

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

Board meeting November 6th begins with coffee at 6:30; meeting at 7pm. All members are welcome.

Next Lodge Meeting: November 13th, 2019
Come one and all, open to the public!

Meeting starts at 6pm with salutations from 4:30 until start.
Dinner is served thereafter.

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Is your Will Updated?

Having your estate planned out correctly means you get more money now (less taxes, better longevity & protection), and know where your money is going to go later. Being prepared puts you in the driver's seat even after you have left this world. Which is why proper planning being so important. Remember to plan right so it's done right.

Contact the Edmonds Lodge Financial Benefits Councilor, Mike Dyal.
"dyal": 425-243-4521



Presidents Message

November 2019

Happy November to all. November may seem dark and cold (here in the Northwest as well as Norway) but we here in the U.S. can look forward to Thanksgiving and family gatherings. It is also election month and I hope everyone exercises their right to vote. It is important to maintain democracy.

At our Edmonds Lodge meeting this month (November 13) we will be having our Thanksgiving dinner with turkey and all the fixings. And we will also be having our officer elections. So do come and enjoy great food, great company and the chance to vote for next year's officers.

What do Norwegians celebrate in November? The second Sunday (Søndag November 10.) is Farsdag (Fathers Day).

To go back in history, November was the month Haakon VII, original name Christian Frederik Carl Georg Valdemar Axel, (born Aug. 3, 1872, Charlottenlund, Denmark—died Sept. 21, 1957, Oslo, Norway) was elected King of Norway in 1905 following the independence from a union with Sweden. His reign started 18 November 1905; he arrived in Norway November 25th and was formally coronated the following year.

Norway's next king was Olav V who reigned from his father's death 21 September 1957 until his own death on 17 January 1991. Olav was the only child of King Haakon VII of Norway and Maud of Wales.

Harald V (born 21 February 1937) is the current King of Norway, having ascended to the throne upon the death of his father King Olav V on 17 January 1991.

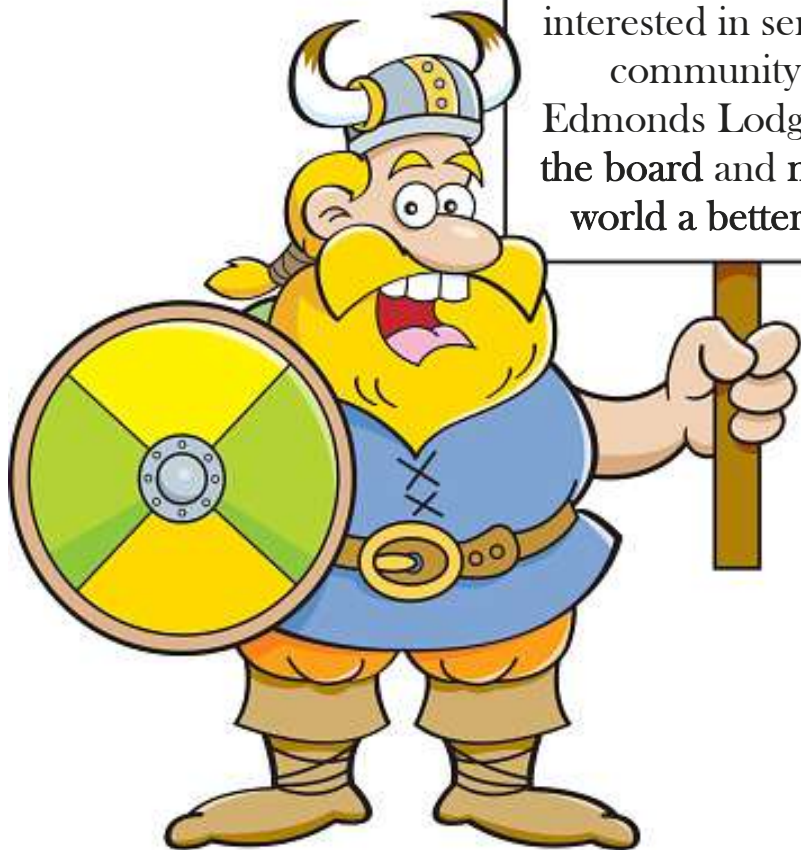
Norway is considered a "parliamentary representative democratic constitutional monarchy". Now that is a mouthful. The parliament (Storting) is voted on in its entirety (169 members) every four years. The next election is September 2021. The prime minister is by convention the leader of the party with majority support in parliament. Erna Solberg of the Conservatives (Høyre) is the current prime minister. The Labour Party (Arbeiderpartiet) has more seats than the Conservatives (49 to 45), but there are nine Parties represented in the parliament and the Conservatives coalition is larger than Labour's (88 to 81).

