

Edmonds

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EDMONDS LODGE 2-130
SONS OF NORWAY
EST 1983

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Join us for Edmonds Lodge March Member meeting on **March 10th at 7:00pm**. This is our new later time and we hope it will accommodate more of your schedules. The meeting is on ZOOM and will go for 1 hour. **Rick Steves** is our guest programmer for the month.

We will also have results of the Sports/Cultural Medal contest with Bothell Lodge.

Join using this address:

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

or

by phone: (253)215-8782 code: 88149115735#

Mike Dyal, Sons of Norway Financial Benefits: (425)243-4521

Spring is a time of new beginnings.

8 in 10

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



Consider the things you should do this year. If you haven't updated your important documents: Will & Trust, now is the time to do so. When is the last time you assessed your risk level for investments? Call for a review with Mike, our very own Sons of Norway Financial Benefits Counselor. For "Friends and Family of SofN members, this review is free.

Presidents Message

Presidents Message for March



March is here and spring is coming! March 20th at 2:37 am PDT marks the spring equinox (equal length day and night). Before that, remember to change your clocks (spring ahead) at 2 am March 14th as we glide into daylight savings time. While we are still in the midst of the pandemic with its social distancing and masks, things are looking better as case load goes down in our state and in the US in general. Get your vaccine and when enough of the population has the vaccine we can hopefully go back to meeting in person. Meanwhile we remain with ZOOM meetings.

Our Lodge meeting was better attended than earlier Zoom meetings, perhaps because we changed the time to 7 pm. We had folks from Ski for Light talk to us about what the program means to them and how they are adapting to reduced gathers. Lynee Forsyth and Tim McCorcle started off the presentation and then Deng Kong, Bob Miller and Roger Young each said a few words. Edmonds Lodge has been a strong supporter of this program and we all look forward to skiing together at Trollhaugen next winter.

Speaking of skiing, don't forget to add up all miles (or km) skied in February and send them in to our District 2 Sports Director Laurie Berg (Laurieberg.lb@gmail.com). Depending on where you live, you might have been able to get in distance just outside your house. I saw several folks out skiing in my neighborhood while I was walking. I skied a little too hard in January and fractured a vertebra, so no more skiing for me this this season.

And speaking of sports, I hope you have turned in your exercise/walking logs to our Lodge Sports Director, Glenda Nelson (Glennnie12345@gmail.com) as we are going ahead with our competition with Bothell Lodge for both Cultural Skill and Sports Medals! The results will be announced at both our Lodge Meeting March 10th and Bothell Lodge Meeting March 18th.

Our Lodge Meeting this month (3/10 at 7pm) will feature Rick Steves for a question-and-answer forum about all things travel! I am sure everyone from Edmonds knows who Rick Steves is. He is an American travel writer, author, activist and television personality. His travel philosophy encourages people to explore less-touristy areas of destinations and to become immersed in the local people's way of life. Join us via ZOOM and come ready with your questions! The Zoom link is given elsewhere in this newsletter and can always be found by going to our Lodges Web Site (<https://www.edmondssonsofnorway.org/>).

Fraternally, Norma Jean Sands



THOR SAYS:
See you March 10th at
7:00 pm via ZOOM!

New Time, same
wonderful party!

Live Meetings are postponed, but nothing stops Vikings! We are meeting on ZOOM Join us!

See page 9 for details on how you will be able to participate!

Your support is appreciated and donations to the local charities and remember to track it for the benefit of the fraternal order.



Edmonds Lodge Officers

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: Available
Foundation Director: Erlene Stevenson
Financial Benefits: Mike Dyal (425) 243-4521

Trustees

Marshall: Bob Turcott
Asst Marshal: Available
Trustee: Harold Setran
Trustee: [Nikki Pelley](#)
Trustee: [Eli Krusenstjerna](#)

Support Officers

Musicians: Kris Johannsen
Librarian: Fay Setran
Information: Erlene Stevenson
Historian: Available
[Website Support: Donna Stewart](#)
Newsletter Editor: Mike Dyal
Newsletter Distribution: Shirley Lovelace
& Norma Jean Sands
Publicity Director: Available
Scholarship: Turid Bouchoukian
Sunshine: Shirley Lovelace
Building Liaison: Sandra Ferchen
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

“Spring is nature’s way of saying, Let’s Party!
Robin Williams

Spring is the time of year, when it is summer in the sun and winter in the shade.
Charles Dickens

“Spring makes the world a happy place,
You see a smile on every face.
Flowers come out and birds arrive,
Oh, isn’t it grand to be alive?”
Anonymous

Spring is the best life coach: It gives you all the energy you want, all the positive thought you need.

