

# Edmonds *sterkt lys*

EDMONDS LODGE 2-130 SONS OF NORWAY EST 1983

STAY SAFE DURING THE PANDEMIC

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The Program for our Lodge meeting next week is "Norwegian Mythology" by Brian Malnes - our own Edmonds Lodge member.

### **Making The Most Out Of Your Retirement**

For most senior citizens starting retirement, one of their primary concerns is whether they will outlive their assets and income. Even with what appears to be an adequate nest egg, most retiree's concerns are legitimate considering all the variables that go into planning their retirement. Surveys show that the average retiree expects to live at least 10 years into retirement, but most retirees are actually living much longer – into their late 80s and 90s – meaning at least 20 to 25 years of retirement.

Here are some important retirement financing options seniors must consider prior to retirement:

1. What age to stop or slow down working.
2. What age to start taking Social Security. Remember, the longer you wait, the more you'll receive each year.
3. How to structure your nest egg to maximize your financial goals.

After retirement, seniors must shift their attention to managing their retirement income. One option concerns your home. For many retirees, one of their largest assets is their home, which by retirement age (usually) has been paid for.

Depending on the location and value of the homestead, retirees can consider such options as a reverse mortgage, selling the home [and renting] and investing the proceeds of the sale in a lifetime annuity, or investing in some other form of investments.





# Presidents Message

## President's Message

October 2020

### October President's Message

October is Foundation month for SON! The foundation is an important part of SON. While it was only established in 1966 (compared to 1895 for SON) it is vital part of supporting our appreciation of Norwegian culture and in aiding Lodges and members in times of need. There is more about the Foundation elsewhere in the newsletter.

Our second **Zoom Edmonds Lodge meeting** of this fall is Wednesday – October 14th at 4:30 pm. Our first Zoom meeting was a success although we had hoped to see more members log in. In September we had a special guest speaker, Dave Ellingson, who shared stories of Norwegian immigration and settlement in America. Dave kayaked in Norway and down the Erie Canal, the same river as many of our ancestors did and shared pictures of his journey, while also speckling in stories from his family heritage. This month we are having a program by our own member, Brian Malnes with an update on our Viking Ship Thor and a unique program about the Vikings. Dress as a Viking to watch (no it is not required, but just for fun). . It is easy to log into **Zoom**, so do try it. Donna is still willing to help with a pre meeting tutorial if you have never tried it (see else in newsletter for contact info). **Zoom** is the venue of the foreseeable future.

During this pandemic and social distancing, there are many education videos and webairs you can watch. Check out the SON website blog for information on what is happening in Norway. The Viking Magazine, which all members receive, has many good articles. The September issue talks about Norway's Slow TV, experiencing real life in real time, on the train or Hurtigruten, salmon fishing, knitting night, and more. Information on finding the programs to watch is given in the Viking article. The National Nordic Museum has many Virtual programs including storytelling, crafts and cocktails, art adventures, and more. Right now they are hosting the 2020 Nordic Genealogical Conference, all virtually. If you sign up, you have a year to watch the various talks. Rick Steves, a member of our Lodge and travel guru, has a website for educational travel when you can't go in person. He was highlighted on the back page of the latest issue of The Norwegian American newspaper. Go to [classroom.ricksteves.com](https://classroom.ricksteves.com). There are 11 programs from Norway! And many from the rest of the world as well.

At Edmonds, we are planning for our October, November, and December meetings to be **Zoom**. So, we are looking for your feedback on what we could do to improve the **Zoom** experience. Please send feed back to Norma Jean ([afsnormajean@gmail.com](mailto:afsnormajean@gmail.com)) or Donna ([edmondslodgewebmaster@gmail.com](mailto:edmondslodgewebmaster@gmail.com)).

*Fraternally,*

*Norma Jean Sands, President*



**THOR SAYS:**  
It is FOUNDATION  
MONTH!!!  
 FREE mask from  
 International office for  
 donations-see: [sofn.com](http://sofn.com) for  
 more details.

Live Meetings are postponed however that isn't stopping us from meeting! Get your ZOOM on with our next meeting!