According to the Democracy Index, which is compiled by the Economist Intelligence Unit of the United Kingdom, there are just a handful of nations that are full democracies. And according to their 2018 index, Norway ranks at the top! Active participation of one's citizens in politics and civics is an important factor in the ranking. So, get out there and vote, in your local elections and in Edmonds Lodge elections.

Fraternally,

Norma Jean Sands





THOR requests all interested in serving the community and Edmonds Lodge to join the board and make the world a better place!

Fall-time Activities

There is really only one thing to mention here...Its Turkey Time!!!

Come one and all to the best Thanksgiving Dinner around! Served fresh and with love at Edmonds Sons of Norway Lodge at Edmonds Masonic Temple.

Come to the event November 13th

Bring your goodies to donate to the local food bank as well:

A reverse advent calendar again this holiday season. Find a box, a bag or a basket. Place an item in it every day until our Thanksgiving dinner or our Christmas party. Bring it to the lodge and we will get them to the food bank. Beside canned and boxed and packaged food items, you could also include school supplies, hygiene items like bar soap and toothbrushes, and warm winter accessories like socks, mittens, scarves. Use your imagination!

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 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

Marlene Curley- Get Well

Vicki Nelson- Get Well

Loren Krusenstjerna- Get Well after surgery

16 October Birthday cards

"Share your smile with the world. It's a symbol of friendship and peace". Christie Brinkley

"Many people will walk in and out of your life, but only true friends will leave footprints in your heart". Eleanor Roosevelt

-Shirley



Some of our Edmonds Lodge Members finishing up service for an Eagle Scout, Andrew Baker who is donating these preemie quilts to the children's wing at the hospital.

Left to right: Raidun Kollen; Shirley Lovelace; Vicki Nelson; Roberta Morrow and Donna Stewart.

Made 15 preemie quilts for Eagle Scout project.

HAPPY BIRTHDAY!

HAPPY BIRTHDAY TO OUR OCTOBER BORN MEMBERS

(IF WE MISSED YOU, PLEASE LET US KNOW)

16 October Birthday cards:

November Birthdays

11-1 Fern Setran

11-6 Curtis Roy

11-10 Ellen Schwarting

11-11 Sidney Lobert

11-15 Dean Blevins

11-24 Steve Tangen

11-30 Seth Baird

11-5 Maggie Fimia

11-8 Nikki Pelley

11-11 Natalie Krusenstjerna

11-12 Fern Thompson

11-24 Nathan Salmon

11-28 Jesse Pelley

Pancake Breakfast October 5th, thank you all that came and helped make our pancake breakfast fun. It was great to have new members Fay Rea, Patricia Berkoski, Jim Weakland and Anna Lilleskare helping. Friday night set up went so fast. Friends of Donna Stewart came to set up on Friday night, Thank You! I regret that I don't have all the names on Friday night but will get for next newsletter. I don't want to miss someone. It certainly made for a quick Friday night. Also, thanks to those who helped clean up on Saturday. That also went much better. Thank You! Bothell Lodge members Bob Steed and Greg Seymour were there helping too, Thank You! And of course, the next breakfast is March 7, 2020.



Mark your Calendar

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



Women's' Scandinavian Choir

Singers, join the Women's Scandinavian Choir. The choir meets at the Everett Normanna Lodge every Thursday evening from 7:00-8:30 pm. 2725 Oakes Ave., Everett. Lyrics are in both Norwegian and Swedish, but you do not need to be a fluent to sing with us as we are happy to teach new members. If you are interested in our group, please contact director Jerilyn Wibbens at jkwb@msn.com or phone 360-651-0375.

We would love more members from Edmonds. Lin Russell



There are a lot of reasons I love the chorus. It's history, or that amazing feeling when the building around you vibrates with the echoes of our songs. But really, it is the camaraderie and friendships that I have developed with every member of our group.

If you at all interested, or know someone who might me, send me an email, Gary Strombo, President and Head Cheerleader. Everett Norwegian Male Chorus gary.strombo@gmail.com

Sons of Norway Foundation News

October was Foundation Month. It is the time each year that we recognize and celebrate the Sons of Norway Foundation. The Foundation has been offering scholarships, grants, and assistance to our lodges and to our members for over 50 years. As a fundraiser for the Foundation, you will have an opportunity to purchase raffle tickets for a beautiful Norwegian sweater. Tickets will be sold this month. The winner being selected at our November meeting.

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 (Mike Dyal 425-243-4521, can help you get set up with what you need)



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

The Doreen J. Parker Cultural Heritage Retreat at Trollhaugen will be in early 2020!



