

Edmonds

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EDMONDS LODGE 2-130 SONS OF NORWAY EST 1983

STAY SAFE DURING THE PANDEMIC

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Inside is the Edmonds Lodge
Nominations for Lodge Officers.

See page 3.

Upcoming Edmonds Lodge Meeting on ZOOM!

See page 11

125th Fraternal Celebration in December!

Sons of Norway provides Life Insurance plans!



Many members have already taken advantage of the great member-only rates on the Sons of Norway Life Insurance and Fixed-Rate Annuities.

“Whats that Sven? You have insurance?” Make the lodge or Sons of Norway Foundation the beneficiary, then! Doesn’t matter your health or income-there is a plan for you and our organization needs the support more than ever.

What these plans can do:

- Create a charitable donation to the lodge, foundation or scholarship for the future benefit of all.
- Earn higher interest rates than bank (or Olga) will pay! Lazy money just sits there and gets smaller-put it to work with higher interest rates than the bank and safer than the bond market.
- Plans for children or grandchildren-these can build cash value for when they graduate or want a car
- Provide\$ for funeral, pay off the house, help the kids get to college-all covered with a good life insurance plan as well.

Contact Mike, the Sons of Norway Benefits Counselor 425.243.4521



Presidents Message

November 2020

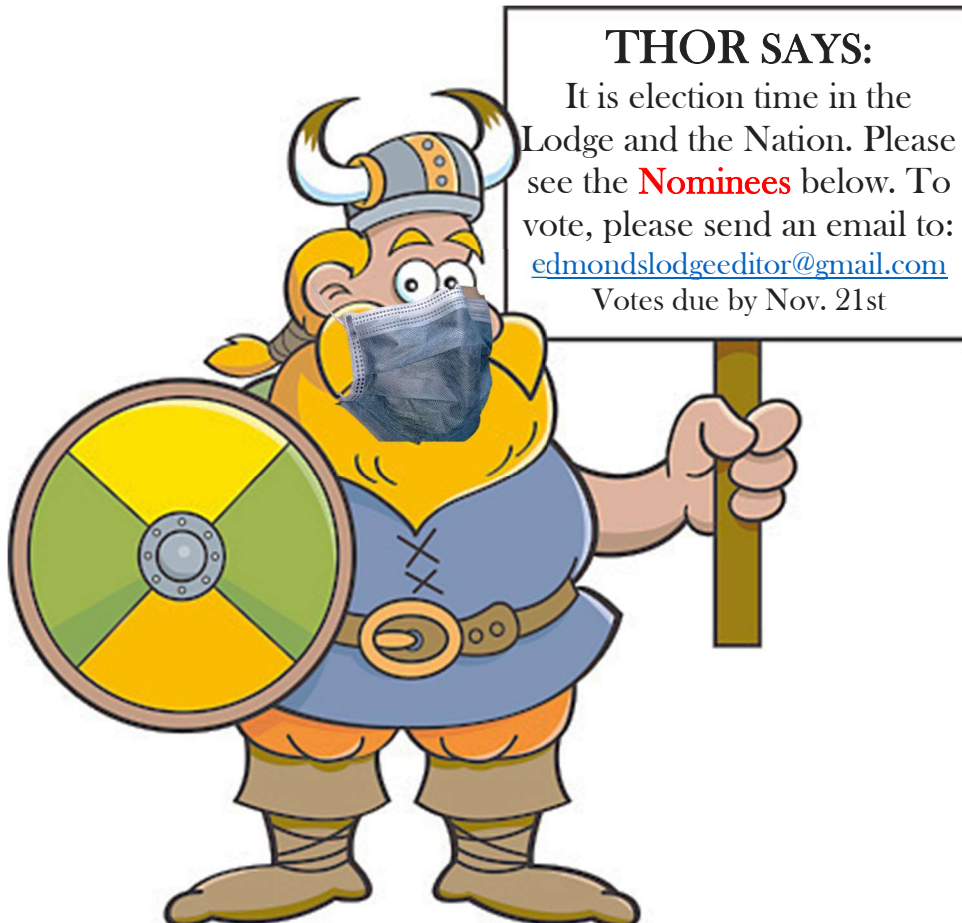
Fall has arrived with cooler weather and rain. Good for all the wildfires we have been dealing with in the west. And there are many things to be thankful for at this time. Despite the continued pandemic and increase in lock downs, there have been an increase in Zoom meetings seen for our SON Lodges. I just joined Cascade Lodge for their October meeting; they had a wonderful program of working a full year in the Antarctic – at the South Pole USA Research Lab. Talk about isolation; even internet was severely limited. But they found many things to keep themselves entertained outside of work. And so, can we here in the Edmonds/Seattle area. Cascade Lodge is looking to have a virtual Christmas Party in December, and so are we at Edmonds Lodge. Ted Fossberg and I thought we could put our heads together (figuratively) for ideas on how to do this. If any of you have some great ideas, contact any of the Edmonds Board Members.

