalie           |
| 7- Siri Siqveland    | Krusenstjerna         |
| 8- Richard Aspen     | 28- Bernard Nickolson |
| 12- Donald Thompson  | 29- Vicki Cook        |
| 12- Hayden Pelley    | 29- Mike Dyal         |
| 13- Anna Lilleskare  | 30- Jon Adams         |
| 14- Berit Breivik    | 30- James Neill       |
| 14- Kathy Morgan     | 31- William Wilson    |



### Pancake Breakfasts for 2020 will be the 1<sup>st</sup> Saturdays of, May & October. Mark Your Caledars now.



The breakfast **not** happening on March 7, 2020. I appreciate all the help you breakfast helpers have given throughout the years. Thank you! Next Breakfast planned for May 2. See you then.

**TO ALL MEMBERS:** PLEASE JOIN US IN MARCH AT THE LODGE, WE NEED MEMBERS TO ASSIST THE BOARD THAT HAS BEEN THERE FOR YOU YEARS!! WE WOULD LOVE NEW BLOOD, VOLUNTEER WE WILL HELP YOU ALONG. IF WE HAVE A GREAT ATTENDANCE, WE CAN HAVE MORE FUN AND SHARING.

Some of the ladies are meeting on the 3rd Tuesday of the month to visit and just share. We meet at Sonja Berg's. If you are interested, if you need a ride, let me know. Jane Bueing 425-882-2212, I can try to arrange transportation if you don't feel comfortable driving. Also call if you want to join us, a great way to get to know your lady friends from the lodge.

THANK YOU, JANE BUEING, SECRETARY

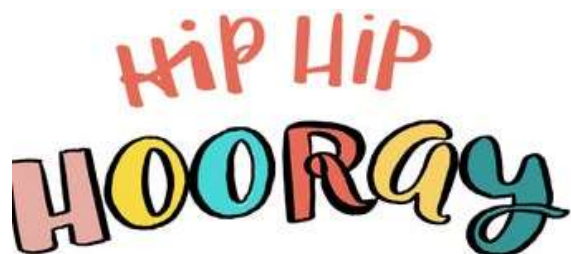
### Edmonds Sons of Norway is More than Meetings

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**



Welcome New Members!!!

Andrew  
Snoey  
Elise  
Snoey  
Evan  
Snoey

We are so glad to have you part of such an organization close to our heart!

### WHY ST. PATRICK'S DAY IS CELEBRATED EACH YEAR IN AMERICA

**ignore the Wikipedia version !! ;-))**

The reason the Irish celebrate St. Patrick's Day is because this is when St. Patrick drove the Norwegians out of Ireland

Some centuries ago, Norwegians came to Ireland to escape the bitterness of the Norwegian winter. Ireland was having a famine at the time, and food was scarce. The Norwegians were eating almost all the fish caught in the area, leaving the Irish with nothing to eat but potatoes. St. Patrick, taking matters into his own hands, as most Irishmen do, decided the Norwegians had to go.

Secretly, he organized the Irish IRATRION (Irish Republican Army to Rid Ireland of Norwegians)

Irish members of IRATRION passed a law in Ireland that prohibited merchants from selling ice boxes or ice to the Norwegians, in hopes that their fish would spoil and this would force the Norwegians to flee to a colder climate where their fish would keep.

Well, the fish spoiled, all right, but the Norwegians, as everyone knows today, thrive on spoiled fish. So, faced with failure, the desperate Irishmen sneaked into the Norwegian fish storage caves in the dead of night and sprinkled the rotten fish with lye, hoping to poison the Norwegian invaders. *(Story Continues on page 7...)*

### 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 21<sup>st</sup> of each month to Mike @ The editor's e-mail:

[edmondslodgeeditor@gmail.com](mailto: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](mailto:edmondslodgeeditor@gmail.com)  
or our newsletter distributor

Melissa at:  
[missyinedmonds@outlook.com](mailto:missyinedmonds@outlook.com)



*Here is the rest of the story continued from page 6: As everyone knows, the Norwegians thought this only added to the flavor of the fish, and they liked it so much they decided to call it "lutefisk", which is Norwegian for "luscious fish".*

Matters became even worse for the Irishmen when the Norwegians started taking over the Irish potato crop and making something called "lefse".

