

The Nyheter



Volume 54 Number 3

BOTHELL SONS OF NORWAY 2-106 President's Message - March 2026

Well, it was a fantastic February don't you think? Seahawks are NFL champions and we held a great viewing party to watch them win at the lodge. Then we had the Winter Olympics and what a great competition for Norway and USA. It was a record setting year for both nations' athletes.

Now we move into March and look forward to an engaging month with many different opportunities coming our way. We will start with our Heritage Day and then look forward to our Corned Beef and Cabbage Lodge Dinner, Dessert Auction Scholarship Fundraiser and General Meeting. I also know that Shawn has set up another Everett Silvertips hockey game that will be enjoyable. If you have not done so yet, please step up and contact Laurie Berg (at 206-235-5558) if you are able to help with Heritage Days set up or day logistics.



If you have any concerns or questions about lodge events and decisions, please get in touch with me or any of the officers. We are here to be your eyes and ears for the lodge. Again, I cannot reiterate enough the need for all members to pitch in and help whenever and wherever you can. It takes all of us working together to keep the lodge healthy and vibrant.

Our District 2 Convention delegates are preparing and will represent us all in a grand fashion, keeping Bothell Lodge at the forefront of District 2. I also look forward to showing off our new "fauna" during the convention. Thank you to Patti and Elroy for putting things together. If you have any questions about the convention please ask.

Many activities are coming this spring. I look forward to seeing you at lodge events. Please read the Nyheter and keep up on lodge and District 2 activities.

Takk,

Bill Hicks

Bill Hicks



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The Nyheter

SON Bothell Lodge 2-106

PO Box 492, Bothell, WA 98041 — 23905 Bothell-Everett Highway

bothellsonsofnorway.org — Email: editor@bothellsonsofnorway.org

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SON Bothell Membership — Individual (\$84/year); Family (\$144/year); Membership forms are by the Bothell Lodge front door.

2025 Lodge Officers & Trustees**Executive Board**

President	Bill Hicks	206-919-1425
Vice President	Gerry Jessness	281-948-2305
Counselor	Patti Blegen	206-240-7073
Secretary	Trish Lundeen	425-483-5640
Membership Sec	Joan Wraalstad	206-963-8484
Treasurer	Bob Schertzl	206-619-2596
Asst. Treasurer	Jocelyn M. Rehbock	206-295-0034

Officers/Directors

Social Director	Laurie Berg	206-235-5558
Cultural Director	Laurie Berg	206-235-5558
Sports Director	Shaun Bornemeier	425-765-5185
Publicity Director	Susan Kelly	206-718-2710
Asst. Publicity Director	Diana Austin	206-817-8445
Marshall/Greeter	Sarah Calloway-Aksan	425-750-6409
Asst. Marshall	Linda Christians	206-618-2636

Support Officers

Librarian	Marlis Pehling	425-488-4545
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Web Content Manager	Joan Wraalstad	206-963-8484
Sunshine	Mary Anne Rehbock	206-498-3271
Musician	Ralph Federspiel	425-444-9080
Auditors	Rick & Lori Arnseth	865-414-7392
	Diana Austin	206-817-8445
	George Sjursen	206-290-6999
Foundation Director	Linda Christians	206-618-2636
Historian	Marlys Melrose	206-819-9669
Coord. Volunteer Hours	Laurie Beach	425-736-0555
Financial Counselor	Mike Dyal	425-243-4521

Trustees

2024-26	Don Melrose	206-891-9668
2024-26	Ivar Thompson	425-736-4073
2025-26	Seth Tufteland	206-605-4112
2025-27	Elroy Christenson	206-362-5373
2025-27	Heidi Wiggins	206-330-9178
2026-28	Chris Hicks	425-672-0194
2026-28	Mike Nelson	206-498-2213

District 2 Information sonsofnorwayd2.org
Trollhaugen Lodge trollhaugensofn.com

Sunshine Report

Birthday cards were sent to Knut Aagaard (Feb. 5), Merle Kirkley (Feb. 6), Patricia Busser (Feb. 27) and Karen Pedersen (Feb. 28). Gratulerer med dagen!

A thinking-of-you card was mailed to Vicki Nelson.

