

# 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 September 4<sup>th</sup> with coffee at 6:30; meeting at 7pm. All members are welcome

Next Lodge Meeting: September 11th, 2019

Come one and all, open to the public

## Whats Inside

**PAGE 2** Lodge Presidents Message

**PAGE 3** Board Members

**PAGE 4** Shiny Sunshine Report

**PAGE 5** Birthdays!

**PAGE 6** Announcements from Lodge and District

**PAGE 7** New Members

**PAGE 8** Oppskrift (Recipe)

**PAGE 9** Memorial

**PAGE 10** Summer Pictures

**PAGE 11** More Pictures

**PAGE 12** Calendar

### Final Double Breakthrough on NORWAY'S FOLLO LINE



The final double breakthrough of the two Herrenknecht tunnel boring machines (TBM) "Anna" and "Magda" in the Norwegian town of Ski completed the excavation of both 20-m long tunnel tubes of the Follo Line Railway. This concludes the tunneling work on what is currently the country's largest infrastructure project. The first two TBM's, "Queen eufemla" & Queen Ellsiv" had already reached their destination in Oslo on Sep. 11, 2018. The miners and guests cheered loudly when the machines broke through.



## Are you enjoying the ride?

Did you know, over the past 18 months the Stock Market is basically level? That means it hasn't grown over that time. Most people are telling me that their accounts are actually DOWN since 2 years ago! Can you afford the crazy ride we have been on? Is it over? What will the market do next? That is the "100-Trillion Dollar Question." If you take out Required Minimum Distributions, there is a way to soften the blow of this market by getting a contract which offers guarantees: No Market Loss, Lifetime Income, Long Term Care protection, More Income, Lower Fees. What can you do about it?

Contact the Edmonds Lodge Financial Benefits Councilor, Mike Dyal.

"dyal": 425-243-4521



# Presidents Message

Presidents Message September, 2019

*Høsten har kommet. Jeg håper dere alle hadde en fantastisk sommer og er nå klare for høstaktiviteter!* Autumn has arrived. I hope you all had a wonderful summer and are now ready for fall activities.

There were many S.O.N. activities this summer and if you didn't attend them, you missed out. I hope you think about them for next year. We had the annual BorderFest up at the Peace Arch Park in Blaine in July, where there was potluck enjoyed by members of Lodges from both British Columbia and Washington. There was an informal tournament for Kubb, the Viking game involving tossing cubes of wood at targets. And there was the royalty selection; Tristan Haije represented our lodge as prince. The winner is chosen by the luck of the draw. The new Queen is Jayden Britt of Varden Lodge, #7-019, New Westminster, B. C. and the runner-up is Ericka Pollack from Normanna Lodge, #2-003, Everett.

Then we had the District 2 Annual Steak Fry at Trollhaugen up at Stampede Pass. The weather was wonderful and the food (beef and salmon) was delicious. There was a Horseshoe Tournament for those who arrived early. Trollhaugen is a gem belonging to District 2 and is a cabin for use by members winter and summer. If you haven't been, you really should go up – for a day trip or overnight. Think ahead to February when we have our annual SON ski race up there.

July 21<sup>st</sup> was our Edmonds Lodge annual summer picnic at Lake Joy. It is held at Glenda Nelson and Lidia Gonzalez's place right on the water! *Mange takk* to them for hosting this potluck event! The weather was great and at least one kid got out kayaking (life jackets and kayak provided)!

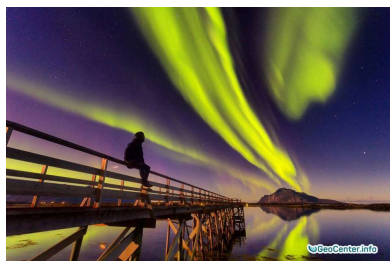
I am just back from Poulsbo for the annual Norsk Folkdans Stemne. We had dancers from Tromsø and Bodø, Norway, to instruct and dance with us. The group from Tromsø were from the same group I danced with when living in Tromsø in the late 70's, Bondeungdomslaget. It was fun getting the chance to talk Norwegian with them about Tromsø.

