

# The Nyheter

Volume 47 Number 1

## BOTHELL SONS OF NORWAY 2-106

January 2019



### PRESIDENT'S MESSAGE

*Dear Bothell Lodge Members and Friends:*

*January is a time of transition for Bothell Lodge!*

*At the January Lodge meeting, we will be having our membership dinner – Lutefisk and Meatballs – and the installation of members who have agreed to serve in positions at the lodge for 2019! Thank you all for serving.*

*As I said in the December newsletter it has been an honor to serve Bothell Lodge as President the last 3 years, and the prior 2 years as the Vice President.*

*We have a lot of fun at Bothell.. someone recently said to me that we are the 'fun lodge'! We do a lot of work too – I can't name names, because I will forget someone, so:*

*Thank you to all who cook, serve and clean up at the lodge meeting.*

*Thank you to all that do classes.*

*Thank you for all who helped at the Bazaar and Bake Sale – the great baked items to sale; the lunch table; and all the tables with stuff to buy.*

*Thank you for those that keep the lodge and the grounds all cleaned up.*

*Joan and I have also been able to participate in events around the district as well – 2 conventions, 2 golf tournament, some anniversary celebrations, lots of pancake breakfasts and dinners at different lodges – what fun it has been to meet and get to know some great people throughout the district.*

*I am not going away, I will be serving as Counselor in 2019, and hope to see many of you at the monthly meetings and other lodge events.*

***Fraternally,***

*James*

If you are away from your Nyheter and you want to know what is coming up on the Calendar, you can call the Lodge and get that information. Call 425-485-9085 when the answer machine come on and the message is playing, you just need to press 268 \* 1 the message will tell you what's happening that month and maybe the next month.

## NEW 2019 Lodge Officers, Trustees and Support Officers

### Executive Board:

President	Bob Steed	425-643-0924
Vice-President	Bill Hicks	425-672-0194
Counselor	Kay Schertzl	425-582-2211
Counselor	James Wraalstad	425-823-0247
Secretary	Laurie Beach	425-736-0555
Financial Secretary	Janet Fructel	425-672-0194
Treasurer	Bob Schertzl	425-582-2211

### Officers/Directors:

Social Director	Laurie Berg	206-235-5558
Asst. Social Director	Kay Schertzl	425-582-2211
Asst. Social Director	Darcy McTernan	425-273-0760
Cultural Director	Seth Tufteland	206-605-4112
Membership	Bill Hicks	425-672-0194
Sports Director	Laurie Berg	206-235-5558
Youth Director	Martha Berg	425-772-9527
Publicity Director	Patti Blegen	206-240-7073
Marshall	Marlis Pehling	425-488-4545
Assistant Marshall	Patti Blegen	206-240-7073
Inner Greeter	Marlys Melrose	425-672-7888
Outer Greeter	Linda Christians	206-618-2636
Greeters:	Freda Howard	425-672-4508
	Molly Thompson	206-546-2962
Financial Counselor	Mike Dyal	206-446-2222
District 2 Information:	<a href="http://www.sonsofnorway2.com">www.sonsofnorway2.com</a>	
Trollhaugen Lodge	<a href="http://www.trollhaugensofn.com">www.trollhaugensofn.com</a>	

### Trustees:

2017-2019	Chris Hicks	425-672-0194
2017-2019	Mike Nelson	425-486-5275
2018-2020	Greg Seymour	206-949-0813
2018-2020	Ivar Thompson	425-736-4073
2018-2020	Don Melrose	425-672-7888
2019-2021	David Hickok	425-743-0043
2019-2021	Brian Toresdahl	971-241-9936

### Support Officers:

Librarian	Marlis Pehling	425-488-4545
Editor	Janet Hickok	425-743-0043
Webmaster	Martin Ng	
Website	<a href="http://www.bothellsonsofnorway.org">www.bothellsonsofnorway.org</a>	
Sunshine	Janet Hickock	425-743-0043
Musician	Ralph Federspiel	425-823-9080
Auditors:	John McTernan	425-273-0760
	Myrna Ramstad	206-365-6913
	Preston Fruchtl	425-672-0194