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

Celebrate 125 years!



## 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: open	
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

Librarian: Fay Setran	425-778-2009
Information: Erlene Stevenson	425-712-9788
Historian: Donna Stewart	206-251-5446
Newsletter Editor: Mike Dyal	425-243-4521
Distribution: Melissa Johnson & Karen Pedersen	425-672-1272 425-412-3555
Publicity Director: Brian Malnes	
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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# 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](mailto:grannyslovelace@gmail.com)

19 Birthday cards sent for September

*"If I had a flower for everytime I thought of you...I could walk through my garden forever."*  
-Tennyson

If winter is slumber and spring is birth, and summer is life, then autumn rounds out to be reflection. It's a time of year when the leaves are down and the harvest is in and the perennials are gone. Mother Earth just closed up the drapes on another year and it's a time to reflect on what's left behind and what's new to come.

There are gaps and walls between us,  
Yet we're close because we care,  
And the distance is diminished,  
For there's one enemy we share.

You know your friends all have their struggles,  
So you try to hid each tear,  
But there's no use holding back;  
It can unite us too, our fear.

We are alone but still together,  
Each one faced with the unknown,  
And our friends we must rely on,  
As news chills us to the bone.

And yet fear feeds on our weakness,  
Births the darkness in our mind.  
We can choose the hopeful path, and  
Some sweet solace we might find.

It's our actions that define us-  
Our thoughts, our will, our ways.  
We are all in this together,  
Soon there will be better days.

SofN.logoshop.com

Sons of Norway has bling for your 125<sup>th</sup>  
Anniversary Party! Send us your BLING  
pictures to: [edmondslodgeeditor@gmail.com](mailto:edmondslodgeeditor@gmail.com)



# HAPPY BIRTHDAY!

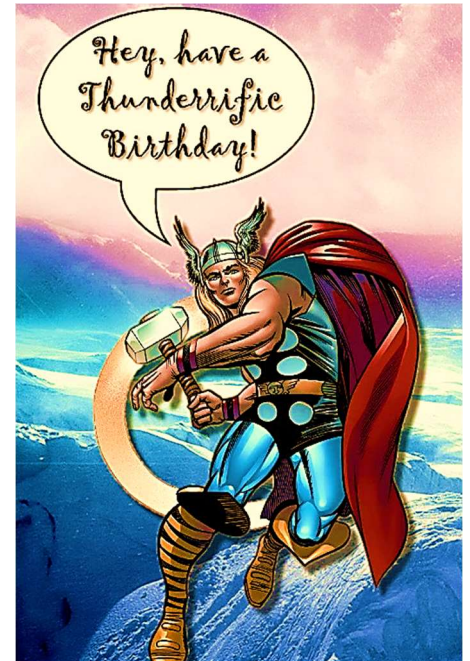
**HAPPY BIRTHDAY TO OUR SEPTEMBER BORN MEMBERS**

IF WE MISSED YOU, PLEASE LET US KNOW

## October Birthdays-

10-1 Carol Bergerson  
10-2 Roberta Morrow  
10-2 Kendall Rogers  
10-4 Donald Moe  
10-6 Herman Siqueland  
10-7 Jody Siqueland  
10-8 Knut Riksheim  
10-8 Karsten Wilson

10-12 Erik Breivik  
10-14 Linda Russell  
10-17 Palmer Lie  
10-18 Scott Johnston  
10-24 Ann Fagan  
10-25 Carol Hansen  
10-25 Evan Snoey  
10-26 Veldron Smith  
10-27 Robert Monsen  
10-30 Teresa Tomchick



**Submit your favorite  
Recipes for a chance  
to be showcased!**

Email them to [emdondslodgeeditor@gmail.com](mailto:emdondslodgeeditor@gmail.com)



## Note from the Editor:

Is something missing in the newsletter?  
Please send your notifications no later than the 21<sup>st</sup> of each month to Mike @ The editor's e-mail: [edmondslodgeeditor@gmail.com](mailto:edmondslodgeeditor@gmail.com)

The Sterkt Lys is a publication of Sons of Norway Edmonds lodge 2-130. Normally published ~10x per year and available in email and print versions for your convenience. This year is not the normal and the board wishes you all the safety and love in the world.