Uff Da

Ole and Sven grabbed their poles and headed out to do some fishing. As they were auguring a hole in the ice, they heard a loud voice from above say, “There are no fish under the ice.” Ole and Sven moved about 25 feet over and started to make a new hole. The voice said a little stronger “There are no fish under the ice.” They both looked around and then looked up. Ole said in a humble voice, “Are you God?” The voice spoke back, “No ya idiots, I’m the ice rink attendant”.



Serious Quarantine Advice

Everyone PLEASE be careful because people are going crazy from being quarantined at home! I was just talking about this with the microwave and the toaster while drinking my coffee, and we all agreed that things are getting bad. I didn’t mention any of this to the washing machine because she puts a different spin on EVERYTHING!! Certainly, couldn’t share with the fridge, because he’s been acting cold and distant! In the end, the iron straightened me out! She said the situation isn’t all the pressing and all the wrinkles will soon get ironed out! The vacuum, however, was very unsympathetic...told me to just suck it up! But the fan was extremely optimistic and gave me hope that it will all blow over soon! The toilet looked a bit flushed but didn’t say anything when I asked its opinion, but the front door said I was becoming unhinged and the doorknob told me to get a grip!! You can just about guess what the curtains told me: they told me to “pull myself together!” We will survive!!

HAPPY BIRTHDAY!

HAPPY BIRTHDAY TO EDMONDS LODGE MARCH BORN MEMBERS

(IF WE MISSED YOU, PLEASE LET US KNOW)

March Sunshine Report

March 1	Sherry Sambito
March 4	Heinrich Goldbach
March 6	Maxine Lovelace
March 7	Siri Siqveland
March 7	Cassandra Richens
March 8	Richard Aspen
March 12	Donald Thompson
March 14	Kelly Morgan
March 14	Berit Brevik
March 18	Vernon Wilson
March 22	Sonja Adams
March 22	Neil Pape
March 23	Patricia Berkoski
March 23	Marvin Bueing
March 24	Emmalie Krusentjerna
March 28	Bernard Nickolson
March 29	Vicki Cook
March 29	Mike Dyal
March 30	Janis Neill
March 31	William Wilson



Viking Ethics and Values

- Help keep peace in the family
- Clothing must be decent, protective and neat and clean
- Do not betray friends by being friends with their enemies
- An insult to one is an insult to all
- Do not get drunk
- Do not be greedy
- If you have nothing worthwhile to say, then listen instead of wasting time talking nonsense
- Receive guests by offering water, towels for washing, and a place by the fire
- Do not laugh at a distressed guest
- Be wise that your fortune is greater
- Treat women as equals in all rights

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

Lodge Website:

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

**Notice about youth camps.
Please go to these addresses
to help with the youth camp
and to take a camp survey:**

[https://www.surveymonkey.com/r/
YGRN3NL](https://www.surveymonkey.com/r/YGRN3NL)

[https://www.surveymonkey.com/r/
Y6TYBX8](https://www.surveymonkey.com/r/Y6TYBX8)

Free; on-demand Norwegian language
classes online at:

[https://www.sofn.com/norwegian
culture/norwegian_language_les-
sons/](https://www.sofn.com/norwegian_culture/norwegian_language_lessons/)

(log into your Sons of Norway
membership online and then
click the link under "Norwegian
Culture" for your free classes!

Sons of Norway Foundation News

Remember the SofN
foundation in your
estate planning.

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

Foundation programs
include:

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

ATTENTION!!

Want to serve?
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!



**Sons of
Norway's
Sports &
Fitness
Medal Time!**

**Be Active, Be a
Viking!**

**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.

Bergen Water Pretzels

- 1 ½ cups water or milk
- 1 ½ ounces yeast
- ¼ cup butter or margarine
- ½ cup flour
- ¼ tsp salt



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Heat water or milk and stir in yeast. Melt the butter and add flour and salt to make a soft dough. Divide into 20 pieces. Roll each into a long tube and form into pretzel shape. Preheat oven to 425°. Bring a wide pot of water to a boil. Add a few pretzels at a time and bring water back to boil. At first pretzels will sink to bottom. When they rise to top, remove and place on baking sheet. Bake pretzels for 10 minutes. While still warm paint with melted butter and a few grains of pretzel (course) salt. ENJOY!

