

The Nyheter



Volume 54 Number 4

BOTHELL SONS OF NORWAY 2-106

President's Message - April 2026

Well, it was an awesome March. With all the different activities and events happening, it was a very busy month.



Leikaringen dancers at Heritage Day.

Our Heritage Day was a great success, and the corned beef and cabbage dinner put on by Mike, Chris and Renee was outstanding. We also held the kitchen cabinet and counter cleaning at the lodge on Saturday, March 20. A "THANK YOU" to all who showed up to help as it was a busy and fun cleanup.

Please remember that our dinner next month is our baked potato bar with all the fixings. So make sure you make reservations by the deadline. We will honor those members who have passed in the last year.

Many of you know that the District 2 Convention is coming at the end of May. It's nearby this year and I encourage you to consider attending to see how our district and other lodges operate. Our own delegates to the convention are preparing in the coming months to represent our lodge interests and concerns in the meetings. If you have any questions about the convention please ask.

Also, if you have any comments, questions or concerns about our lodge, please reach out to me or our officers. We need to hear from members to know what is working and what needs to be adjusted. At the same time, we appreciate your help and encourage you to chip in wherever you can — clearing tables, serving, a little yardwork, taking tickets and many other small tasks. Every effort helps.

We have many events and activities coming this spring. Please make sure you are reading our monthly Nyheter and keeping yourself up on lodge and District happenings. I look forward to seeing you at lodge events.

Please have a "god påske" however you celebrate the holiday. Happy Easter.

Takk,

Bill Hicks



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Top right photo: Wikimedia Commons/TigerfraMars.

The Nyheter

SON Bothell Lodge 2-106
 PO Box 492, Bothell, WA 98041 — 23905 Bothell-Everett Highway
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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
Editor	Erik Elvejord	425-501-7236
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 Gerritt Missler (March 1), Grete Dixon (March 8), Ivar Thompson (March 16) and Ellie Fife (March 26). Gratulerer med dagen!

Thinking-of-you cards were mailed to Trudy Bartosek and Janet Hickok following medical procedures. Get well cards were sent to William Fosmoe and Phillip Kol-len. Rita Kensmoe Mallick received a sympathy card following the passing of her brother, Craig Kensmoe.

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 April 25!*

For the month of March, Seth Tufteland served as the trustee of the month. In April 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.

Please plan ahead for the Spring Rake on Saturday, April 25. We can use help to spruce up outside the lodge by raking leaves, weeding a bit, planting some flowers, cleaning up branches and more. Rake begins at 10:00 a.m. and goes until about 3:00 p.m. There will be plenty of coffee and a lunch served. Tools are provided.

Social & Cultural Happenings

(All Events at Bothell Lodge unless otherwise noted.)

Spring is here! As I write this, it is still raining, but the moisture will bring flowers, and I hope to see the sun soon. Thank you to everyone who came to Heritage Day. It was a great success and so much fun to see our vendor demonstrations and the Vikings. Thank you to all the volunteers who worked so hard to make this happen.



April 16

Lodge Meeting Night

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

Enjoy Bill Hick's famous baked potato bar.

Memorial program. \$10 per person. **Reservations by April 12!** Email: Dinner@bothellsonsofnorway.org or call the lodge at [425-485-9085](tel:425-485-9085) and leave details.

April 18

Bothell Sons of Norway Tea Party

Postponed until spring 2027.



April 20 & 27 and May 4 & 11 (4 sessions = one class)

Rosemaling Class

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

Learn the ornamentation, scrollwork and fine patterns for rosemaling. \$110 for 4 day sessions/\$80 for 4 evening sessions. Supplies provided by instructor are additional. To register, call Marilyn Hanson at [425-765-3694](tel:425-765-3694).

April 24

Bunco Night

6:30 p.m.

Join the fun and bring \$5 for prize fund and a snack.



April 25

Lodge Spring Rake

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

We'll rake, plant, prune and tidy up. Tools provided.