Please let Mary Anne Rehbock know if someone could use a card of encouragement, congratulations or condolences. She is available at (206) 498-3271 or email her at marehbock@aol.com.



Trustee Corner by Mike Nelson

Spring Rake Coming in April

For the month of February, Heidi Melrose served as the trustee of the month. In March it will be Ivar Thompson.



Our trustee of the month checks the lodge inside and out at least once a week during the month. He or she looks for possible problems, water leaks, lights left on, and doors or windows left open. They also make sure the heat is turned down.

Thank you to all our trustees. If you are interested in becoming a trustee for next year and beyond, please contact me at 206-498-2213. **Plan ahead for the Spring Rake on Saturday, April 25.** We can use help to spruce up outside the lodge.



Social & Cultural Happenings: Join In!

Spring is just around the corner! We had some rain recently, but the sun has peeked out, too. Please remember to support the lodge at Heritage Day on March 7. Details in this newsletter.



March 3 - 6

Heritage Day Set Up

10:00 a.m. (for an hour or half-day)

Help is needed to set up tables, prep the kitchen, hang signs and more.

Contact Laurie Berg at [206-235-5558](tel:206-235-5558).

March 7

Heritage Day - FREE!

10 a.m. to 1 p.m.

Discover Scandinavian vendors, dancers and food demonstrations. Food for sale. Mead tastings.

March 19

Lodge Meeting Night

4 p.m. Movie — 6 p.m. Social Time & Dessert Auction — 6:30 p.m. Dinner

Enjoy Corned Beef and cabbage.

Program will focus on sports and lodge awards. Cost is \$10 per person. **Reservations must be in by Mar. 15 to order food!** Email: Dinner@bothellsonsofnorway.org or call the lodge at [425-485-9085](tel:425-485-9085) and leave details.



March 21

Kitchen Lodge Scrub

10:00 a.m.

Help clean the kitchen. Many hands make light work.

March 27

Bunco Night

6:30 p.m.

Join the fun. Bring \$5 for prize fund and a snack. See page 5 in Nyheter for more information.



March 28

Floor Lodge Scrub

10:00 a.m.

If you can't make the Kitchen Scrub how about the Floor Scrub? Join us and freshen up our lodge floors.

April 18

Bothell SON Tea Party

1 :00 - 3:00 p.m.

Join a lovely Nordic spring tea. Scones, quiches, sandwiches, desserts and tea/coffee to be served. Cost is \$25/members and \$30/nonmembers. For reservations, call the lodge at [425-485-9085](tel:425-485-9085) and leave a message with name and count.



April 20 & 27

Rosemaling Class

9:30 a.m. - 3:30 p.m. or 6:00 - 9:00 p.m.

Learn the Norwegian decorative folk painting called rosemaling, or rose painting. You'll create the ornamentation, scrollwork and fine patterns for this unique artform. Cost is \$110, day/\$80, evening. Supplies additional. Order from instructor or bring your own. To register, call Marilyn Hanson at [425-765-3694](tel:425-765-3694).



April 25

Lodge Spring Rake

10:00 a.m. - 3:30 p.m. (lunch provided)

Begins with coffee and instructions. We'll rake, plant, prune and tidy up. Tools provided.

May 27-30

D2 Convention in Bremerton (hosted by Poulsbo SON)

Event includes opening and closing ceremonies, meetings, cooking/craft/music demonstrations, hospitality night. Cost is \$375 per person. Details and registration at poulsbosonsofnorway.com/convention.html.



— Laurie Berg, Social & Cultural Director

Heritage Day Celebrates Norway on Mar. 7

Norwegian culture will be on display **March 7** at the SON Bothell Lodge for everyone in the community.

Held from 10 a.m. to 3 p.m., Heritage Day is one of the largest gatherings of all things Norwegian in the region and is **free** to all and open to the public.

Demonstrations will highlight various Norwegian foods and traditional arts and crafts. Bunads will be on display and, in the lodge parking lot, the Hrafngarðr Vikings will share Viking customs and history at their tent and



Heritage Day is Mar. 7 at Bothell Lodge. Photo: Asgeir Helgestad / VisitNorway.com.

through reenactments. There will be mead tastings and *pølse i lompe* (sausage in smaller lefse), pea soup and meatball sundaes will be for sale. Select Nordic vendors will host tables with goods to sell. Indoor seating will be available.