Foundation Dir.	Vicki Nelson	425-218-4447
Historian	Brittney Toresdahl	971-241-9936
Coordinator of Volunteer Hours –	Wendy Wright	425-482-0849

**\*\*This information is for official Sons of Norway business use only. Use of this information for solicitation or commercial purpose is a violation of the Sons of Norway privacy policy and is strictly prohibited.\*\***

The Nyheter is a publication of Sons of Norway Bothell Lodge 2-106. The Nyheter is published 10 times per year. January through May, a Summer edition, and September through December. Articles for publication for the month must be submitted no later than the 21st of each month. Articles are published as submitted; please review your articles prior to sending.

**Please submit your article via email only.** (No phone or verbal submissions) to:  
[editor@bothellsonsofnorway.org](mailto:editor@bothellsonsofnorway.org). **THANK YOU.**

### Bothell Sons of Norway Membership Information

**Individual Membership**      \$60.00/year      **Family Membership**      \$95.00/year

**Heritage Membership** (15 years old & younger)      FREE

Membership forms are available by the Bothell Lodge front door. Completed applications should be given to the Lodge Vice-President or Financial Secretary for review by the Board and an acceptance vote by Lodge Members.



### RAY BERG MEMORIAL SCHOLARSHIP - DEADLINE – 4/1/2019

Scholarship applications are available January 1<sup>st</sup> for students graduating from High School in 2019. The student must be a Bothell Lodge No 106 Sons of Norway member or a child or grandchild of one of our members. The key criteria for final selection are:

GRADE POINT AVERAGE  
 LONG TERM CAREER GOALS  
 CLARITY OF HIGHER EDUCATION PLANS  
 LETTER OF RECOMMENDATION  
 FINANCIAL NEED

An applicant's interest in Norwegian heritage and language may be a consideration in the selection process though not a requirement.

The scholarship application must be submitted to the scholarship committee no later than April 1, 2019. Forms are available at [www.bothellsonsofnorway.com](http://www.bothellsonsofnorway.com), Ray Berg Memorial Scholarship Forms, under Scholarship Application Forms.

The applications should be mailed to our lodge at: Bothell Sons of Norway, PO Box 492, Bothell WA 98041, or the Application can be brought to the lodge.

The Scholarships will be awarded at the May meeting at Bothell Lodge.

Questions:

Contact Joan Wraalstad, Scholarship Chair – joaniecw@msn.com

### **SONS OF NORWAY FOUNDATION**

#### **Post High School Scholarships - Deadlines begin March 1, 2019**

Sons of Norway Foundation offers college scholarships starting at \$1,000 for current members, children or grandchildren of current members. This is a great member benefit. Have the college students in your family check out [www.sonsofnorway.com/foundation](http://www.sonsofnorway.com/foundation). We currently offer seven categories of scholarships for different areas of study.

**All scholarship applications are done online.**

### **SONS OF NORWAY YOUTH CAMPS**

Camp Trollhaugen (ages 13-15) Easton, WA June 30 – July 13, 2019

Camp Nidaros (ages 9-12) Gearhart, OR July 14-27, 2019

Camp Normanna (ages 9-12) Lake Riley, WA July 28– August 10, 2019

Youth camp applications cannot be postmarked before February 14th, 2019

Youth camp scholarship Forms are available at [www.bothellsonsofnorway.com](http://www.bothellsonsofnorway.com), under Scholarship Application Forms.

## Social Director's Report- Kay Schertzl

### Beginnings

2018 ended with a busy and festive December. Our regular meeting featured a lovely Santa Lucia program presented by Youth Director Martha Berg and youngsters from the lodge, singing while we circled the Christmas tree, and a wonderful dessert buffet.

2019 brings new beginnings. We will be installing the lodge officers at our January meeting. Some are returning to their positions, some are moving to new positions, and some have accepted an officer position for the first time. Thanks to all of them. They will make a great team led by King and President Bob Steed. Our January meeting is also our member appreciation lutefisk and meatball dinner. There is no cost to members for this one as a way of saying thank you for your membership, work, and support of Bothell Lodge and Sons of Norway.

