

March 2023 ISSUE | VOLUME 40 | NUMBER 3



EDMONDS LODGE 2-130
SONS OF NORWAY
EST 1983

What's Inside

- PAGE 2** Lodge Presidents Message
- PAGE 3** Thor Says & Lodge Officers
- PAGE 4** Sunshine and birthdays
- PAGE 5** Edmonds Lodge News
- PAGE 6** For the Good of the Order
- PAGE 7** Recipe of the Month
- PAGE 8** Edmonds Calendar

Tuesday Social

Edmonds Lodge Meeting

**Tuesday March 28th at Masonic Center -
Starts at 4pm with social and 6pm Dinner**

Pot Luck

Topic of discussion – What we have to do to pull off a
pancake breakfast May 6.

Financial Planning through Sons of Norway



Mike Dyal is Edmonds Lodge's financial advisor and has been a member of Edmonds Lodge, SofN, for years and loves serving the community and helping people protect their money. Call or text him at 206-446-2222 or email him now to schedule a meeting: mike@pacificadvs.com

Presidents Message

March 2023

*May the luck of the Irish be
with you – or do Vikings need that?*



March is almost over by the time I am getting our March newsletter out. Did you know that I am also the newsletter editor for the Lodge? We have a small board leaving each of us with multiple tasks. Please consider joining the board to help spread the workload and keep our lodge sustainable!

Our Lodge social meeting is Tuesday March 28 – next week! Dinner is potluck as usual. We will be discussing what we need to do to put on one of our community anticipated pancake breakfasts. We unfortunately had to cancel the event during the pandemic. But now it is time to start them up again IF we can get enough volunteers. We need folks in the kitchen mixing batter, flipping pancakes, rolling them up and serving them. We need greeters out on the floor and folks to clean tables and reset them. At this coming meeting we need to inventory our supplies to see what we need to buy. We already have some volunteers from Bothell Lodge.

Yes, we met with Bothell at their Lodge Meeting last week. The reason of course was our Sports and Cultural contest with them. We did not do so well, again for the second year. We had no cultural medals this past year compared their 2, I believe it was. As for sports medals we had 101 compared to their 150 and some. Let's do better this year. Keep track of your walking and other exercise! What kind of cultural activity would you like to do that would get you a cultural medal? I am interested in genealogy.

I also attended The Zone 2 meeting at Abel Lodge last Saturday. Roberta was also there as she is the Zone 2 Director now. She will be telling us more about what transpired at our meeting next week. Everyone there agreed that the exchange of ideas for Lodge activities and meeting is the best part of these Zone meetings.

The 17th of May is just around the corner and we need to start thinking about Thor and our entry in the parade. Thor unfortunately spent the winter uncovered and needs some loving care to get him parade ready. We will be having some work parties to spiff Thor up, so look for those notices and join us! We also need a driver for the parade float.

Norma Jean Sands
Edmonds Lodge



**SONS of
NORWAY**

**Edmonds Lodge Social Meeting
March 28, 4-8 pm - Masonic
Center**

**Edmonds Business Meeting
April 12, 7 pm - virtual**

**Edmonds Lodge Social Meeting
April 25, 4-8 pm - Masonic
Center**

Edmonds Lodge Officers

Executive Board

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

Directors

Cultural Director: Roberta Morrow
Asst.Cultural Dir: 1 Shirley Lovelace
Asst Cultural Dir. 2 Mike Dahl
Sports Director: Glenda Nelson
Glennnie12345@gmail.com
Social Director: **vacant**
Youth Director: **vacant**
Publicity Director: **vacant**
Foundation Director: **vacant**

Financial Benefits: Mike Dyal (425) 243-4521

Trustees

Marshall: **vacant**
Trustee: Jane Bueing
Trustee: **vacant**
Trustee: **vacant**

Support Officers

Musicians: Kris Johannsen
Librarian: Fay Setran
Information: Erlene Stevenson
Historian: Donna Stewart
Website Support: Donna Stewart
Thor Coordinator: Kirk Siqveland
Newsletter Editor: Norma Jean Sands
Newsletter Distribution: Shirley Lovelace
& Norma Jean Sands
Scholarship: Turid Bouchoukian
Sunshine: Shirley Lovelace
Building Liaison: Norma Jean Sands
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. ****



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

Happy Birthday **** Gratulerer med Dagen!

March

- 6 Maxine Elise Lovelace
- 7 Siri Severina Siqveland
- 7 Cassandra Richins
- 8 Richard Joseph Aspen
- 12 Donald L Thompson
- 14 Kelly Morgan
- 14 Berit P Breivik
- 18 Vernon C Wilson
- 20 Valerie Rosman
- 22 Neil Pape
- 22 Sonja A Adams
- 23 Marvin O Bueing
- 24 Emmalie Krusenstjerna
- 28 Bernard Bruce Nickolson
- 29 Michael Young Dyal
- 31 William J Wilson



Happy
Birthday

March Thoughts

*The birth flowers of March: Daffodil or Jonquil.
The birthstone: Aquamarine.*

March 20th is the first day of spring.



Spring is nature's way of saying, 'Let's party!'

*Spring has sprung Da grass is riz
I wonder where dem birdies iz
De little birds is on the wing
Ain't dat absurd De little wing is on da bird*



A friend is what the heart needs all the time.