Bring your friends to the Bothell Sons of Norway Lodge to experience Scandinavian culture at its best.

For more information visit bothellsonsofnorway.org or call 425-485-9085.

Raffle for Scholarship Fund

Win a tasty Scandinavian goodie or a beautiful rosemaling painted milk can and raise money for the Ray Berg Scholarship Fund that provides a scholarship for studies after high school to a Bothell lodge member or relative. Raffle tickets are on sale now for \$5 at lodge events through Heritage Day March 7.



Raffle tickets are only \$5 each.

The gift basket includes lots of goodies and gift cards: \$25 Scandinavian Specialties card; \$20 Hillcrest Bakery card; \$25 Starbucks card; 2026 Norway calendar; Scandikitchen Hygge book; jar of lingonberries; two mugs; and various treats.

Two winners will be chosen at Heritage Day. It's not necessary to be present to win.

Donate to Lodge Table for Garage Sales

The lodge garage sale crew is planning now for the annual Mill Creek Garage Sale on Saturday, May 2, and can use your donations. As you start your spring cleaning please remember the crew. They will accept household items, tools, antique items, gently used clothing and home decor.



Proceeds will be added to the income from the annual Garage Sale

Table at the Bazaar and Bake Sale in November. These will be designated for an upcoming Bothell Lodge project to be determined.

To donate, please drop off at the lodge or contact **Solveig Lindstrom at 425-949-7716.**



Movie Corner by Bob Steed

Our Movie Matinee begins again on March 19 at 4 p.m. with the BBC/PBS natural history program titled "Wild Scandinavia: Life on the Edge."

We'll get back to nature and enjoy wildlife on the hauntingly beautiful Scandinavian coast followed by a journey inland to view the fauna of seasonal forests. Norway's scenery is outstanding and will call to you!

The episode shows lynx, bears, eagles, puffins, orcas, wolves. . .and Vikings. . .OH MY! It delves into the mythical world of Odin and Thor and conveys the heights and sheer drops of fjord cliffs by following base jumpers showing flying squirrels how to soar from heights of 3,000 feet. It also heads north to share the traditions of Sami reindeer herders.

What country in the world is second only to Canada for having the most coast line? Norway is as you might guess. With all the fjords and islands, Norway takes the "silver medal." Join us to see all this spectacular scenery and wildlife.

If you see a good movie, please submit it or other recommended topics and materials to Bob Steed at FRAG-NITS359@yahoo.com. If you would like to host Video Matinee, contact Bob, too.



MARCH BUNCO!



Friday, March 27, 6:30 P.M.

Bring \$5.00 for the Prize Fund & A Snack to Share

This is open to anyone who wants to come have a fun evening and great food. Maybe you'll have the luck of the Irish!

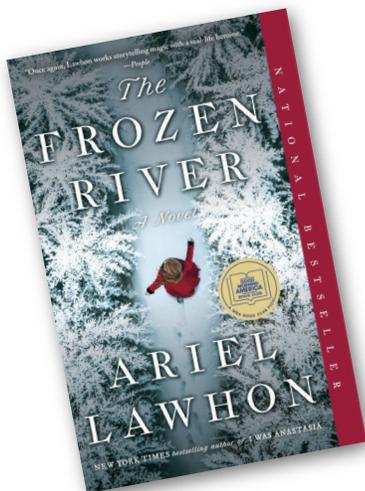
For questions, contact Laurie Beach at
425-736-0555 or beachplace21@comcast.net.

Lese Gruppe Meets Feb. 12



Lese Gruppe's next meeting will be on March 12 at 10:30 a.m. at the Bothell Lodge. All are welcome!

At our February meeting, we discussed "The Frozen River," by Ariel Lawhon. It is a historical murder mystery set in 1789 Maine with themes relevant to today. Midwife and healer Martha Ballard investigates the murder of a man found frozen in the Kennebeck River. She battles a corrupt community to uncover the truth and protect vulnerable women.