May 9

Swedish Pancake Breakfast @ Normanna Everett Lodge

8:00 a.m. - 11:00 a.m.

Get Swedish pancakes, strawberries or syrup, and ham. Coffee, tea or milk to drink. \$10 per person. Cash, checks and cards accepted. No reservations required.

May 9

Parade Float Clean-up

3:00 p.m.

Help spruce up the Bothell SON Viking ship float for parade season.



May 17

Syttende Mai Parade in Ballard

1:00 p.m. at Lodge to carpool/4:00 p.m. parade begins

To join in the parade this year, please call lodge at [425-485-9085](tel:425-485-9085) to advise beforehand.



May 27-30

D2 Convention in Bremerton (hosted by Poulsbo SON)

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

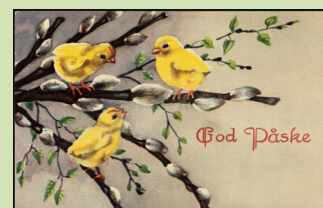


What are your Easter traditions? Some Norwegian traditions are:

- Getting away to a mountain cabin and reading crime novels.
- Eating lamb.
- Filling large easter eggs with candy.
- Spring skiing.

God påske. Happy Spring.

— Laurie Berg, Social & Cultural Director



Scholarship Fund Wins Big!

Bothell Lodge raised more than \$1,100 for the Ray Berg Scholarship Fund through raffles and the Silent Dessert Auction at the last lodge meeting. Several members walked away with some tasty treats and three lucky people won the raffle drawings.

Thank you to everyone who generously bought tickets for the Raffle, those who baked goodies, the bidders who bought some tasty desserts, and the Scholarship Committee that put everything together. Bids were flying at the auction and when President Bill Hicks

called for the pens to be put down, many asked for just one more minute. Winners for the raffle were:

Heidi Salzer, who won the milk can painted in rosemaling; Sven Haakansen, who received the Nordic snack basket; and Mike Nelson, who took home some cardamom bread and cookies.



Two prizes from raffle drawing.

Scholarship money supports deserving high school seniors that will continue their

education. The Scholarship Committee consists of Mary Anne Rehbock, Marianne Eldevik and Laurie Beach.

Torsk Dinner Coming Soon in Auburn

To celebrate Syttende Mai, Vesterdalen Lodge will host a Torsk Dinner on Saturday, May 16, at Messiah Lutheran Church in Auburn. The menu features poached torsk (cod), lefse, potatoes, cole slaw, vegetables and a dessert selection.

Cost is \$25 per person through April 21 and then \$30 after. Call Dotty Erickson at 206-356-1858 for reservations. Messiah Lutheran Church is located at 410 H Street Northeast in Auburn.



Don't miss this chance to socialize with a fellow SON lodge.

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 Video Matinee for April 16 at 4 p.m. will have two themes: nature and vacationing in Norway.



First, we get back to nature with “Wild Scandinavia - Fire and Ice!” In this award-winning documentary, enjoy the northern extremes and beautiful landscape shaped by fire and ice. We will view the winter followed by a dramatic transformation into a rush of life under the midnight sun. We’ll see the locals – Muskoxen, polar bears, arctic foxes and more – begin a new spring and summer.

Second, we will view the vacation wonders only Norway offers. Our vacation film embarks on the Hurtigruten Coastal Express ship to explore Norwegian cities, towns, fjords, waterfalls and so much more. Remember to watch out for trolls!

A final note: What do you call a group of bunnies hopping away from you? — A “receding hare-line.” And happy April Fools Day!

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.

SPRING BUNCO!



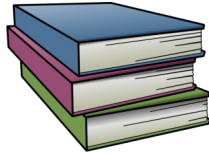
Friday, April 24, 6:30 P.M.

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

Great Time and Great Food!

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

Lese Gruppe Meets April 9



Lese Gruppe meets next on April 9 at 10:30 a.m. at the Bothell Lodge. All are welcome!