Got to get your gear before its gone!

There is gear to grab on the
International Website:

<https://www.sofn.com/125years/>



Jane Bueing - Vice President - Membership

Just a note to the wonderful members of Edmonds 2-130 Lodge. We have all missed each other for the last YEAR. I have been in contact with some of you but certainly not all. We have had our board meetings; we have had several ZOOM meetings or Virtual meetings. We have had great speakers and presenters at our regular meetings. We have had the meetings at 4pm but have switched to 7PM to accommodate our members.

President Norma Jean does a great President's message so that you can be sure to get the link to the regular meeting to participate and support our presenters. Our ZOOM meeting is every second Wednesday, the same as always, at 7pm. Please join us and help keep Edmonds ALIVE.

We look forward to your attendance on March 10 and the link can always be found on <https://www.edmondssonsofnorway.org/>

Welcome to New Members

We want to welcome new member **Kristjan Pedersen**. We are excited to have you join and look forward to seeing you at meetings (virtual and in person at a later date) Recruit a new member and be recognized! Invite daughters, sons and friends of Norway to join as new members. When you recruit a new member and include your member number on the form, you will be rewarded a beautiful Recruiter Pin.

Spring in Norway and the Pacific Northwest

According to myth, you can balance an egg on its tip on a flat surface only on the 1st day of Spring. During the months of March, April and May, the days get longer, and the weather gets milder. Melting snows create waterfalls and together with the blooming flowers they make spring here and in Norway quite remarkable.

Spring is probably the hardest to define. Some years it comes early, others late, sometimes it is hot, sometimes chilly. And although many consider spring equinox around the 20th of March to be the first day of the season, Spring may actually start in late February. In many cultures it symbolizes rebirth and new beginnings. Spring in Norway and the PNW is a beautiful time when flowers and trees start to awaken with life. May it be a time of our own waking. Despite the forecast live like its Spring!

In Memorandum

Our lodge family love goes out to the family of our former International President Dennis Sorheim.

Our lodge member Astrid Thompson passed away in February at 95 years. She was a Golden Member having been a SON member since 1984. She will be missed. Our lodge love to her surviving family and friends.

St Patrick's Day Events in Norway

Irish or not, the world goes green on St. Patrick's Day! 17 March is a time to celebrate. Saint Patrick's Day, or the Feast of Saint Patrick is a cultural and religious celebration held on the date of Saint Patrick's death who is the patron saint of Ireland It is also the feast day for the commemoration of the arrival of Christianity in that country.

Due to the pandemic this year's events will go virtual. St. Patrick's Day events are usually held in Oslo and Bergen. Founded in 2009 by the Oslo St. Patrick's Day Association, and mostly comprised of Irish ex-pats this celebration has grown to an all-inclusive celebration of the Irish in Scandinavia. Norwegians gather on Jernbanetoget to have Norway's largest St. Patrick's Day Parade.

In America, the wearing of the green is usually celebrated by nationalities of all. Celebration includes parades, turning rivers into green as seen in Chicago, pinching those who do not wear green, shamrocks, dances, music and drinking of green beer. You name it!

PARTY TIME!!!

Join us in March 10th at 7:00 pm (first time on zoom? It's easy!)

Join using this address:

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

or

by phone: (253)215-8782 use code: 88149115735#

If you want a tutorial in ZOOM prior to the meeting, please email:

edmondslodgewebmaster@gmail.com or call [Dona at 206-251-5446](tel:206-251-5446).



March Kalender

- Mars 3 – Edmonds 2-130 Board Meeting, 7pm
- Mars 8 – Den Internasjonale Kvinnedagen (**International Women’s Day**)
- Mars 9 – Commonwealth Day (Canada)
- Mars 10- Edmonds 2-130 General Meeting, 7 pm
- Mars 13- Bothell SON, Grab and Go Pancake Breakfast, 8-1 pm
- Mars 13- Everett Normana SON, Grab and Go Breakfast, 8-11am
- Mars 17- St. Patrick’s Day
- Mars 20- Vernal Equinox (1st day of Spring)

Edmonds Lodge volunteers work hard to make our lodge the best it can be.

Thank you for all you do to support our community and lodge.



Don't confuse Wealth Creation with Retirement accumulation...they just are NOT the same.
Retirement is based on planning, preparations, protection and years of contributions.
Wealth accumulation is often based on speculation and short-term risk.



Sons of Norway
 Edmonds Lodge 2-130

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