January 17, 2019

6:00 Social

6:30 Lutefisk and Meatball Appreciation Dinner

7:30 Installation of Officers and brief business meeting

I hope this is the beginning of a healthy and happy new year for all of you.

Godt Nytt År (Happy New Year)

### DISTRICT 2 CROSS COUNTRY SKI RACE 2019



Saturday, February 2, 2019

HOSTED BY: EDMONDS LODGE

Trollhaugen Lodge – Stampede pass -Exit 62



Registration starts at 9:30 a.m.

Race Starts at 10:30 a.m.

Lunch: 12:00

Awards

Cost: Donation

Come young and old,  
great skiers and  
new skiers alike.

For more information contact:  
Laurie Berg – District 2 Sports Director  
206-235-5558 or laurieberg.lb@gmail.com

For overnight reservations call Trollhaugen Lodge Managers: 509-656-9997

### Kitchen Fund Update by Marion Vedell

Thanks to a successful Julebord netting \$3,393.07, a Norwegian sweater raffle bringing in \$471.00, a memorial gift and recent donations from friends of the lodge, the Kitchen Fund has grown to its current total of \$18,700.

Please be reminded that continuing donations are most welcome. Make your check out to Bothell Sons of Norway and write "Kitchen Fund" on the memo line. We are 64% of the way to our goal of \$29,000. As we turn our calendars to the new year, lets exert renewed energy into boosting our Kitchen Fund.

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## NORWEGIAN JULEBORD by Selma Snaring

The Julebord on December 15, 2018 was an ELABORATE AND JOYOUS evening attended by 104 guests. The theme throughout was the colorful hjerte korg (woven paper basket), used on flyers, tickets, table placements, tree and earrings worn by Ragnhild and Solveig. Each basket contained a homemade chocolate.

A selection of authentic Norwegian food items, (99.8%) homemade were offered. Each platter, bowl and chaffing dish were decorated with prunes, soft apple slices and parsley. The traditional seven varieties of cookies, three puddings, kardemom bread and flat bread rounded out the finishing touch to a beautiful Julebord.

For some, this dinner, was their way of hosting a Norwegian Julebord as a Christmas gift to family, friends, and their younger generation. Lively Walking around the Christmas tree in two large circles was colorful and entertaining. With the help of pianist Traci Snaring and song leader Ralph Federspiel. A selection of American and Norwegian songs were sung.

The raffle ticket sale for a Norwegian sweater brought in \$471.00. It was donated by Patricia Busser and won by Shirley Handly, who has not been located, so if you know how to contact her call Kay Schertzl @ 425-582-2211.

Huge thanks to those who were also instrumental in the success of this evening: Don/Marlys Melrose, Janet Hickok (made table placements/food identities) Bob/Kay Schertzl, Nancy Ferris, Trudy Bartosek, Trina Patrick, Laurie Beach, Ken/Freda Howard, Elroy Christenson, Mike Nelson, Luanne Clark (donated 8 kardemom bread), Stig Berg, Arne Domas, Teresa Scott, Donna Larsen, Greg Seymour, Marit Aarvik, Bob Steed (MC), Rick/Kari (donated aquavit) Liv, Bjorn Warford, Ellyn Shull, Liz Oaksmith, Ivan/Katrina Swasand, Kurt/Molly Swasand. Our special guest of honor was Marion Vedell for her design of the tickets, and handling of the reservations.

A special thanks goes to chef cook Ragnhild Jonassen, assisting cooks, Solveig Lindstrom and Selma Snaring. An estimated 500 hours of thinking, shopping, baking and cooking by Ragnhild, Solveig and Selma was noted. Much appreciation from us for a job well done!!

### LESE GRUPPE

("Reading Group")



**PLEASE JOIN US!** All are welcome. Lese Gruppe will meet on **Thursday, January 10, 2019 at 10:30 a.m.** at the Bothell Lodge.

At our December meeting, we discussed *Dashing Through the Snow*, by Debbie Macomber, #1 New York Times bestselling local author. A graduate student in California desperately wants to spend the holidays with her family in Seattle. The magic of the season in this Christmas novel is filled with warmth, humor, the promise of love, and a dash of unexpected adventure.