Our reading selections for the coming months are:

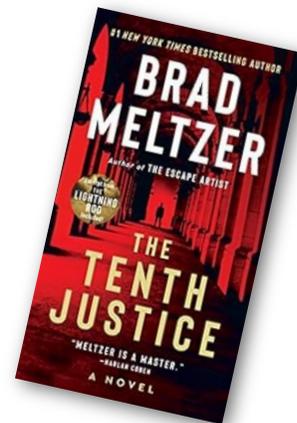
- * **March 12:** "The Other Einstein," by Marie Benedict.
- * **April 9:** "The Summer Book," by Tove Jansson.
- * **May 14:** "The Ladies Rewrite the Rules," by Suzanne Allain.
- * **June 11:** "The Frog in the Fjord," by Lorelou Desjardins.

You don't need to read the book to join Lese Gruppe. To check out books from the Bothell SON Lodge, please sign the logbook located on the counter in the Fireside Room.

Contact Myrna Ramstad at 206-365-6913 for information.

Library Corner by Marlis Pehling, Librarian

Our library contains a legal thriller by Brad Meltzer. It's titled "The Tenth Justice" and follows a new Supreme Court clerk, Yale Law graduate Ben Addison, who accidentally reveals the secret outcome of an upcoming decision. It enables a blackmailer to make millions and Addison starts to sweat.



As the conspiracy threatens the young clerk's career and life, he turns to coworker, Lisa, and three friends for help. Now, with all their lives on the line, they work in powerful local circles to uncover the blackmailer while battling shifting loyalties and internal leaks. This legal thriller is suspenseful and thoroughly enjoyable to read.

To check out resources from the lodge library, please sign the logbook in the Fireside Room.

Camp Scholarships



SON District 2 provides scholarships for eligible campers this summer through the **Sofie Olson Memorial Scholarship Fund**.

Children, grandchildren, nieces and nephews of current District Two members can receive assistance to attend Camp Nidaros, Normanna and Trollhaugen youth camps.

Deadline is April 15. To access application forms and instructions, visit www.sonsofnorway2.com/scholarships.

Sports Update by Sports Director Shaun Bornemeier

FINAL NOTICE: 2025 sports medals logs due!



Please get your 2025 sports logs to Shaun Bornemeier **by March 7**. Remember that you get double sports points for participating in Lodge/District sponsored events. Let him know if you want a sports pin or certificate. Contact

information below. You can earn medals in walking, biking, swimming, skiing and general fitness.



Join Bothell lodge members on March 14 to enjoy a Silvertips game. Photo: Evan Morud/Everett Silvertips.

Everett Silver Tips Hockey Game



There are still plenty of tickets available to see the Everett Silvertips hockey game. **You will need to reserve your seat(s) with Shaun at the e-mail later in article by Sunday, March 1.**

Game Details

- Event:** Everett Silvertips vs Penticton Vees.
- Date/Time:** March 14. Game starts at 6:05 p.m.
- Location:** Angel of the Winds Arena in Everett.
- Cost:** Only \$20 per person.
- Deadline for reservation(s):** Sunday, March 1.
- Web link for more information:** [Everett Silvertips](#).

Shaun Bornemeier contact details:

Email: bornemeiers@yahoo.com

Phone: 425-765-5185

Norway Success at Winter Olympics

Once again, the Norwegians topped the tables at the Winter Olympics. At Milano Cortina 2026 the Nordic athletes won 41 medals, including a record 18 gold. Norway's leading Winter Olympic medal total is now at 446 (166 gold).

Eighty Norwegian athletes competed at this year's games across most disciplines. Cross-country skiing phenom Johannes Hosfløt Kæbo set a Winter Olympics record for gold medals with six earned by winning all



Klæbo won six gold medals at '26 Winter Olympics. Photo: Norges Skiforbund Langrenn.

men's cross-country skiing events. At 29, he may be back to the French Alps Winter Olympics in 2030 to try for more.

Some other gold medalists this year include Anna Odine Strøm, in both women's normal and large hill ski jumping; Birk Ruud, in men's slopestyle freestyle skiing; and Maren Kirkeeide, in woman's biathlon sprint.

If you want to read about all the results, visit this Wikipedia article at tinyurl.com/NorwayOly.

Bothell Lodge at District 2 Ski Tournament

Several members and families of Bothell Lodge participated in the February District 2 Ski Tournament, and won a silver medal for the lodge en route to many individual medals as well. Here are some photos of the winning group.



