

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

Next Meeting: May 8:

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

5:00 pm: Social hour

6:00 pm: Dinner

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

Program Includes: **Yearly Memorial Service;** with local talent Laura Loge singing during the special event with accompanist Steven Luksan

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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.

Saturday June 8th at 10:00

Come to Pancake Haus in Edmonds, 10 a.m for a FREE breakfast open to the community to learn about what is Sons of Norway. It is FREE for anyone not yet a member & Edmonds Lodge members who bring someone. Everyone who attends 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. See you there!



For Those We Love

April 17th, Madelyn Faith Dyal was born, my youngest daughter. She and mother are doing well. Madelyn has great lungs already! During a life or a death, it is natural for this to be a time of reflection and with her birth and May being the Edmonds Sons of Norway Lodge Memorial Meeting I am struck by how much we love each other and that I want everything possible for those I care for. I imagine you are the same way. That is why I feel it a blessing to have life insurance to take care of those I love when I am no longer alive to do so. I have made sure my insurance covers the needs of those I love and work to make their lives better. I also get insurance on my children so they can always have something. Contact Mike Dyal, your Sons of Norway Financial Advisor (425)243-4521



Presidents Message

President's Message – May

We had a wonderful meeting in April and a lot of fun with the Photo Booth that Donna Stewart initiated! Lots of fun pictures were taken and some will be on display at our May meeting. We also had the wonderful experience of traveling to Norway with Dave Ellingson on his kayak trip there. If you missed that program, you still might be able to find him at some other Lodge or event!

Now it is May with hopefully continued warm days. Warm weather has come to Norway too! The rumors on the net is that this past Easter provided some of the best spring skiing, over most of the country, in 50 years! After Easter Norwegians start looking forward to the 17th of May. This day celebrates the signing of the Norwegian Constitution in Eidsvoll, **May 17, 1814**. Norwegian Constitution Day is the national day of Norway and is an official public holiday and flag day observed on May 17 each year. Among Norwegians, the day is referred to simply as syttende mai. In Ballard we also celebrate in style with one of the largest parades outside Norway. Last year there were over 100 entries to the parade. This year, with 17 of May landing on a Friday, the parade starts at 6pm. But other activities begin earlier in the day, with entertainment at Bergen Place starting at 2pm. Leif Erikson Lodge is having an open house and the Nordic Museum has several special events for the day.

Ha en vidunderlig 17. Mai! Have a wonderful May 17th. And to make it even more festive, come to Ballard and march in the Parade with Edmonds Lodge and with our ship-float Thor.

Our Edmonds Lodge meeting is Wednesday May 8. This is also V-E Day – or Victory in Europe Day 1945. In Norway it is Frigjøringsdagen and is an official Flag Day. Our May Lodge Meeting is our Memorial Service where we remember our members who have passed away in the last year. We have lost several members and this event will be highlighted by the singing of Laura Loge, soprano singer of Grieg's work. Come early, 4:30pm for crafts and 5pm for socializing before dinner at 6pm.

And if you put up your Norwegian Flag on Norwegian Flag Days, note that May 1st is Arbeidernes Dag (Labor Day) and is also an official Norwegian Flag Day.

Norma Jean Sands
President





Calling All Ye Volunteers

We need your help for the
Pancake Breakfast!

Please contact Jane Bueing at:

(425)268-9627

May Lodge Meeting Cultural Activities

Edmonds Lodge Meeting Programs

May 8th: Our May program is very special music for our memorial service provided by singer Laura Loge and her accompanist. Laura has sung in several operas, but locally she is known for her performances of the music of Edward Grieg within the Scandinavian community.

Looking Ahead:

May 4th: Pancake Breakfast at the lodge.

Friday, May 17th: 17th of May Parade in Ballard

June:

More inside...keep reading!

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	

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Fun at last Lodge Meeting



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

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.

- Michael & Keli Dyal welcomed their new baby girl, Madelyn Faith on April 17th
- 18 Birthday cards sent out for April 2019
- Thinking of your cards sent to Helen and Gerald Graham and Marlene Curley
- Get well card to Carolyn Malness

Let us be grateful to people who make us happy, they are the charming gardeners who make our souls blossom.