In March, we discussed “The Other Einstein,” by Marie Benedict. It is the story of Einstein’s wife, Mileva (Mitza) Marić, who is a brilliant physicist in her own right, and whose contribution to the special theory of relativity is hotly debated. Mitza was the only woman among

Einstein’s fellow students at Zurich Polytechnic. They married in 1903 and raised two boys.

The book explores the couple’s intellectual partnership, her potential contributions to Einstein’s theories, the challenges of balancing her life, and her struggles for recognition in a male-dominated world.

Our reading selections for the coming months are:

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

Library Corner by Marlis Pehling, Librarian

We have a wonderful addition to the library called “The Bookwoman of Troublesome Creek,” by Kim Michele Richardson. The historic fiction story describes the life of Cussy Mary Carter in rural Kentucky in the 1930s.

When President Roosevelt created the Kentucky Pack Horse Library Project under his New Deal Works Progress Administration, Carter takes a job as a librarian to ride her mule to deliver books to schools and people in hills of Appalachia. Based on the actual, so-called “Blue Fugate” family from eastern Kentucky, Cussy



had a rare genetic condition which made her skin appear blue, now known as methemoglobinemia.

Due to her odd appearance, Cussy experiences prejudice and hardship. The book describes how women were badly treated for many different reasons and yet could be very resilient. The novel provides perspective on how far society has come as well as how far it still needs to evolve. Cussy believed books could transform and carry us anywhere. Enjoy.

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

Sports Update

by Sports Director Shaun Bornemeier



Congratulations to the 2025 Bothell SON sports program participants:

- **Lori Anderson** earned bronze, silver and gold medals for Gangmerke (walking).
- **Trudy Bartosek** earned bronze and silver medals for Idettsmerke (general sports) and bronze, silver and gold medals for Gangmerke (walking).
- **Carol Hoag** earned bronze medal for Svommemerke (swimming) and bronze, silver and gold for Idrettsmerke (general sports).
- **Myrna Ramstad** earned bronze, silver, gold and Idrettshelt medals for Gangmerke (walking).

Upcoming Bothell SON Lodge sponsored walk:



Sunday, April 26

9:00 AM at the [Juanita Beach Park](#)

[9703 NE Juanita Drive Kirkland](#)

Please email or call and let me know if you will be participating. We will meet on the beach at the west dock entrance.

Stay active and safe!

Shaun Bornemeier contact details:

Email: bornemeiers@yahoo.com

Phone: 425-765-5185

Camp Scholarships Available to Lodge Kids

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. SON



Camping is a great way to meet others and learn about Norwegian culture, crafts, history, traditions and language. Plus, it's loads of fun.

The deadline to apply is April 15. To access application forms and instructions, visit www.sonsofnorway2.com/scholarships.

Celebrating Easter in Norway

As Easter (or *påske*) approaches in Norway and the United States, let's look at some of the traditions for Norwegians during this holiday time. Unlike here in the U.S., Norwegians get three official holidays for Easter: Maundy Thursday, Good Friday and Easter Monday. Similar to anticipating a long weekend in the U.S., things start to wind down by midday on the Wednesday before Easter. Many will take some extra time off to enjoy a week or more of vacation.

As a Christian holiday, there are many opportunities to worship beginning with services and reenactments on Palm Sunday. This is followed with Maundy Thursday, Good Friday and Easter Day services. Some churches also hold a late night Easter Vigil (*påskevigilien*) on the Saturday evening before Easter.

For many Norwegians, however, Easter time means welcoming spring with one last trip to their cabin in the mountains to enjoy some skiing or



Easter postcard from the fifties. Photo: Wikimedia Commons/Nationalbiblioteket.



Skiers take a break at a mountain tourist cabin over the Easter holiday, a time when many Norwegians escape to the mountains for one last ski trip at the cabin. Photo: Wikimedia Commons/Frankemann.

mountain sports. With the long holiday, some travelers have also begun to escape to the sunny Mediterranean.

Often the cities seem deserted except for those that need to work or do not have access to a cabin. Schools and banks are closed for three days and many restaurants and stores are shuttered as well. It's common for Norwegians to stock up on food items before Maundy Thursday just in case their neighborhood store is closed.