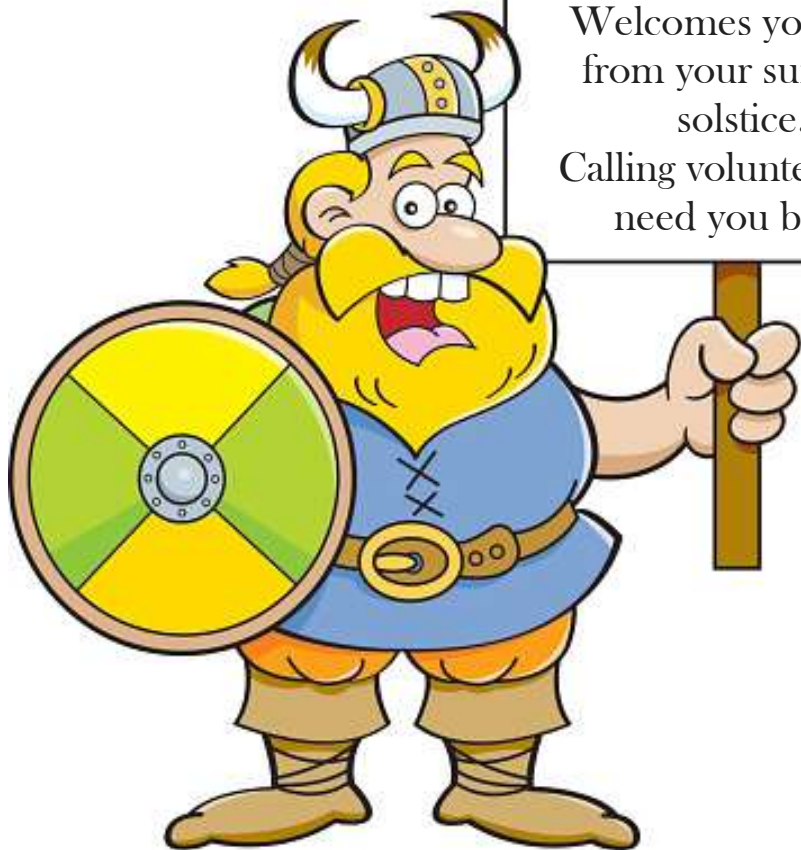
But now it is September, and school starts for some and monthly Lodge meetings start up again. Our first meeting this fall is September 11 with activities starting at 4:30 and dinner at 6pm. More information on the activities and menu will come in a later e-mail as we are still in the planning phase.

September in Norway can still be relatively warm during the day, but night time temperatures begin to drop. Fall is usually the rainiest time of year. But folks still get out to the woods and mountains to collect mushrooms and berries and to enjoy the crisp autumn weather. So, get out and take an autumn hike!

Fraternally yours,

*Norma Jean Sands*





## Fall-time Activities

Welcome back!

Come to a celebration of the end of summer on Sept. 11<sup>th</sup>. No crafts, no program, bare-bones meeting, a picnic pot luck and lots of time to get reacquainted, meet new members, and share your summer experiences. The lodge will provide hot dogs, buns and the condiments, you bring the rest of the picnic essentials: potato salad, coleslaw, baked beans, watermelon....you get the idea! We will plan some light-hearted activities and a few games. Come enjoy the company!

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:

## Lodge Yard Sale-A Great Success!



## 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)

July cards-

Fran Thompson-sympathy

Harold Nygard-sympathy

Dean & Joann Blevins-sympathy

Fay Setran-get well

Sandra Ferchan, Sonya Adam's, Sonja Berg & Marlene Curley-Thinking of you's

August cards-

20 birthday cards sent in August

Marlene Curley- get well

Addition from August-Jeff Lovelace, August 23

*Celebrate today,  
And all the wonders it can bring,  
The friends you'll stop to talk to, the songs you'll find to sing,  
The happiness that's yours to share,  
the work that's yours to do.  
And all the dreams that just might pick today for coming true.*

The best and most beautiful things in the world cannot be seen or even touched- they must be felt with the heart!



## HAPPY BIRTHDAY TO OUR SEPTEMBER BORN MEMBERS

(IF WE MISSED YOU, PLEASE LET US KNOW)

### September

Svein A Langaker	1
Julianne M Stevenson	4
Alan R Vadset	5
Madeline Friend	5
Barbara Canada	6
Gayle J DeBolt-Richins	6
Andrew Keefe	9
Anali Al Ping Kendall	9
Karali Ain An Kendall	9
Gordon E Mills	15
Rhonda Aspen	17
Alan Clausen	20
Christina H Bumala	20
April J Mills	21
Margaret C Berghuis	22
Erling C Hesla	23
H Thomas Saxon	27
Elaine Mae Nickolson	29
Bernice T Barron	30

## 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



# Congratulations to

Emmilie Krusenstjerna and Hayden Pelley who are recipients of the 2019 Edmonds Lodge scholarships.

Emmilie is enrolled in Spokane Valley Falls Community College. Emmilie is the granddaughter of Loren & Eli Krustenjerna. She wants to pursue a career in Visual Media; Social Media Management and Graphic Design.

Hayden is enrolled at Spokane Community College. He is the grandson of Nikki Pelley. He wants to pursue a career in Journalism and Audio Engineering. The Lodges wishes you both much success in your endeavors.

Thanks,  
Vicki & SofN Edmonds Lodge

## 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 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. 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/>

## 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.

The Sons of Norway Sports Medal Brochure outlines options for earning medals in Walking, Skiing, Biking and as a Generalist. Email our Sports Director, she will provide you with the following forms via email. Recordkeeping is simplified by using the following Sons of Norway forms:

- Gangmerke (Walking) Record
- Skimerke (Skiing) Record
- Sykkemerke (Biking) Record
- Idrettsmerke (Sports and (Fitness) Record

It's the perfect time to start tracking your activities for 2019! **Keep making 2019 Active!**



Have you been working on **cultural skills** during the summer?