Newsletters from the year are available. Missed one? Check them out. Go to:

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



### Fun Fact #3

Sons of Norway was originally called Sønner af Norge, a name created by Norwegian Nationalist author Bjørnstjerne Bjørnson.



[www.sonsofnorway.com](http://www.sonsofnorway.com)



## Sons of Norway Foundation News

Sons of Norway recently added Anne Olson as Director of the International Foundation.

Access a welcome video on the order website:

<http://www.sonsofnorway.com>

### Highlighted 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 Skills???

Have you been working on cultural skills?

Its time to get together your paperwork to submit. Let Roberta know what you need such as forms or support.

**Roberta, 425-921-0302**

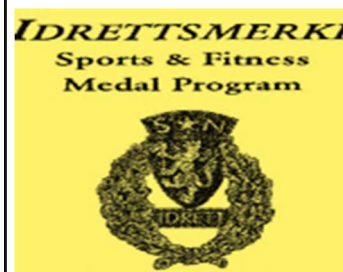


## ATTENTION!!

**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** brings a bit of Norwegian tradition to by encouraging everyone to participate in activities that will improve their health and well-being in ways that suit each individual.

**Be Active, Be a Viking!**



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](mailto:edmondslodgeeditor@gmail.com) or our newsletter distributor Melissa at:  
[missyinedmonds@outlook.com](mailto:missyinedmonds@outlook.com)

# How Norway's evolving dugnad tradition keeps the pandemic in check

*Dugnad* (pronounced doog-nahd), literally, “voluntary work,” is a Norwegian cultural tradition where members of a community work together toward a common goal for the greater good.

Dating as far back as the Viking Age, the concept of dugnad brought villagers together to bring ships back to land after their excursions. Over time, dugnad evolved as rural farming communities applied the concept to making preparations for harsh winter conditions so they could survive together.

Today, dugnad is widely seen as part of Norway's national character. It refers to a community day where residents get together to work collectively on projects like cleaning, fixing and tidying up communal areas. Dugnad often takes place in the spring to prepare for Syttende Mai celebrations, and in the fall to prepare for winter.

Fast forward to March 2020, when coronavirus popped up in Norway. Norway's national leaders used the dugnad spirit to call on residents to help protect the greater good. They coined the term “*Korona-dugnad*,” calling on Norwegians to do their part to slow the spread of the virus. Prime Minister Erna Solberg addressed the nation, reminding residents of the importance of coming together in times of hardship:

“It has now become absolutely crucial that all of the country's citizens and residents participate in a national dugnad to slow down the spread.

We are doing this in solidarity with the elderly, chronically ill, and others that are especially vulnerable in developing this serious disease.

We have to protect ourselves in order to protect others. We will stand together through this period in time—not with hugs and handshakes—but by keeping our distance from one another.”

“It will require a lot from each and every one of us. We need to care about one another and help each other the best we can.”

Continued on page 9

**on this day**

**SONS of NORWAY**  
Celebrating 125 Years  
1895-2020

**October 26, 1866**  
Bersvend Draxten, the first  
Supreme President of Sons of  
Norway, was born in Selbu, Norway.

## Interesting Facts:

- A hive of bees will fly 90,000 miles, the equivalent of three orbits around the earth to collect 1 kg of honey.
- Bees have 1 of 3 roles: Queen, worker and drone.
- It only takes one ounce of honey to fuel a bee's flight around the world.
- Honey is the only food that includes all the substances necessary to sustain life, including enzymes, vitamins, minerals, and water; and it's the only food that contains "pinocembrin", an antioxidant associated with improved brain functioning.

# New Feature: Lodge Member Bio



Brian Malnes and Erling Malnes  
1985, we are waiting for my flight to  
South Korea.

Hello Norwegian Family!

I wanted to take a moment during this COVID crisis to touch base and tell you a bit about me, and what I've been up to.