The following are our reading selections for the coming months:

January 10: *Virgil Wander*, by Leif Enger  
 February 14: *Norwegian by Night*, by Derek B. Miller  
 March 14: *Undaunted*, by Jackie Speier

It is not required that you read the book in order to attend the meeting. To check out books from the Sons of Norway library, please sign the logbook located on the counter in the Fireside Room.

For information about Lese Gruppe, please contact Myrna Ramstad at (206) 365-6913.

### LIBRARY CORNER

We have a fun and interesting nonfiction book in our Library called *On My Swedish Island* by Julie Catterson Lindahl. The author introduces readers to a Nordic philosophy and lifestyle that can be enjoyed regardless of where they live and what the climate is.

The author gave up a luxurious urban lifestyle to move to a small Swedish island with her family. She combines her own story with practical suggestions. Her suggestions are attempting to give the readers tools for embracing the Nordic philosophy of natural well-being and leading a simpler, more fulfilling existence. The author and her family still live on the small Swedish island.

Marlis Pehling

Librarian

## Sunshine Report



Dec 14, 2018 -- A thinking of you card was sent to Marlys Melrose who recently had surgery.

Dec 19, 2018 -- A birthday card was sent to Gudlaug Pearson who will be 97 on December 25<sup>th</sup>

Dec 27, 2018 --A Thank you to Bill Fosmoe for over 30 years of serving the Bothell Sons of Norway Lodge!

Dec 27, 2018 --A Thank you to James Wraalstad for serving as our lodge President for 3 years.

Dear Members, I depend on YOU to let a board member or myself know when there is a need for a sympathy, get well, or thinking of you card that would lift up one of our members. We like to celebrate the happy things too...new jobs, new locations, graduations, birthdays 90 and over. You can call me directly at 425-743-0043 or 425-299-6388. If I'm not able to answer the phone at that time, please leave a message and a number for me to call you back if I need more details. Or if you prefer email use tinribs@gmail.com Thank you!

Janet Hickok, your Sunshine Lady

tinribs@gmail.com



Carl Saltveit Scholarship, which covers tuition, room and board for a qualified applicant to attend the International Summer School (ISS) at the University of Oslo in Oslo, Norway. Any member in good standing of a lodge in District 2, as well as their children and grandchildren are eligible to apply. Applications including all supporting documents must be postmarked no later than **January 15th, 2019. You do not have to be currently enrolled in**

**school. Applicants of ANY AGE who have completed one full year of college level work are eligible to apply!** For more information about the International Summer School or eventually to apply, please refer to its website (<http://www.uio.no/english/studies/summerschool/>). About the Carl Saltveit Scholarship, Contact Doug Quammen, District 2 Scholarship chair, at (360)749-7655 or quammen@scattercreek.com.

### Sports Director Report by Laurie Berg

*With the cold weather moving in quick, I just want to take a moment to remind you all that you can still collect sports medals for indoor activities. Please try to get those filled in sports trackers back to me as soon as they are complete as we are now awarding sports medals continuously throughout the year.*

#### **Save the dates:**

- February 2nd - District 2 ski race at Trollhaugen Lodge. Registration will be on site that day. There is a suggested donation of \$5 which will cover the cost of your meal. See flier for additional information.

- July 20th - Annual Trollhaugen Steakfry and Horseshoe Tournament. Registration starts at 10 am. The tournament kicks off and 10:30. More details to come.

- August 17th - District 2 golf tournament in Leavenworth.

**THE SCANDINAVIAN HOUR**  
**KKNW 1150AM**

With Doug Warne as your host.  
 Saturday mornings 9:00 am to 10:00 am

*Music, News and Interviews  
 for the Scandinavian Community*

**Trustee Corner**

I would like to thank, Andy Green for doing the Trustee duties for the month December.

The Trustee of the month is to check the Lodge inside and out, at least once a week during the month. He or she can check the Lodge at their convenience for possible problem's, water leaks, doors or windows left open, trees or branch's down , if the heat has been turned down and all lights have been turned off.