Ray Berg Memorial Scholarship Deadline is April 1

Ray Berg Memorial Scholarship applications are available now for students graduating from high school in 2026. Deadline is April 1, 2026. Awarded scholarship is up to \$1,500.



Applying students must be a Bothell Lodge No. 106 Sons of Norway member, or a child, grandchild, niece or nephew of one of our members. Key criteria for final selection are:

- Grade Point Average.
- Long Term Career Goals.
- Clarity of Higher Education Plans.
- Letter of Recommendation.
- Community Service.
- Financial Need.

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

The scholarship application must be submitted to the scholarship committee **no later than April 1, 2026**. Forms are available at bothellsonsofnorway, Ray Berg Memorial Scholarship Forms, under Scholarship Application Forms. Forms can be completed online and printed.

Mail the complete application and required documentation to Ray Berg Memorial Scholarship, Bothell Sons of Norway Lodge, P.O. Box 492, Bothell Wash., 98041. All documentation should be received together.

Scholarships will be awarded at the May meeting at Bothell Lodge. For further information or questions contact Laurie Beach at beachplace21@comcast.net.

Your Cookies and Goodies Help Ray Berg Scholarship

Since last year's Dessert Auction was so much fun and a huge success — raising nearly \$600 for the Ray Berg Scholarship Fund — the Scholarship Committee will once again host a silent auction for desserts and baked goods at the General Meeting on March 19. The auction begins at 6 p.m. with the social hour and continues through dinner, ending at 7:30 p.m. Bidding sheets will be collected and winners will be announced during the meeting.



Your baked treats can help the Ray Berg Scholarship fund.
Photo: Veganbaking.net/Wikimedia Commons.

There are two ways to help. First, we will need some desserts and baked goods to be donated for the auction. All sizes help, from plates of four to six goodies to a pie, cake or a couple dozen cookies. Then, second, we will need people to bid on the wonderful and delicious items for which our lodge is known. Dessert will still be served with the dinner so winning items are intended to be taken home to enjoy.

Please be a part of this event to help "sweeten" the scholarship fund and help our deserving graduates with college expenses. Don't forget the excitement of the "bidding wars" last year.

Bring desserts to the lodge by 6 p.m. If you have any questions about the Silent Dessert Auction, please contact **Laurie Beach** at beachplace21@comcast.net, **Mary Anne Rehbock** at marehbock@aol.com or **Marianne Eldevik** at leroyandelsa4146@gmail.com.

Meet a Lodge Officer: Laurie Beach

A few years back, officer Laurie Beach got to experience something she had always wanted to do as a young girl but was too timid and shy to pursue. In 2017, she rode on a float in a parade for



Bothell Lodge, but not just as princess! Laurie was queen and served with King Bob Steed.

A longtime member of Bothell Lodge (since 2010), Laurie has served on the board for more than a decade. She notes, "I always wanted to be where decisions are made and give my input especially in the areas where I was involved."

And involved she has been. She is currently Volunteer Hours Coordinator and on the Ray Berg Memorial Scholarship Committee, in addition to running Bunco Nights since 2014 and the Lodge Fundraising Bake Sale since 2013. As a Ray Berg Committee member, she coordinates the basket raffles and Desert Auction in March every year to increase scholarship funds. Back in 2011 she began as social director, having been promoted quickly from "helper" after the original director left early. Over the years, she has also served as publicity director and secretary.

This dedication and focus appears in other areas of her life. A few years after her daughter tragically died in a car accident, Laurie helped create and run the Jennifer Beach Foundation. Since 2001 the non-profit has provided services to victims of domestic violence in her daughter's honor. Laurie also worked many years in the insurance industry as an underwriter for finance and personal lines.

Laurie, who lives near Juanita, joined Bothell Lodge with her cousin, Marlys Melrose, to learn more

about Norwegian culture. Their grandmother was born in North Dakota to parents of Norwegian and Swedish heritage but she never spoke about growing up with Nordic parents.

Laurie says, "I've always liked being a part of an organization and talking to people at the different events."

In free time, Laurie enjoys traveling and bird watching. She is currently writing a book, "For the Love of Jennifer and Jeff," which deals with the loss of her two children. She hopes it can help others cope with similar tragedies. Laurie shares it at Mic Drop Workshop meetings, memoir classes and grief groups.