In everyone's life, at some time, our inner fire goes out. It is then burst into flame by an encounter with another human being. Make it your personal goal to burst someone's flame every day.

Shirley

For the Good of the Order:



HAPPY BIRTHDAY

HAPPY BIRTHDAY TO OUR MAY BORN MEMBERS

Liam R Baird	1
Gerald E Graham	3
Astrid T Drivenes	5
Aeryn Merette Saeverud	6
Peter Bjorge	6
Aeryn Severud	6
Annika Wilson	7
Collins Murray Weslie	7
Brianne Casper	8
Setran Harold J	8
Steves Rick	9
Richins John	10
Stewart Donna M	13
Forsyth Lynee D	14
Chinlund Lisa Dede	16
Sherry Hinds	18
Jenna M Brock	19
August Lovegren Calvin	20
Sarah Casper	22



Velkommen to all new lodge members!

Our members into March 2019 are:

Jeff Michael Lovelace
Maxine Elise Lovelace
Susan Mary Lovelace
Hayden Sky Pelley
Jesse Lee Pelley
Nikki Steneide Pelley
Brian Edward Malnes

Benefits to being a Sons of Norway Member are:

- Award winning monthly publication
- 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;

Trollhagen	June 30 th to	July 13 th
Nidaros	July 14 th to	July 27 th
Normanna	July 28 th to	August 10 th

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

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.

NOTICES FOR EDMONDS MEMBERS:

- Members, monthly financial reports are available from Edmonds Lodge Treasurer, Vicki Nelson upon written request.
- Lodge name badges are available for a cost of \$15.00 each. Contact Lodge Treasurer, Vicki Nelson if you want to place an order for one.

Due to set-up costs all orders will be held until we have at least a minimum of 6.

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 21st 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.

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!**

Zone 2/3 Update

We had a Zone 2&3 Seminar at Bothell Lodge April 6th. It was well attended by many of our Lodges. Edmonds had several members attending including Norma Jean Sands (who is also the Zone 2 Director), Jane Bueing, Erlene Stevenson, Donna Stewart, Nathan Salmon,

The Zone meeting was very informative and there was a great exchange of ideas on fundraising, meeting programs and ways to interest new members.

SO SORRY!!!!

We had some problems with the e-mail distribution of the newsletter last month. We hope you finally got a copy, but if not, you can go to our webpage and download it. Newsletters from February of the year are available.

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

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
or our newsletter distributor
Melissa at
missyinedmonds@outlook.com

ATTENTION!!

* Pancake breakfast May
We Need volunteers. Call Jane Bueing!
425-268-9627

Upcoming District sports and activities:

Borderfest in Blaine
July 14. Potluck lunch. Klubb competition. Selection of Border Queen or King from among Lodge Kings and Queens.

July 20th Steak fry at Trollhagen and Horseshoe Tournament.
Call Bill Hicks to reserve either a steak or salmon lunch: 425-672-0194

August 17 District 2 Golf Tournament in Leavenworth. All are welcome, all levels of golf expertise.

Check out the surrounding Lodges for their great events too!

Visiting lodges is fun!

In Loving Memory...

Please join us for our May Memorial Lodge Meeting for those we love and those who we miss.

Erik Siqueland

Angie Bueing

Alfred Berg

Gunn Nesse

Glenn Werner

Carol Cannon

Helen Clouston (104 years old)

Jerry England

Sylvia Ferchen

Jerry Blevins

Joan Ruth Baker



Writing Your Life Story Has Never Been Easier

May we finish up our Genealogy Cultural event (4:30p May 8th) Imagine if someone provided you with one question to write about each week for 52 weeks. At the end of just one year you will have created your own life story to share with your children and your future posterity. You will never be forgotten because your own life story will bear witness to your existence. Add some pictures, and you can make it even more inviting to read. Below are 12 questions. month, take one question and write as much or as little as you want. Don't worry about how much you write for each question, but do write something. Questions do not need to be answered in any special order. For the full article & the rest of the questions, see:

<https://www.familysearch.org/blog/en/52-questions-52-weeks/>

What is your full name? Explain why your parents gave you that name.

When and where were you born? Describe your home, your neighborhood, and the town you grew up in.

What memories do you have of your father (his name, birth date, birthplace, parents, and so on)?