The monthly drawing for October was won by Bill Hicks, member at Bothell Lodge. Bill donated his winnings to our Lodge scholarship fund. Mange tusen takk. Bill!

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



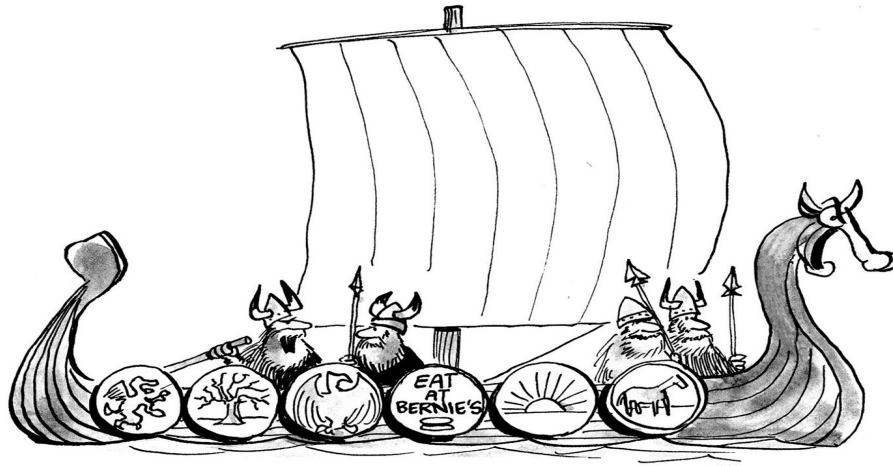
Sons of Norway's Sports & Fitness Medal Program brings a bit of Norwegian tradition to its members by encouraging everyone to participate in activities that will improve their health and well-being in ways that suit each individual.

It is the FINAL QUARTER!
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:

edmondslodgeditor@gmail.com
or our newsletter distributor
Melissa at:
missyinedmonds@outlook.com



"Are you planning on sharing the endorsement money?"

The above "Uff-Da" is pretty funny! What isn't funny is that the Edmonds Lodge parade float "Thor" needs a major remodel. Some of the money has been given in a grant. What the Edmonds Lodge needs are people who care for promoting Norwegian Culture and the Sons of Norway organization. Please help us rebuild the Edmonds Lodge "Thor" and become LEGENDARY like Thor himself.

Please email the lodge to help at: edmondslodgeeditor@gmail.com Put "THOR" in the subject line. Thank you!!

Historian Notes...

Last Month we identified pictures for our history books! Come see who you can identify.

At our September meeting we spend time identifying faces in 150 pictures that were given to the Lodge and not yet stored in photo albums. The pictures ranged from 1990 to 2016. We plan to do this again at the November meeting. Come join in the fun.

--Donna Stewart, historian

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

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/>

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/

EDMONDS 2-130 STERKT LYS VOL. 35, NUMBER 9

Oppskrift Edmonds

Recipe of the month

I made about 12 fritters out of this recipe which should feed four people as a lunch or starter with a salad. You could serve it with some boiled new potatoes for a main course. You could also make smaller flatter cakes and serve them as canapés with drinks. Just top with a blob of the sauce and a sprig of dill. You should get about 24 and they will obviously not take as long to cook.

Beetroot Fritters with Horseradish & Dill Yoghurt Sauce

Serves 4, makes about 12. Vegetarian, gluten-free. Adapted from [The Times Food & Drink](#)

450 g beetroot, peeled & grated (use gloves dad)
150 g carrots, peeled & grated (could use parsnips)
1 shallot, finely chopped
50 g blanched almonds, finely chopped
2 tsp dried thyme
1 tsp ground coriander
100 g rolled oats
3 eggs, lightly beaten
salt & black pepper
dill sprigs to serve
toasted cumin seeds, to serve
crumbled feta, to serve (optional)

For the Horseradish Sauce:

200 ml Greek yoghurt/goat's yoghurt or crème fraiche (or a mix)
2-4 Tbsp horseradish sauce (or fresh grated horseradish)
2 Tbsp lemon juice
1/2 tsp honey
salt & black pepper
fresh dill, chopped

Mix together the peeled & grated beetroot & carrot with the shallot, almonds, thyme, coriander, oats, eggs, salt & black pepper in a bowl until well combined, cover and leave in the fridge for at least an hour. I left some overnight for lunch the next day and it was still good.

Preheat the oven to 180C. Using gloves, take a handful of the mix and squeeze it into a fritter shape (squeezing out any liquid) and place on a plate while you make the rest.