Most everyone in the Lodge knows me as "Harry's Son," and that makes me very proud. As such, I grew up right here in Lynnwood. I went to Meadowdale High School (Go Chiefs!) and then went on to Pacific Lutheran University (Go Lutes!) where I was on the swim team. I was not emotionally mature enough to continue school at that moment in my life, so I went and joined the United States Army where I served from 1985-1990. Sadly, I was wounded during the service. It didn't affect me much when I was young, but it really has come to get me now that I'm older.

I've had a few jobs through the years: plumber, journalist, college instructor, to name a couple. I am also what you might call over educated with degrees from University of Colorado @ Boulder (Go Buffs!), Northern Arizona University (Go Lumber Jacks!), and the University of Louisiana @ Lafayette (Go Ragin' Cajuns!). Today, I am taking care of my folks and running a non-profit. I also do editing for novels and other manuscripts people need help with.

During the COVID shutdown it has been critical to stay active both physically and mentally. To that end I do a weekly Tai Chi class online, as well a free class on Shakespeare. Yoga has also served me well and is something I can easily do at home. There are so many resources and fun things that can keep one literally entertained forever.

Continued on page 9



## Member Bio Continued:

As some of you may know, our Lodge's ship Thor has gotten a much needed make over thanks to the Eagle Scout project of Xander Siqveland. The parade float looks great and will only get better. Be on the lookout for messages from me in the future looking for help!

I look forward to sharing some information with you all regarding Old Norse Mythology, and the tie in with Eddic Poetry. It sounds really boring, but I guarantee it is not. There are giants, dwarves, and Gods, so we got that going for us. Getting a taste of what the Viking stories tell us today is a fun exploration!

Please, everyone be safe! Love one another, but most of all, love yourself!

Brian Malnes



Harry Malnes, Carolyn Malnes, and Brian Malnes, 2020.

## How Norway's evolving dugnad tradition keeps the pandemic in check

Continued from page 7

In her address, Solberg emphasized practices like social distancing, working from home, and forgoing hugs for the greater good. The definition of a modern dugnad has quickly become synonymous with staying indoors at home, instead of raking leaves with neighbors.

In Norway, because dugnad is so widely accepted as part of the culture, it was relatively easy for Norwegians to accept and adjust to the changes in their daily lifestyles. Crown Prince Haakon even did his part by participating in a **worldwide digital hackathon** to develop ideas for solving the Covid-19 crisis.

While there are other factors that contribute to the low Covid-19 case numbers in Norway, the dugnad spirit across Norway has been seen as a major reason the nation has been successful at keeping cases as low as they are.

(article provided by Norma Jean Sands)



(Editor note: this joke works best if you say it out loud)

**What do you get when you cross an elephant and a rhino? Elephino!**



How about something from the immortal opus of avian odyssey tales:

**Why did the chicken cross the playground? To get to the other slide.**

Do you have your...



MAGIC socks on?

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

**Velkommen to all new lodge members!**

Benefits to being a Sons of Norway Member are:

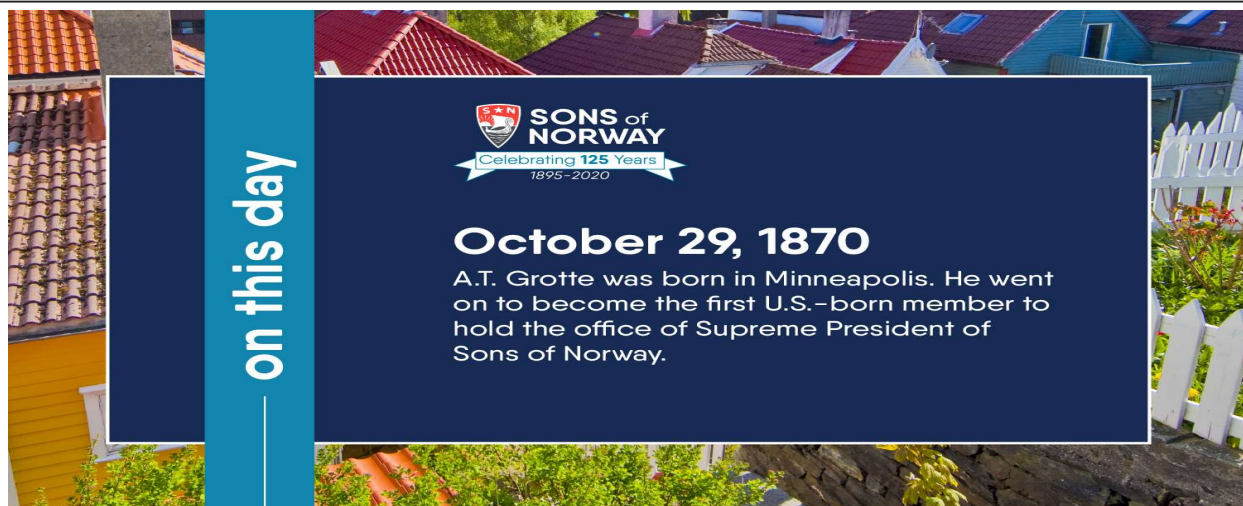
- Award winning monthly publication: “Viking” Magazine & the Famous Edmonds Lodge newsletter
- Cultural, Heritage and Social Opportunities Galore!
- Summer Camp for the kids & grandkids
- Community Service and Lodge leadership Opportunities
- Scholarships for all ages
- PerkSpot membership! (Big Discounts 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/](http://www.sofn.com/member_benefits/)

EDMONDS 2-130 STERKT LYS VOL. 36, NUMBER 06



## Let's Zoom!

October 14, 2020

4:30 - 5:30pm

Our October Member Meeting will be in Zoom on October 14. We had so much fun at our first Zoom Member Meeting in September, we thought we would do it again. In September we had a special guest speaker, Dave Ellingson, who shared stories of Norwegian immigration and settlement in America. Dave kayaked down the same river many of our ancestors did and shared pictures of his journey while also speckling in stories from his family heritage.

Join us in October and hear an update on the Viking Ship Thor and a unique program about the Vikings.

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





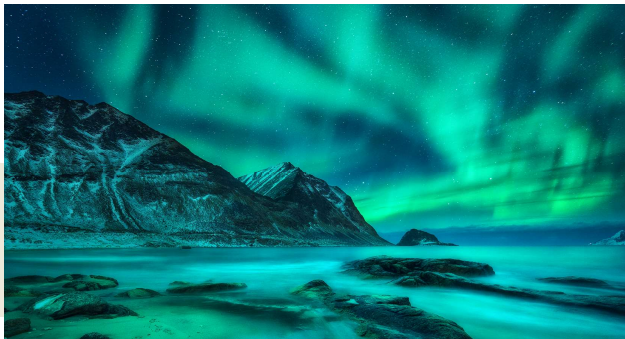
# Upcomign Events

Leif Erikson Lodge online bazaar: Oct. 9-24<sup>th</sup> :

<https://www.biddingowl.com/LeifEriksonLodgeBazaar>

Wednesday October 14 <sup>th</sup>	4:30—5:30 pm Zoom Lodge Meeting
October 10 through 17	Virtual Northern Lights-Auktion
Wednesday November 11 <sup>th</sup>	4:30—5:30 pm Zoom Lodge Meeting
Friday December 5 <sup>th</sup>	Virtual Christmas Party

The 2020 Virtual Northern Lights Auktion opens on October 10<sup>th</sup> and participants can bid on exciting auction lots from the safety of their homes. Then on October 17, at 5:30pm enjoy a live portion featuring special items, a preview of 2021 exhibitions, toasts, and more. All proceeds raised during this event go towards supporting the Nordic Museum's public & educational programs, exhibitions, and operational needs. See: <https://www.nordicmuseum.org/auktion>



## SMARTER PLANNING



One of the best ways to give money to the foundation is by buying a life insurance plan with the proceeds going to the foundation.

Call Mike Dyal  
Sons of Norway Financial  
Benefits Councilor at:  
(425) 243-4521



**SONS of  
NORWAY**

Sons of Norway  
Edmonds Lodge 2-130

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515 Dayton Street  
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Website:  
[www.edmondssonsofnorway.weebly.com](http://www.edmondssonsofnorway.weebly.com)

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