(continued on next page)

(“Easter” continued from previous page)

In the days leading up to Easter, one will find decorative eggs and bright colors adorning shops and homes. Norwegians especially like yellow with daffodils

as the flower of choice for tables. For dinner, roasted lamb with potatoes and vegetables is popular. Kids traditionally receive a cardboard egg filled with goodies and chocolate marzipan eggs. Kvikk Lunsj (essentially a better tasting Kit Kat) is a popular hiking and

Easter snack with 25% of the annual production consumed by Norwegians during the holiday period – or upwards of 20 million bars.

The food most associated with Easter in Norway, however, is an orange. Oranges became a symbol of Easter because they historically only arrived in the winter months and those coming at Easter were the sweetest. Even though the fruit is available year-round now, Norwegians still eat

more than 16 million oranges over the Easter holiday. It’s also no wonder that Solo, the quintessentially Norwegian orange-flavored soda, is very popular at this time.



Decorated Easter table with daffodils, called Easter Lillies in Norway. Photo: Wikimedia Commons/Øyvind Holmstad.

A final note on Norwegian Easter traditions concerns the popularity of crime novels, podcasts and TV and radio programs. Called a bizarre and unusual observance by many around the world, the Norwegian practice of embracing Easter crime, or

“*påskekrim*,” has been

followed for more than 100 years. Today, the tradition embraces novels, films, tv crime dramas and even milk cartons. In March bookshelves become stocked with the latest crime novels. TV channels and streaming services also

offer crime and detective programming.



It wouldn't be Easter without skiing, oranges and Kvikk Lunsj, as here in Narvik. Photo: VisitNarvik.com/Rune Dahl.

Heritage Day Smiles

Heritage Day was a huge success. Leif Erikson Leikaringen dancers performed and several members shared information about Norway and the lodge. Below are some photos from the annual event.





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music, and hygge.

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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 March Dinner

Membership Drawing - \$5 Next Month
Drawn for \$10: James Wraalstad, donat-
ed to scholarship fund. Must be present
to win.

50/50 Drawing

\$58 collected - \$30 to the Scholarship
Fund. Winners were: \$14 to Roman Ric-
cetti; \$7 to Bill Hicks; \$7 to Vereen
Schuerer.

Door Prizes

Winners were Sara Calloway-Aksan, lin-
gonberry jam, and Mike Nelson, pickled
herring.

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.

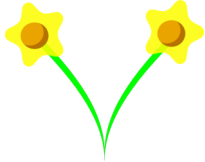


Sons of Norway
Bothell Lodge 2-106

Stamp
goes
here

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

bothellsonsofnorway.org



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

-
- April 1 - Wednesday - Ray Berg Scholarship Deadline.
 - 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 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.
-
- May 7 - Thursday - Board Meeting - 7:00 p.m.
 - May 4 & 11 - Monday - Rosemaling Class continues - 9:30 a.m. - 3:30 p.m. & 6:00 p.m classes.
 - May 9 - Saturday - Swedish Pancake Breakfast - 8:00 - 11:00 a.m. - @ Normanna Lodge in Everett.
 - May 9 - Saturday - Parade Float Clean Up - 10:00 a.m.
 - May 10 - Sunday - Mother's Day.
 - May 13 - Wednesday - Fiber Arts - 7:00 p.m.
 - May 14 - Thursday - Lese Gruppe - 10:30 a.m. - In Fireside Room.
 - May 17 - Sunday - Syttende Mai! - Ballard Parade - 4:00 p.m.; Meet at Lodge to Join In - Leave 1:00 p.m.
 - May 27-30 - Wednesday to Saturday - District 2 Convention in Bremerton/Poulsbo.
 - May 21 - Thursday - Lodge Night - 5:30 p.m. Music; 6:00 p.m. Social ; 6:30 p.m.; Dinner; 7:30 p.m. Meeting.
 - May 29 - Friday - Bunco Night - 6:30 p.m.