I hope as SON members you have taken advantage of the SON website ([sofn.com](https://www.sofn.com)) for interesting programs, information, and activities. I just discovered their solitaire card game with interesting information on people with Norwegian heritage (<https://www.sofn.com/blog/cultural-solitaire/>). They are currently showing a Virtual Screening: The Blinding Sea, through November 8th about Norwegian polar explorer Roald Amundsen.

October was Foundation month for SON. I hope you found your way to contribute something to the drive. Of course, you can contribute anytime of the year. I usually contribute something each time I renew my membership. Besides scholarships and grants to SON members and lodges, the Foundations provides relieve funds to members with losses due to natural disasters, and we (throughout the US) have had our share of disasters with stronger and more frequent forest fires and storms/flooding.

Last month (October) Edmonds Lodge had a great Zoom meeting with Brian Malnes, Edmonds Lodge member, giving a presentation on Norwegian mythology. With all I know about Norwegian mythology, I learned a few new things from this presentation. Thank you, Brian! This month (November) we will be having a program on giving thanks, appropriate for this time of year. Join us November 11th at 4:30 pm.

Norma Jean Sands, President.



Live Meetings are postponed however that isn't stopping us from meeting! Get your ZOOM on with our next meeting! See page 11 for details & join us!

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

Special Digital 125-year celebration coming in December!



Edmonds Lodge Nominated Officers

Executive Board

President: Norma Jean Sands	2021 Nomination
Vice President : Jane Bueing	2021 Nomination
Secretary: Shirley Lovelace	2021 Nomination
Treasurer: Phil Kollen	2021 Nomination
Fin. Secretary: Loren Krusenstjerna	2021 Nomination
Counselor: Waldo Bueing	2021 Nomination

Directors

Social Director: Eli Krusenstjerna	2021 Nomination
Cultural Director: Roberta Morrow	2021 Nomination
Asst.Cultural Dir.: Shirley Lovelace	2021 Nomination
Sports Director: Glenda Nelson	2021 Nomination
Youth Director:	Available
Foundation Director: Erlene Stevenson	2021 Nomination
Financial Benefits: Mike Dyal	(425) 243-4521

- All officers are nominated for 2021 and those in blue are new people nominated for those positions.

Trustees

Marshall: Bob Turcott	2021 Nomination
Asst Marshal:	Available
Trustee: Harold Setran	2021 Nomination
Trustee: Nikki Pelley	2021 Nomination
Trustee: Eli Krusestjerna	2021 Nomination

Support Officers

Musicians: Kris Johannsen	2021 Nomination
Librarian: Fay Setran	2021 Nomination
Information: Erlene Stevenson	2021 Nomination
Historian:	Available
Website Support: Donna Stewart	2021 Nomination
Newsletter Editor: Mike Dyal	2021 Nomination
Newsletter Distribution: Karen Pedersen	2021 Nomination
Publicity Director:	Available
Scholarship: Turid Bouchoukian	2021 Nomination
Sunshine: Shirley Lovelace	2021 Nomination
Building Liaison: Sandra Ferchen	2021 Nomination
Greeters: (alternating) All board members	2021 Nomination