Poor St. Patrick was at his wit's end, and finally on March 17th, he blew his top and told all the Norwegians to "Go to ----".

So they all got in their boats and emigrated to Minnesota, the only other place on earth where

- smelly fish,
- old potatoes
- and plenty of cold weather

can be found in abundance.

Now we know.....

From ed-thelan.org/Norwegian.html



### Planning For THOR

People in the picture from left to right

Glenda Nelson, Jane Bueing, Waldo Bueing, Kirk Siqueland, Xander Siqueland, Norma Jean Sands, Harry Malnes, Loren Krusenstjerna

Thor and the planning meeting that took place on February 12<sup>th</sup>-Thank you!

Kirk Siqueland came to the meeting with his son Xander (Boy Scout). Brian Malnes is still offering to lead us in this project once he feels better, so we are making progress!



## 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/](http://www.sofn.com/member_benefits/)**



# Oppskrift Edmonds

Recipe of the month

## Norwegian Waffles - *Vafler*

Cakes and waffles baked in cast iron forms are among the oldest kind of Norwegian cakes. Some of the cake irons have been found with runic writings on them. The oldest waffle irons made one heart shaped or square waffle. Later three hearts in the same iron were popular. The heart-shaped waffle iron in use today traditionally has five hearts.

Here are two recipies. There are probably as many recipes as there are folks making them!

### Cake Waffles – *Sprø Vafler*

4 eggs  
1 ½ cups sugar  
1 ½ cups butter, melted  
2 ¼ cups potato starch flour  
3 tsp baking powder

Beat eggs and sugar til light and fluffy. Add cooled melted butter. Mix potato starch and baking powder and add to egg mixture. The batter will be rather firm. Bake in buttered waffles pan until golden and crisp.



### Everyday waffles - *Hverdagsvafler*

2 eggs  
1 1/3 cup cultured milk  
1 1/3 cup flour  
½ tsp baking powder  
2 tbsp sugar  
3 tbsp margarine, melted

Beat eggs with half the milk. Mix dry ingredients and add to eggs, stir until batter is smooth. Add remaining milk and melted butter and mix well. Let batter stand 10 minutes. Bake in buttered waffles pan until golden and crisp.

Serve waffles with brown goat cheese (*geitost*) and/or jam.

From Astrid Karlsen Scott's book "Authentic Norwegian Cooking"



# Edmonds February Meeting!



**SONS of  
NORWAY**

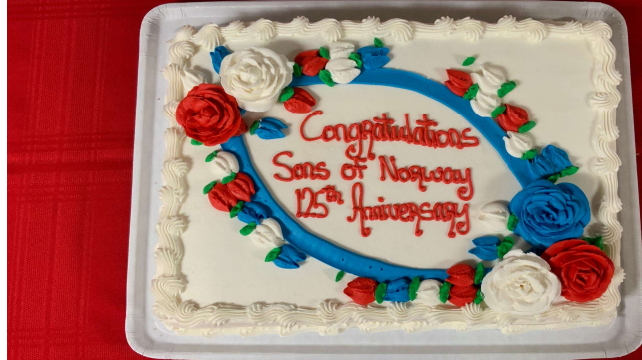
**Edmonds Lodge**

515 Dayton St

Come join us!  
Every 2nd Wednesday

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

Find us on Facebook  
#EdmondsSonsofNorway



# Upcoming Events

March Edmonds Pancake Breakfast is Canceled

Edmonds Lodge Board Meetings are open to Edmonds Lodge Membership. Board Meetings are the 1<sup>st</sup> Wednesday of each month\* at 1pm Norweigen time. 2020 Board Meetings location:

**Trinity Lutheran Church, Lynnwood**

6215 196th St SW, Lynnwood

Lodge meetings are the 2<sup>nd</sup> Wednesday of each month\* and dinner is served at 6pm. Open to the public with most dinners only \$10. Join us at:

**Edmonds Masonic Lodge**

515 DAYTON ST., Edmonds

Check all upcoming events on the Edmonds Sons of Norway Lodge Website:

***<https://edmondssonsofnorway.weebly.com/>***

## SMARTER PLANNING



### Contact Mike for:

- Retirement Planning
- Guaranteed Income and Income Boosting planning
- Life Insurance Retirement Plans
- Tax Mitigation Planning
- Estate Planning

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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REQUESTED**