What memories do you have of your mother (her name, birth date, birthplace, parents, and so on)?

What kind of hardships or tragedies did your family experience while you were growing up?

Are there any obvious or unusual genetic traits that run in your family line?

What are the names of your brothers and sisters? Describe things that stand out in your mind about each of your siblings.

What were some of your family traditions that you remember?

Did your family have special ways of celebrating specific holidays?

Share some memories of your grandparents.

Where did you go to school? Give some details about what was school like for you and some of your memorable experiences.

What were your favorite subjects in school? Explain why.

Oppskrift

Recipe of the month

Ingredients:

1 lb. lamb chunks on the bone
1 medium cabbage
2 cloves garlic
1 onion
2 medium carrots
2 medium new potatoes
1 Tbsp whole peppercorns
Dried rosemary
1 beef stock cube
2 dollops of butter
Water

Serves 2

Directions:



Step 1: Chop the onions, carrots and cabbage into bite sized pieces. Chop the potatoes into large pieces. Mince or crush the garlic.

Step 2: In a large pot melt one dollop of butter and sauté the onions until they turn transparent. Add the garlic and lamb chunks and sear the lamb.

Step 3: Once the lamb is seared add the peppercorns and rosemary; cook for 3-5 minutes. Add the carrots, cabbage and potatoes and stir.

Step 4: Cook until the potatoes and carrots are slightly softened, approximately 5-10 minutes.

Step 5: Fill the pot with enough water to cover 2/3 of the ingredients, crumble the stock cube and add the remaining dollop of butter.

Step 6: Bring to a boil and then simmer covered for 2 hours, stirring occasionally.

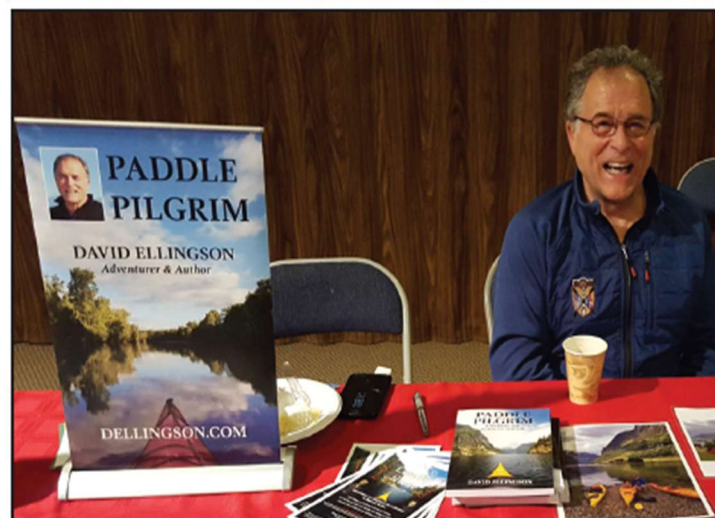


Why did Ole wear two jackets while painting? Because the directions on the paint can said put on two coats!

Lena: "Ole, let's go jogging togedder."

Ole: "How come?"

Lena: "Vell, because my doctor told me I could lose veight by vorking out with a dumb-bell."



David Ellingson was our speaker at last month's meeting.
You can find his book at www.dellingson.com



2018 Man and Woman of the Year

MAY Lodge Cultural Activities

Our cultural program for the May meeting is a performance by Laura Loge and her accompanist during our memorial service. Laura is a soprano who has performed several roles in operas and also sung solos in many other concerts. She has spent the last few years specializing in the music of Edvard Grieg. She is the Artistic Director of the Mostly Nordic Chamber Music Series in Seattle and President and Founder of the Northwest Edvard Grieg Society. Laura is the Artistic Director of the Mostly Nordic Chamber Music Series in Seattle and the President and Founder of the Northwest Edvard Grieg Society. We are honored to have her performing for us in May!

We will be finishing up paperwork on the genealogy unit for the next meeting. Please complete levels one and two as much as you can. If you need the forms and directions for level 2 or 3 let me know and I will email them to you ahead of time.

My email is birdeekay@gmail.com.

Don't forget to bring stamps for Tubfrim and box tops for Madronna School!

Harry Malnes takes egg cartons and paper grocery bags for the food bank also.