****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

18 Birthday cards sent in October
Sympathy card to Vicki Nelson on passing of her sister

*When you go to bed this evening, remind yourself that you did the best you could with what you had today;
tomorrow is a brand-new day, with brand new energy.* -Laura Ding-Edwards

If the mountain seems too big today,
Then climb a hill instead
If the morning brings you sadness,
It's okay to stay in bed,
If the day ahead weighs heavy
And your plans feel like a curse,
There's no shame in re-arranging
Don't make yourself feel worse.
If a shower stings like needles
And a bath feels like you'll drown,
If you haven't washed your hair for days,
Don't throw away your crown!
A day is not a lifetime,
A rest is not defeat.
Don't think of it as failure,
Just a quiet, kind retreat.
It's okay to take a moment
From an anxious, fractured mind.
The world will not stop turning
While you get realigned.
The mountain will still be there
When you want to try again,
So climb it in your own time
.....and love yourself 'till ten.

Laura Ding-Edwards

Visit: www.SofN.logoshop.com

It's not too late to earn your limited-edition
2020 Recruiter Pin. Please give your
member number to those who are interested
in joining. Once we run out of pins, or reach
the end of the year, they will no longer be
available. Page10 lists the benefits!



HAPPY BIRTHDAY!

HAPPY BIRTHDAY TO OUR NOVEMBER BORN MEMBERS

IF WE MISSED YOU, PLEASE LET US KNOW

November Birthdays

Nov 1 -Fay Setran

Nov 5 -Maggie Fimia

Nov 8 – Nikki Pelley

Nov 10-Ellen Schwarting

Nov 11- Sidney Loberg

Nov 12- Fern Thompson

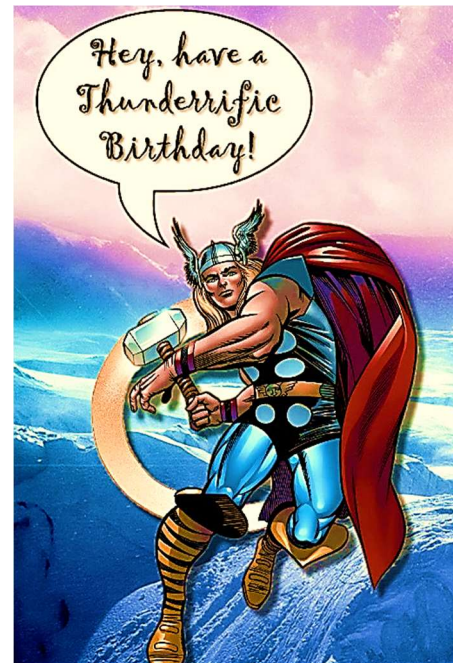
Nov 12- Fern Thompson

Nov 22- Marilyn Jarvis

Nov 24- Douglas Tangen

Nov 28- Jesse Pelley

Nov 30- Seth Baird



NOVEMBER MEETING INCLUDES SPECIAL GUESTS:

In this hard and stressful time, November is a time of Thanks and Giving. Thanks for what we have and Giving of joy and help to others.

For our November meeting Shirley has made arrangements for three local entities to show us what giving to our communities is all about.

Michelle Reitan, social services at Edmonds Waterfront Center (formally known as the Edmonds Senior Center) will speak on the food service delivery program that they developed during this Covid-19 pandemic.

Gary Walderman, director of Hero's Cafe, will speak on what the Hero's Cafe has done to help Veterans, not only during the pandemic but as an everyday occurrence.

Elizabeth Zeller, director of the Mountlake Terrace Senior Center, will speak on how that center developed a program to check on seniors in our area thru phone calls and follow-up needs assessments.