The Trustee's for the month of January 2019 will be Don Melrose

Thank You Mike Nelson, Lead Trustee

**SAVE YOUR CANCELED STAMPS**

Cut around the canceled stamps, leaving 1/2" around the stamps, so as not to damage the perforations, and bring them to the lodge. This is an ongoing project and Tubfrim appreciates your contributions.



If you have any questions, or would like more information, please call Nancy or Lenus at 206-632-1605.

**From Santa**

The Christmas tree is coming down and gifts are being found. Under the tree we found some items left by Santa or Santa's helpers. The items are a welcome gift for our Lodge. We received one paring knife and a set of Salad fork and spoon. Who knows there may still be some belated Christmas gifts on their way?

Thank you, Santa and his helpers.

**Scrapbooking session** January 12th from 9am -3pm.

Lunch provided. All are welcome. Bring your scrapbooking supplies and creativity.

**Youth-**

February 9th we are going to have a family day at the Nordic Museum. We are planning to meet at 11:45am to have a quick bite nearby (place TBD) and then start our tour (hopefully guided, let me know if you know someone who can do this) at 1 pm. Stay as long as you like. Please rsvp to me by February 1st so I can get a headcount for group rates

Martha Berg Youth Director 425-772-295

**FROM THE BOARD**

*Set out recycle containers for pick up.*

*Updated the phone message*

*Picked up Branch's from the Windstorm of the 14th, got the Blowers going and cleared all the walkways and parking areas. Picked up branch's from the Windstorm of the 20th cut up some of the Branch's for fire wood, if someone wants them.*

*Cut down a couple of the Trees that were growing a little too close to the back of the Lodge.*

*Fixed the leaky faucet in the kitchen*

*Put the tarp back on the float, the wind blew it off, so tried to fasten it down better.*

**Weekend at Trollhaugen:** On the weekend of February 23-24th, the Bothell Lodge will be booking Trollhaugen Lodge for some quality lodge bonding in the snow. This will be a first come, first serve event. The cost will be \$28 per person/per night for Sons of Norway members and \$13 for children ages 15 and under. Slots are filling up fast so book soon. Payments made to Laurie Berg will save your spot. Cash only, please.

More information to come soon.



Sons of Norway  
Bothell Lodge 2-106

PO Box 492  
Bothell, WA 98041  
Street Address:  
23905 Bothell-Everett  
Highway

Phone: 425-485-9085  
bothellsonsofnorway.org

Non-Profit  
Organization  
U.S. Postage  
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Permit No. 8  
Bothell, WA  
98011

#### ADDRESS SERVICE REQUESTED

#### UPCOMING EVENTS

At Bothell Lodge (unless indicated otherwise)

Tuesday's Bowling League at Spin Alley 7:00 pm – 9:30 pm

Boy Scout Troop 535 –meets at the Lodge – Tuesday's 6:45pm – 8:30pm

Thursday –January 3, 2019- Board Meeting – all members are welcome to attend – 7:00 pm

Sunday– January 5, 2019 –New Officer Training 1:00 pm; Lodge Tours 2:30

Thursday - January 10, 2019 – Lese Gruppe -10:30 am Fireside Room

Thursday – January 17, 2019 – Lodge Night – 6:00pm Social – 6:30 pm Member Appreciation Dinner;

7:30 Meeting– Installation of 2019 Officers

Saturday- January 19, 2019- Viking Ting – 4:00pm -6:00pm

Friday – January 26, 2019 -Bunco – 6:30 pm

Saturday – February 2, 2019 – District 2 Ski Race at Trollhaugen- see page 4

Sunday – February 3, 2019 – Lodge Super Bowl Party - Time TBD

Thursday – February 7, 2019- Board Meeting – all members are welcome to attend – 7:00 pm

Thursday – Feb 14, 2019- Lese Gruppe -10:30 am Fireside Room

Friday- February 15, 2019 - Bunco – 6:30 pm

Thursday – February 21, 2019- Lodge Night – 6:00pm Social – 6:30 pm Dinner; 7:30 Meeting

Saturday/Sunday – February 23 &24 - - Bothell Lodge Winter Weekend at Trollhaugen – see page 7