Edmonds Lodge News

SON Edmonds Lodge 2-130 Masonic Center, Edmonds, WA

Visit our website at: <https://www.edmondssonsofnorway.org/>

Join us for the **Edmonds Lodge Meeting** at the Masonic Center
March 28th, from 4 to 8 pm at 515 Dayton Street, Edmonds

Doors open at 4 pm for culture and socializing. Discussion and planning for a May Pancake Breakfast. Roberta will present highlights from the Zone 2 Meeting.

Dinner starts at 6pm and is potluck.

Edmonds Lodge Business Meeting

April 12th at 7 pm – Virtual. An agenda and link to join will be sent out several days prior to the meeting.

Pancake Breakfast Time!

Is it time for Edmonds to do a pancake breakfast? We are looking for support from our members who have helped in the past – and, of course, are always looking for new volunteers to help us with this endeavor. We are setting our eyes on May 6th. We will need folks who can mix pancake batter and who can flip pancakes on the grill! And then there are servers and greeters! Come join the fun and get a free pancake breakfast for your volunteer time.

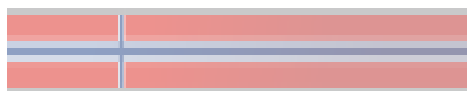




SONS of NORWAY

What is the Sons of Norway?

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 Financial

The back bone of the SON, the financial portion provides insurance and annuities to members. And they are very competitive with other financial institutes.

Mike Dayl is our Lodges' representative. Contact him for more information on products.

mike@pacificadvs.com

206-446-2222

Check out the SON webpage

[https://www.sofn.com/fiancial_](https://www.sofn.com/fiancial_products/)

products/

Sons of Norway Fraternal

The sights, sounds and tastes of Norwegian culture are captivating to people from all walks of life. So it stands to reason that Sons of Norway would be the first stop for anyone who's looking to explore and discover Norway's treasures. Not a member? You can still browse some of our recipes, language lessons, and a sampling from *Viking* magazine – and don't forget: membership gives you access to additional benefits, like travel discounts and your own copy of *Viking* magazine delivered to your home. Find out more today.

Learn more about SON has to offer at https://www.sofn.com/about_us/

Sons of Norway Foundation

Provides scholarships grants and financial help to individual members and lodges based on needs. In 2021, the Sons of Norway Foundation distributed over \$147,000 in awards.

Check out their website to see what is available

<https://www.sofn.com/foundation/>

If you can imagine it, you can achieve it.

If you dream it, you can become it.

Imagine yourself an active Sons of Norway member!

IDRETTSMERKE
Sports & Fitness
Medal Program



Sons of Norway Sports and Fitness Medals:

Idretts/General fitness, Ski/Skiing, Svømme/Swimming, Sykkel/Biking, and Gang/Walking

Sons of Norway Cultural Medal Programs:

Cooking, Literature, Stamp Collecting, Rosemaling, Genealogy, Knitting, Language and Culture, Hardanger Embroidery, Figure Carving, Weaving, Ornamental Woodcarving, Chip Carving, Folk Dancing, and Music and Musicians.

SAVE YOUR CANCELED STAMPS



Cut around the canceled stamps, leaving 1/2" around the stamps and get them to Bothell Lodge. This is an ongoing service project coordinated by District 2.

Tubfrim in Norway appreciates your contribution. TUBFRIM is owned by the Norwegian Health Association. Today the profits are used to help children and youth with disabilities, and children and youth with handicaps in Norway, and to finance the efforts to eradicate tuberculosis.

Recipe of the Month – Farikal – Mutton and Cabbage.

Known as the Norwegian national dish, Farikal is really a simple dish of mutton and cabbage. The Norwegian version of corned beef and cabbage! *Vat is corned anyway?*

Ingredients

- 4 lbs of mutton
- 4 lbs of cabbage
- 1/3 cup all-purpose flour
- 3 cups water
- ½ Tbsp. whole black peppercorns
- 1 Tbsp. sea salt



INSTRUCTIONS

1. Cut meat into serving sized pieces. Include bones in the pot.
2. Cut cabbage in wedges.
3. Layer mutton and cabbage in Dutch oven and season each layer with salt and pepper.
4. Add boiling water.
5. Simmer for 1 ½ hour.
6. Stir flour into stock. Let it dissolve and thicken stock.
7. Serve with boiled potatoes.

March in Norway

March 22nd 7:30 am Tromsø 10 degrees F, Oslo 34 degrees F, Bergen 42 degrees F

A variety of festivities are celebrated across Norway during March. Enjoy live concerts, carnivals, and winter sports at the Narvik Winter Festival. If you are a music lover, do not forget to include the Winter Chamber Music Festival in your itinerary. For food lovers, there is Stavanger Vinfest with authentic food and wine.

An international Nordic ski race is held in Norway during this time of year. The other contest you might be interested in is the popular ski-jumping contest in Holmenkollen. From Europe's longest canine sled competition to the [World Cod Fishing Championship](#), there is much to anticipate in Norway this time of year.

EDMONDS LODGE CALENDAR

March 8, 7pm	ZOOM Board & Business Meeting
March 28, 4-8 pm	Lodge Social Meeting at Masonic
April 12, 7pm	ZOOM Board & Business Meeting
April 25, 4-8 pm	Lodge Social Meeting at Masonic
May 6, 8-11 am	PANCAKE BREAKFAST???
May 10, 7pm	ZOOM Board & Business Meeting
May 23, 4-8 pm	Lodge Social Meeting at Masonic

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
Edmonds Lodge 2-130

Street Address:

515 Dayton Street
Edmonds, WA 98020, USA

PO Box 1651
Edmonds, WA 98020-1651

Website: www.edmondssonsofnorway.org

ADDRESS SERVICE
REQUESTED