LOOK FORWARD TO ZOOMING WITH YOU

Holiday Cookie Recipe Request!

Please send in your very best holiday recipes for a special Christmas Celebration Edition of the Edmonds Lodge Sterkt Lys newsletter. Send to: edmondslodgeeditor@gmail.com



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: edmondslodgeditor@gmail.com



November 2020 Viking for Kids is archived
online at: www.sofn.com/vikingforkids

Lodge Website:

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





Fun Fact #4

In 1950, it was agreed that the Board of Directors begin hiring staff to oversee the daily operation of the growing organization.





Fun Fact #5

In 1917, 728 Sons of Norway members enlisted in the U.S. Army. Sons of Norway donated three ambulances to the American Red Cross for the war effort.

PRESENTED TO THE U.S. GOV'T
BY THE SONS OF NORWAY 1919

Sons of Norway Foundation News

Remember the SofN foundation
in your estate planning.

You can also give online at:
SoN.com

**Foundation programs
include:**

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

Foundation updates:

To find out more about the revised
and new grants under the
Humanitarian Fund, go to:
<https://www.sofn.com/foundation/grants>
/ or call: 612-827-3611 or 800-945-
8851



Got Viking Skills???

**Have you been working on
cultural skills? Like Crafting?**

It is almost medal time! YEA!!!
It's time to get together your
paperwork to submit. Let
Roberta Morrow know what you
need such as forms or support.
Roberta, 425-921-0302

ATTENTION

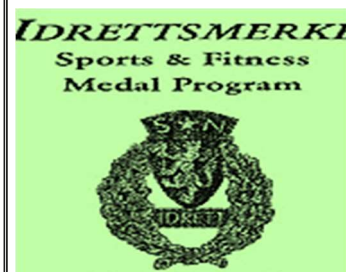
**TO PARTICIPATE IN THE
LODGE NOMINATION, PLEASE
EMAIL YOUR VOTE TO THE
LODGE EDITOR NO LATER
THAN NOVEMBER 21ST
AN "YEA" OR "NAY" &/OR ANY
NOMINATIONS OF YOUR OWN**

Thank you!

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 maintaining
our Fraternal Tax
Designation.



Sons of Norway's Sports & Fitness Medal Program

It is almost medal time (medals
(pins) are given to members for
cultural and physical prowess
and effort. **Everyone can
participate and earn some-
everyone should participate!**
More information at SoN.com
or contacting **Glenda Nelson**
Be Active, Be a Viking!



**Send in a Song for
Sons of Norway's
125th Anniversary
Party!**

Submission deadline:
November 30, 2020
sofn.com/125years/virtual-party/

CHECK OUT WHAT OUR NEIGHBORING LODGES:

BOTHELL, IS DOING THIS NOVEMBER AND DECEMBER.

BOTHELL SONS OF NORWAY BAZAAR AND BAKE SALE Saturday, **November 7, 2020 9 am - 3 pm** Holiday Bazaar and Baked Goods Food To Go Only Open Faced Sandwiches, Pea Soup, Rømmegrøt No seating will be available **BOTHELL SONS OF NORWAY** 23905 BOTHELL-EVERETT HWY, BOTHELL WA 98021 425-485-9085 Open to the public Please wear a mask Free Admission Free Parking

BOTHELL PANCAKE BREAKFAST **November 14 @ 8:00 am - 1:00 pm PST.** Drive to Bothell Sons of Norway, stay in your car and we will deliver a hot breakfast of 4 Swedish Pancakes, Strawberries and Ham for \$10.00 per order. Childs order of 2 Pancakes, Strawberries and Ham for \$5.00 per order. Orange juice available on request. Sorry, no coffee but there is a Starbucks and Wood's coffee near-by. Open to the Public. Edmonds members have volunteered at these monthly breakfasts. If you can't volunteer, drive through and get some delicious pancakes.