Queen Laurie Beach (right) and King Bob Steed (left) pose for a 2017 photo with the Bothell Lodge Viking ship parade float.

On a final note, Laurie can always use help or a co-chair to manage the annual Bake Sale she has graciously guided for 13 years. **If you are interested in helping , please contact Laurie at 425-736-0555 or beachplace21@comcast.net.**



Tales & Tunes

Nordic on Tap

nordicontap.com

Interviews, folktales, music, and hygge.

Listen on the internet at nordicontap.com Anytime. Any hour.

With host, Eric Stavney and cool people like you

Save Stamps

Bring your canceled stamps to the lodge to drop off in the lobby. Cut leaving one-half of an inch around the stamp to preserve edges.



Winners at Feb. Dinner

Membership Drawing - \$10 Next Month

Drawn for \$5: David Rubens, Valerie Rosmith and Arthur Nelson, all not present. Must be present to win.

50/50 Drawing

\$30.00 collected - \$15 to the Scholarship Fund. Winners were: \$5.00 each to Gary Ramsted, Arni Thompson and Gary Ramsted (yes, he won twice).

Door Prizes

Winners were Gary Ramsted and Carol Hoag.

The Scandinavian Hour

with your host
Seth Tufteland



Saturday & Sunday 6:00-7:00am, Saturday 9:00-10am

Stream us online at <https://1150kknw.com/listen-online>

Visit our website at www.thescandinavianhour.org

Music, News, & Interviews for the Scandinavian Community

Youth Camps 2026



Camp Trollhaugen

Ages 13-15
Located in Easton, Washington
June 28 - July 11

Camp Nidaros

Ages 9-12
Located in Gearhart, Oregon
July 12 - July 25

Camp Normanna

Ages 9-12
Located at Lake Riley outside Arlington, Washington
July 26 - August 8

For more information, visit sofncamps.com. Or email laurieberg.lb@gmail.com.
District scholarships available at sonsofnorway2.com.



Sons of Norway
Bothell Lodge 2-106

Stamp
goes
here

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

bothellsonsofnorway.org



Label goes here :)

UPCOMING EVENTS *(All events at Bothell Lodge unless indicated otherwise.)*

March 5 - Thursday - Board Meeting - 7:00 p.m.

March 3-6 - Wednesday to Friday - Heritage Day Set Up - 10:00 a.m. start.

March 7 - Saturday - Heritage Day - 10:00 a.m. - 3:00 p.m.

March 8 - Sunday - Daylight Savings Time - Spring forward 1 hour.

March 11 - Wednesday - Fiber Arts - 7:00 p.m.

March 12 - Thursday - Lese Gruppe - 10:30 a.m. - In Fireside Room.

March 19 - Thursday - Lodge Night - 4:00 p.m. Movie Matinee; 6:00 p.m. Social & Dessert Auction for Ray Berg Memorial Fund; 6:30 p.m. Corned Beef Dinner; 7:30 p.m. Meeting.

March 21 - Saturday - Kitchen Scrub - 10:00 a.m. start.

March 27 - Friday - Bunco Night - 6:30 p.m.

March 28 - Saturday - Floor Scrub - 10:00 a.m. start.

April 2 - Thursday - Board Meeting - 7:00 p.m.

April 5 - Sunday - Easter

April 8 - Wednesday - Fiber Arts - 7:00 p.m.

April 9 - Thursday - Lese Gruppe - 10:30 a.m. - In Fireside Room.

April 11- Saturday - Swedish Pancake Breakfast - 8:00 - 11:00 a.m. - @ Normanna Lodge in Everett.

April 16 - Thursday - Lodge Night - 5:30 p.m. Music; 6:00 p.m. Social ; 6:30 p.m.; Dinner; 7:30 p.m. Meeting.

April 18 - Saturday - Bothell SON Tea Party - 1:00 - 3:00 p.m.

April 20 & 27 - Monday - Rosemaling Class - 9:30 a.m. - 3:30 p.m. & 6:00 p.m classes.

April 24 - Friday - Bunco Night - 6:30 p.m.

April 25 - Spring Rake - 10:00 a.m. - 3:30 p.m.