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

## ATTENTION!!

Service opportunities available: contact a board member now!



### Upcoming activities:

**David R. Ellingson**, a member of our Lodge, will be doing a presentation about my kayak adventure on the Fjords of Norway and showing my film, *Coming Home*, at the Nordic Museum on **Saturday, September 28 at 2pm**. Dave Ellingson, whose Mississippi River, Erie Canal and Hudson River expeditions are chronicled in his popular *Paddle Pilgrim* books, enjoyed a spectacular month paddling last summer on his ancestral Sogne and Hardanger Fjords. Dave will share spell-binding stories and award-winning photographs from his recent adventure in Norway. His latest *Paddle Pilgrim: Kayaking the Fjords of Norway* book, hot off the press, will be available for purchase!



**The Doreen J. Parker Cultural Heritage Retreat at Trollhaugen is September 20-22<sup>nd</sup>. Tuition is \$160 all inclusive.**

**Contact: Chris Hicks  
(425) 672-0194  
Linda Falkowski  
(360) 459-3982**

**Application:  
[sonsofnorway2.com/events](https://sonsofnorway2.com/events).**



**And then God said “Uff DA” And he created Norwegians.**

~

If you ever start feeling like you have the goofiest, craziest, most dysfunctional family in the world, all you have to do is go to a state fair. Because five minutes at the fair, you’ll be going. “you know, we’re alright. We are dang near royalty.”

-Jeff Foxworthy

(its State Fair time)



### **Our Newest Edmonds Lodge Members:**

Anna Lilleskare	Faye Rea
Bernard Nickolson	Elaine Nickolson
James Weakland	Patricial Jen Berkoski
Elaine K. Reitan	

### **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/](http://www.sofn.com/)**

# Oppskrift Edmonds

Recipe of the month



## Viking Recipe - Tavern Bread

1 Cup of unbleached flour

2 Cups of whole wheat flour

1/2 Teaspoon of salt

2 Teaspoons of baking powder

1 to 2 Cups of buttermilk

1 Cup of cheddar cheese + 1 Cup of summer sausage

Preheat oven to 450 degrees. Sift the flours together with salt and baking powder in a mixing bowl. Add the meat and cheese and mix together. Make a well in the flour and add buttermilk slowly while mixing. Making sure that the dough is moist pat into a loaf and place into a oiled cast iron skillet. Bake for 10 minutes or until the bread has risen then lower heat to 375 degrees and bake for another 30 to 35 minutes or until done.

**daily histoire @rocklovejewelry**





A decorative border made of black line art, featuring stylized flowers, leaves, and swirling vines that frame the text on the page.

It is with great sadness

that our beloved District 2 Secretary, Mickey Andrew has passed away on August 20<sup>th</sup>. She fought a four-year battle with cancer. She was one who never gave up and until the end she kept a positive spirit. She contributed so much to her local Lodge, District 2 and the Sons of Norway in general. All of us who knew her will have fond memories of Mickey. Her funeral will be in Anchorage at Central Lutheran Church on August 30<sup>th</sup> at 2 PM.

*Please keep all of her family in your prayers.*

Her daughter Nancy has also shared the following on Facebook:

*This afternoon, my mom passed away peacefully after a valiant and hard-fought battle with cancer and all that comes with it. We didn't expect her to go so quickly, but she was ready. Any of you who knew her will understand that you just get out of her way when she's getting it done. She managed to squeeze a lot of living out of her 81 years, and I like to think she had few regrets. There will be a service so we can gather and share stories and a laugh or three. In the meantime, please hug your loved ones.*

Cards and letters of condolence can be sent to Mickey's son Tim at the following address: 5251 E 41<sup>st</sup> Ave, Anchorage, AK 99508-5702.

We will miss Mickey so very much and if you have questions please contact either Jerry Erickson or Jane Bueing who has been our Acting District Secretary for the past few months.



# Summertime Fun in the Edmonds Lodge



## Selfies at the 2019 Borderfest!



# 4<sup>th</sup> of July Parade



## Golf Tournament!



## Lake Joy Picnic & Our Border Prince

EDMONDS 2-130 STERKT LYS VOL. 35, NUMBER 7



# Upcoming Events

## September

4<sup>th</sup> - Board Meeting - 6:30

11<sup>th</sup> - Lodge Meeting - 6:30

## Calendar

### September:

20-22<sup>nd</sup> The Doreen J. Parker Cultural Heritage Retreat at Trollhaugen

District New Member Event

Edmonds Lodge meetings resume

### October:

Edmonds Lodge Famous Pancake Breakfast

10/5 Nordic Festival Edgewood, WA

### *Advisory:*

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

## SMARTER PLANNING



Ask yourself this one simple question: If I lost 20%, 30% or more of my money in the market, would that change how I live?

Learn how you can avoid market loss, Medicaid spenddown and running out of money.

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



**SONS of  
NORWAY**

Sons of Norway  
Edmonds Lodge 2-130

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