BOTHELL ANNUAL LUTEFISK and MEATBALL DINNER Saturday, December 5, 2020. 12:00 to 5:00 PM. Drive-thru Pick up only.

Menu: Lutefisk, Meatballs, Boiled Potatoes, Coleslaw, Lefse, Cookies for Dessert

Adults \$25.00, 12 yrs & under \$10.00, 5 yrs & under Free

Reserve your time for pickup by November 25th

Email to reserve: Lutefisk@BothellSonsofNorway.org or call 425-485-9085

Cash, Check, Cards are accepted

Bothell Sons of Norway 23905 Bothell-Everett Highway, Bothell WA 98021

NORMANNA LODGE IN EVERETT, IS DOING THIS NOVEMBER AND DECEMBER.

Viking Lounge Open! Normanna Lodge



**The Bar is open on Wednesdays,
Thursdays and Fridays,
4 pm to 9 pm.**

There is a limited menu available,
including hotdogs, hamburgers, and nachos.

Masks are required when moving around,
tables are spaced for safe social distancing
and are cleaned after each use.

With enough patronage, we can get back to
having the King of Clubs and Meat Raffles.

**Normanna Lodge #3
2725 Oakes Ave. Everett, Wa 98201
normannaeverett@gmail.com**



**Mark Your
Calendar -
November 14,
Normanna's own
Pancake Breakfast.**

**Curbside service,
no indoor seating.**

**Pannekaker smaker
godt!**

**See flyer on the
next page...**

Reindeer Chow

Share this crispy-choco-nutty treat with friends and family, and then leave some out on Christmas Eve to attract a few reindeer. Be sure to get help from a grownup with the microwaving!

What you'll need:

Equipment:

1 large mixing bowl
1 microwave-safe bowl
measuring spoons
measuring cups
1 rubber spatula
1-gallon or 2-gallon Ziploc Bags for shaking and storing snacks

Ingredients:

9 cups Rice Chex or Corn Chex cereal
1/2 cup creamy peanut butter (or other nut butter/substitute)
1 cup semi-sweet chocolate chips
4 Tablespoons unsalted butter
1 teaspoon vanilla extract
1/2 teaspoon salt
1 1/2 cups powdered sugar

Optional addition:

1 bag (12 oz.) red and green Christmas M&Ms (regular or peanut)
2 cups of mini pretzels

Making the Reindeer Chow:

**Get a grownup to help with steps 3 and 5*

1. Measure the cereal into a large mixing bowl and set it aside.
2. In a large microwave-safe bowl, add the peanut butter, chocolate chips and butter.
- *3. Microwave the peanut butter, chocolate chips and butter in 15 second intervals, stirring after each time, until everything is melted and you have a smooth mixture.
4. Add the vanilla and salt and stir them in.
- *5. Slowly pour this warm mixture over the cereal in the other bowl.
6. Stir lightly until all of the pieces are evenly coated in chocolate.
7. Scoop the cereal into a 1-or 2-gallon resealable plastic bag. Add the powdered sugar, then give it a thorough shake. All of the pieces should turn white like Christmas snow!
8. Optional: add a bag of red and green M&Ms (with or without peanuts) and 2 cups of mini pretzels.
9. Your reindeer chow is ready to enjoy!

Storing reindeer chow

If you are giving away reindeer chow as a gift, package your treats in baggies with a festive label that says "Reindeer Chow."

Store leftovers in an airtight container for up to two months so that your treats stay crunchy and fresh.

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Smiling is infectious
You catch it like the flu.

When someone smiled at me
today
I started smiling too.

I passed around the corner
And someone saw my grin.

When he smiled I realized
I'd passed it on to him.

I thought about that smile
Then realized it's worth.

A single smile just like mine
Could travel around the Earth.

So if you feel a smile begin
Don't leave it undetected.

Let's start an epidemic quick
And get the world infected.