The *Norwegian* Trekking Association (in short **DNT** for Den Norske Turistforening) is *Norway's* biggest outdoor activities organization.

For 150 years, they've been working to promote trekking and getting the citizenry out and up to the mountains. They maintain many hytte (huts) in the mountains for skiers and hikers to use. If you wish to go to Norway for hiking or multi-day skiing, it would be good to contact them to get the best ideas of where to go and what huts are available.

DISTRICT 2 HORSESHOE TOURNAMENT



Illustration by Anne Lunde 2018

Game on!

Yes, you read that right! We're bringing back the horseshoe tournament! Join us for a low stakes horseshoe tournament that will take place the evening of the Annual Trollhaugen Steak Fry.

Registration starts at 9:30 AM

Tournament starts at 10:00 AM

Donation of \$5 is requested for snacks.

If you have any questions about this event, please contact Laurie Berg: laurieberg.2@gmail.com

To get your tickets to the Steak Fry, please contact:

Bill Weber: (425) 672-0574

BillWeber2015@gmail.com

If you would like to stay for a night or the whole weekend, please contact the Trollhaugen Managers: (509) 454-9997

Trollhaugen@trollhaugen.com

July 20, 2019 Trollhaugen Lodge

Heading East on I-90 take Exit # 62 onto Skamberg Pass Road

Turn right at stop and continue for approx 1 mile

Gravelly rd on the left

Address: 314 Skamberg Pass Road

Edmonds WA 98025

DISTRICT TWO GOLF TOURNAMENT

August 17th, 2019



Leavenworth Golf Club

9375, 9101 Icicle Rd, Leavenworth, WA 98826

Hosted by: Multiple Lodges

ALL AGES EVENT

ADVANCE TICKETS

\$85 per player
including lunch and
banquet.
\$75 per additional
banquet plate.

LODGING

Contact Hampton Inn
& Suites
Mention District Two
Sons of Norway Golf
Tournament for
special rates.

CONTACT

Laurie Berg (District 2
Sports Director)
(206) 226-6308
Laurieberg.2@gmail.com

Please fill out and return
registration form on
second page to:
Rita Golf Tournament
Laurie Berg
Berthel Lodge
PO Box 492, Berthel WA
98001
with an attached check
made payable to:
Berthel Sons of Norway

Have a recipe you want to
share with the lodge?

Send it to the editor at:

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!

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 page 5 in this newsletter.

Påskan 2019 danker ut alle andre påskeferier, bortsett fra påskan 2013. Det gjelder i hele landet bortsett fra i Nord-Norge. Flere yngre er ledet til fjells! DNT skriver at ung har hatt en økning i antall medlemmer på nær 50 prosent i aldersgruppen 16–26 år i løpet av de siste fem årene. Mange av dem valgte å dra på fjellet i påskan.

Easter 2019 bests all other Easter holidays, except Easter 2013. This applies throughout the country except in Northern Norway. Younger folk are headed to the mountains! DNT writes that young people have had an increase in the number of their members of almost 50 per cent in the 16–26 age group over the past five years. Many of them chose to go on the mountains this Easter.

Cultural Corner

So you want to learn some Norwegian? Taking a trip to visit relatives or site see in Norway? Or perhaps refresh your memory of what you learned earlier? There are several avenues available to learn.

First of all, there is the Sons of Norway website. Here you will find 37 Language Lessons that you see and hear, Norwegian Reading for Comprehension that teaches you about Norwegian grammar, and the Cultural Skills Program, including the one on Language and Culture.

The S/N Cultural Skills unit for Language and Culture is different from all the others. There are still three parts; however, you may earn two in language and one in culture, or earn two in culture and one in language. And you receive two bars as long as you do at least one level in language and one level in culture. Part 1 is Language, Part 2 is Culture and Part 3 is Language or Culture.

How to get to the Cultural items on the Sons of Norway website

Go to <https://www.sofn.com>. If it is your first time logging in, you will need your membership number to log in. Then you may change your login to your email address or whatever you choose. (Write it down!)

Now, click on the white box outlined in red in the upper right corner that says “Member Resources.”

Scroll down to the third item, Cultural Programming, and click on the “Learn more” box. From this page, you have several choices: For now, you can go to Language Lessons or Norwegian Reading for Comprehension or Cultural Skills Program.