Heat 2 Tbsp oil in a frying pan until hot. Then cook the fritters over a medium high heat on both sides until crispy, about 2 minutes a side. Remove with a slotted spoon to an ovenproof dish and bake for about 25 minutes.

Make the sauce by mixing the yoghurt/crème fraiche with the horseradish. Start with 2 Tbsp horseradish and add more if needed, I am a horseradish wimp though. Then add the lemon, honey, dill salt & pepper and taste. Adjust as required.

Toast some cumin seeds in a pan until fragrant.

To serve: make a little tower of beetroot fritters and generously drizzle over the horseradish sauce. Sprinkle over some cumin seeds, some crumbled feta (if using) and top with a sprig of fresh dill. I served them with a radicchio and watercress salad with a lemon & olive oil dressing.





Congratulations to our very own Amos Chapman Jr.

Following dedication is from the Edmonds News, October 27th, 2019.

Edmonds resident and World War II veteran Amos Chapman Jr. recently received the Congressional Gold Medal for his participation in the U. S. Navy during war activities in the Philippines. The medal is the highest honor Congress can bestow on an American.

In a letter that accompanied the medal, Washington's US Senator Patty Murray lauded Chapman's contributions, saying "You have demonstrated incredible dedication tour country, and your sacrifices will never be forgotten." He was one of 28 veterans who received the award, 26 of whom are now deceased, at the event held Oct. 19 at the Mt. Tahoma High School Auditorium in Tacoma.

Since the American Revolution, Congress has commissioned gold medals as its highest expression of national appreciation for distinguished achievements and contributions, according to Sen. Murray, who is a senior

member of the Senate Veterans' Affairs Committee.

Amos, now 94 years old, is still an active member of Edmonds American Legion Post 66 and Veterans of Foreign Wars (VFW) Post 8870. The award was given to recognize his service along with his fellow Washington State Filipino and American World War II veterans, according to Murray's letter.

Amos joined the Navy in May 1943, at the age of 17. He was assigned to serve aboard the Fletcher-Class destroyer, USS Killen, in the Pacific as a Fire Controller. His ship was engaged in the Battles for Leyte Gulf during which the ship was under constant attack by artillery, air and Kamikaze attacks.

Photo cutline: Amos Chapman Jr. displays the Congressional Gold Medal he recently received for his participation in the Philippines during World War II. (Photo by Dan Mullene)

To Amos and all the Edmonds Sons of Norway Lodge Service Members, thank you for your service!



We are pleased to announce that the Edmonds Sons of Norway Lodge has a new website!!! Thank you for all the work that has gone into this. Melissa Johnson managed the previous site and did an amazing job-thank you!

Without further adue, please go check out the site right now!

<https://edmondssonsofnorway.weebly.com>



Left: Nathan Salmon was presented with a tri-fold board about Vikings which was donated by Wergeland Lodge in Bellingham.

Below: Flying the Norwegian Colors at the summer parade





Left: Andrew Baker, Eagle Scout Applicant, getting help from the Edmonds Lodge with his Eagle Service Project of assembling blankets to donate to the local NICU Hospital for Premies.

Right: Jane Bueing helps at the Famous Edmonds SofN Lodge Pancake Breakfast.



Remember to bring donations to the Edmonds Lodge Thanksgiving Dinner this 13th of November.



Above: Few of the area's finest helpers: Greg Seymour and Bothell President Bob Steed

Upcoming Events

November

- 6th - **Board Meeting - 6:30**
- 11th - Veteran's Day
- 9th - Whidbey Island (Nordic Lodge) Meeting
- 9th - Everett Lodge (Normanna) Breakfast
- 11th - Everett Lodge Cookie class, 11-3; limited space
- 13th - **Edmonds Lodge Meeting - 6:00 Thanksgiving!**
- 16th - Bothell Lodge Breakfast

Advisory:

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

**SMARTER
PLANNING**



Have you got a new CD? The rates are great!!! Sure, it's not 1984, but it's the best rates in a decade. Give Mike a call now to create

Give back to the lodge by remembering them in your estate planning & Life plans.

Schedule now! Call Mike Dyal, Sons of Norway Financial Councilor at: (425) 243-4521

Calendar

December

Sat. Dec. 7th @ 1pm - Edmonds Lodge Christmas Party

Updates have been made to the Lutefisk Lovers List

7th - 12th Annual Cathedral Christmas, 8pm St. Mark's Cathedral, Seattle

8th - Everett Lodge Children's Christmas Party 3pm. RSVP

Raffle at the Lodge Meetings!



**SONS of
NORWAY**

Sons of Norway
Edmonds Lodge 2-130

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Edmonds, WA 98020, USA

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