Spike Milligan



on this day



SONS of NORWAY
Celebrating 125 Years
1895-2020

November 21, 1917

Sons of Norway was authorized to operate as a fraternal insurance organization in California.

New Feature: Lodge Member Bio



Time to meet who it is behind your Sons of Norway birthday cards! Greetings.....I am Shirley Lovelace your Sunshine Chairman. Also, the assistant Cultural Director. You'll also find me helping with table decorations and working in the kitchen.

I was born and raised in Northern Minnesota on the banks of Lake Superior. Dad Norwegian and mother French/German. I met my husband during a two-year enlistment in the US Army as a Sergeant at Fort Sam Houston in Texas. After the Army and married we moved to my husband's 40-acre farm in Missouri. We started our family (son Jeff) and our careers.

We moved to Washington state twenty-four years ago following our son where he had started his family (wife Susan and daughter Maxine). His family are also members. I completed a 50-year career as a Clinical Laboratory Scientist, retiring in 2016.

During my career I was active in a national laboratory society holding all state and national positions. I also served on President Bill Clintons Rural Health Care Coalition testifying in Washington DC to support rural hospitals.

Not being one to let moss grow under my feet I have remained very busy and active after retirement. I have served on the board and volunteered at the Edmonds Senior Center. I am currently on the board and volunteer at Mountlake Terrace Senior Center. I have a part time job with Rainier Footcare in Issaquah as scheduler and receptionist. I volunteer at the Concern for Neighbors Food Bank once a week.

Besides the Edmonds Sons of Norway, I am an associate member with the Bothell Sons of Norway. I also belong to the Daughters of Norway, Thelma Lodge, the National and International Shirley Club, Red Hat Society; volunteer at District Boy Scouts functions, AARP Tax Preparation; perform with the Silver Fox Readers Theatre and active at Trinity Lutheran Church.

This makes me tired writing it all down! I love my busy life, my family and all my friends.

Kjaerlighet til alle mine norske venner!



Please mark your calendars and join us for an online celebration of our 125th anniversary!

This three-day event will take place December 8, 9 and 10 to round out our anniversary year in a spirit of festivity and virtual togetherness. You will receive an email on each day of the party with details about that day's events and activities.

Photo Submission Guidelines: • Photograph in a location where there is natural light on your face. • Do not crop images. • Avoid zooming in – this creates poor quality. • Turn off your flash. • Hold down a spot on your viewfinder to lock focus. • Format of photo should be: JPEG • Send photo and copy to: avuletajensen@sofn.com

Video Submission Guidelines: • You need to start the recording with the phone rotated to the landscape orientation, before recording, so it records in a wide screen format. • Record in a location where there is natural light on your face. • Record in a quiet space. • Avoid zooming in – this creates poor quality. • Place phone on a sturdy surface or on a phone tripod. Videos submitted that are shaky will not be used. • Format of video should be: MP4, M4V or MOV. • Send video via email to: avuletajensen@sofn.com • If video is too large, compress the file before sending or, create a Dropbox account and send invite to Dropbox folder to: avuletajensen@sofn.com

We appreciate your participation and your generous support of the Sons of Norway Foundation as we commemorate this landmark occasion—we can't wait to celebrate with you, **virtually together!**

Do you have your...

There is gear to grab on the International Website:
<https://www.sofn.com/125years/>
 Send pictures of your new gear and how you are celebrating 125 years!



MAGIC socks on?

Got to get your gear before its gone!

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. 36, NUMBER 07

**Celebrate
Leif Erikson Day
October 9th**



Leif Erikson, a Viking with Norse parents, sailed from Iceland to North America around 1000 A.D. This feat is celebrated in the United States, Canada and Iceland on October 9.

Leif and his crew were the first Europeans to successfully cross the Atlantic. Nicknamed Leif the Lucky, he was the son of Erik the Red. How did they get such colorful names? Vikings were often named after Norse gods, and after animals or character traits like strength and wisdom. Sometimes Vikings also earned nicknames based on their looks, their personality, or something they had done.