If you choose Cultural Skills Program, you can now scroll down to Norwegian Language and Culture. From there you can print the PDF of the entire unit or go to the YouTube playlist to work on the 10 lessons on language and culture.

There is also a free course on the Internet called **Norwegian on the Web** at this website:

<https://www.ntnu.edu/norwegiancourse/norwegian-on-the-web>. It was created for foreign students who go to Norway to study at the Norwegian University of Science and Technology, or NTNU.

Third, there is another free course on the Internet for learning many languages, including Norwegian, called **Duolingo**. What I like about this course is that you hear the language and have to speak it as well. Find it this website:

<https://www.duolingo.com/course/no-BO/en/Learn-Norwegian%20Bokm%C3%A5li>

Fourth, there are several text books of Norwegian in our own Edmonds Lodge library. They provide a way to review vocabulary, learn about grammar, and practice reading and writing, etc.

Our own **Viking** magazine always has the president’s message in both English and Norwegian. Try reading it in Norwegian first, and then read it again in English to see if you got the gist of it.

There are several other websites on the Internet that can help you learn Norwegian, such as one named **Norwegian Blog**. You can sign up to get it in your inbox.

The **Norwegian-American** newspaper is the only one left that is published in American. It has a page of news stories in Norwegian, plus amazing articles about Norway and Norwegians. Subscriptions are \$70 a year for a weekly issue. Share a subscription with a friend! We could ask members who subscribe to bring back issues to our meetings to share, and keep a few months of issues available. These would be useful to find a subject for writing an article for your optional activity for the cultural part of the Language and Culture unit.

One of the most difficult things about learning a language is not having an opportunity to practice. Some years ago, we had a table set up at our dinners for those who wanted to practice speaking Norwegian. Should we reinstitute that practice? See how it goes for a few months? **Hva venter du på?** (What are you waiting for?)

What is next?

We have two more sessions on genealogy: May we will finish up any paperwork that is still outstanding and submit completed levels not already submitted earlier. In May, we will also begin the Reading Cultural Skill. Now that you know how to find the Cultural Skills on the Sons of Norway website, I will let you look up the unit yourself, and print it off as you desire. For those who do not have computers or printers, and who want to participate (or continue if you have already started), I’ll hand out units, so let me know if you want me to print one for you. Before the evening concludes, I hope you will check out some books from our library to read over the summer, so when we come back in September you will have some paperwork ready to submit! I will also bring some of my own books for you to borrow.

TUBFRIM: Don’t forget to bring in your stamps!

May Pancake Breakfast

Remember that baking something for the bakery table or knitting, doing Hardanger or card weaving, etc. for the craft table can be used as your optional activity for those Cultural Skills awards.

Roberta K. Morrow, birdeckay@gmail.com

Cultural Director, Edmonds Lodge

Upcoming Events

At Edmonds Lodge (Unless indicated otherwise)

MAY

1st - Board Meeting - 6:30

8th - Lodge Meeting

4:30 Youth Activities & Culture

- Genealogy

5-6:00 Social Hour

6:00 Dinner

7:00 Lodge Meeting – Memorial



Calendar

LOOKING AHEAD

5/04 Edmonds Pancake Breakfast

- Volunteers Needed

5/17 17th of May Parade in

Ballard

June: Midsummer Festivals

7/14 Border Festival & Kubb

7/20 Trollhaugen Steak Fry

July: Youth Camps Begin

8/24 District 2 Golf Tournament

September: 1) Adult Heritage

Retreat, 2) New Member Event

*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 2nd
Wednesday of each month at the:
Edmonds Masonic Lodge
Open to the public*

SMARTER PLANNING



Are you truly DIVERSIFIED
with your investments?

Diversifying is intended on protecting part of your nest egg from a crash or "market adjustment" However, if the nest egg is all still in the "same old thing," is it truly diversified?

**Schedule now! Call Mike
Dyal at:(425)243-4521**



SONS of NORWAY

Sons of Norway
Edmonds Lodge 2-130

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515 Dayton Street

Edmonds, WA 98020, USA

PO Box 1651

Edmonds, WA 98020-1651

Website:

www.edmondssonsofnorway.weebly.com

**ADDRESS SERVICE
REQUESTED**