Find out Your VIKING NAME!

Check off the box next to the first letter of your first name, and then the first letter of your last name. Tell your family and friends what their names are!



NORMANNA LODGE #3 EVERETT

DRIVE UP PANCAKE BREAKFAST

SATURDAY NOVEMBER 14 8AM TO 11AM

**STAY IN YOUR CAR.
WE WILL DO ALL THE WORK.**

**4 PANCAKES, STRAWBERRIES & HAM
PRICE - \$10.00 PER ORDER
ALL ORDERS TO GO ONLY**

WE ACCEPT CASH AND CARDS



**NORMANNA LODGE
2725 OAKES AVE**

SWEDISH PANCAKES MADE BY

First letter of your first name:	Girl	Boy	First letter of your last name:	What you're like
A	Siv	Ivar	A	the Adventurous
B	Randi	Harald	B	the Trusted
C	Hervor	Thorkell	C	the Brave
D	Ingrid	Gorm	D	Bluetooth
E	Thjodhildr	Frøde	E	the Boneless
F	Hilda	Svend	F	the Strong
G	Jorunn	Trygve	G	the Noble
H	Thorgunna	Ragnar	H	the Famed Warrior
I	Astrid	Sten	I	the Divine
J	Gro	Knud	J	the Crafty
K	Åse	Aasgot	K	the Merciless
L	Thyra	Rune	L	the Wise
M	Sigrid	Sigfrid	M	the Proud
N	Frigg	Olav	N	the Violent
O	Ulfhild	Njål	O	the Cunning
P	Solveig	Magnus	P	the Skald (Poet)
Q	Gunnhildr	Thorgils	Q	Fair Hair
R	Helga	Gunnar	R	the Terrible
S	Freya	Birger	S	the Red Shield
T	Revna	Ulf	T	the Famous Speaker
U	Liv	Hróarr	U	Shaggy Britches
V	Saga	Björn	V	the Victorious
W	Frida	Erik	W	Ironside
X	Tove	Odin	X	the Peaceful
Y	Bodil	Leif	Y	the Bold Ruler

Join us in November

To join the meeting, go to: <https://us02web.zoom.us/j/86386807151>
or join via phone: [253-215-8782](tel:253-215-8782) code: 86386807151#

If you want a tutorial in ZOOM prior to the meeting, please email edmondslodgewebmaster@gmail.com
or call [206-251-5446](tel:206-251-5446).



Upcoming Events

Saturday	Nov. 7th	Bothell Bazaar & Bake Sale, 9-3
Wednesday	Nov. 11th	4:30—5:30 pm Edmonds ZOOM Lodge Meeting
Saturday	Nov. 14th	Normanna Curbside Pancake Breakfast 8-11; \$10
Saturday	Nov. 14th	Bothell Drive Thru Pancake Breakfast 8-1; \$10ea
Sunday	Nov. 22nd	Bothell Drive Thru Turkey Dinner, 3-5; \$10 rsvp
Saturday	Dec. 5th	Bothell Drive Thru Lutefisk 12-5; \$25 rsvp
Saturday	Dec. 5th	Virtual Christmas Party-Santa is coming!
December	8-10	Virtual 125th Celebration-get your photos & videos in

- Viking Lounge at Normanna Lodge in Everett is open Wed. Thurs. & Fridays 4-9pm.
2725 Oakes Ave., Everett, WA 98201

Viking Kids Magazine available for download:

Special Birthday Wishes to Fay Setrans! Breaking 90 Is something-she knows more about being young then most of us do about being old. Our lodge love goes out to you!



SMARTER PLANNING



During this time of giving, remember to put the Lodge, Foundation and Scholarships in your Will and Trusts

Tip: don't save your money-use it, enjoy it and use insurance to leave something behind or help with needs (income, LTC)



SONS of NORWAY

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.weebly.com

**ADDRESS SERVICE
REQUESTED**