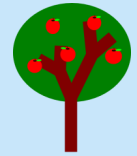


The Nyheter



Volume 54 Number 9

BOTHELL SONS OF NORWAY 2-106

President's Message - September 2026

Good Day,

Well as the summer comes to an end, let us think of the good times we have had with our friends and families. We also need to remember the events of the summer and hope for a great fall. As we move into the fall, it's time to start



prepping ourselves for all the events to come. I know that classes are already starting and that there will be many more on the horizon.

On a bright note, Mike Nelson has moved back into the house in front of the lodge, and he is putting things back together with style. It has been a more than a year to get to this point for all the repairs, but it is done and he can finally get back to normalcy. His home looks good and is very quiet on the inside now thanks to some proper insulation (LOL).

The time has also come to start planning for the Bazaar and Bake Sale and the Lutefisk Dinner. We all know that there will be requests for assistance and I know you will all step up and volunteer to help. Likewise, it is time to start thinking about becoming an officer in the lodge as we will soon be compiling a new slate of board members in November. Stepping up and serving is a wonderful privilege to assist in our lodge's growth. Reach out to any of our current board members to learn more if you have questions.

Looking back at the summer, we had a great turnout for the BBQ and Car Show. It is always great to see the cars and chat with everyone who came to share the day with us. For those who came to the Trollhaugen Steak Fry, it was a great success again, and I'm sure everyone had a great time. It has been a busy summer for several of our members who volunteer at the Youth Camp and at other D2 events.

I look forward to seeing you in September at the board and lodge meetings — I believe I heard that we are having meatballs. I hope to see you at all the fall events as well.

Takk,

Bill Hicks

Bill Hicks



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The Nyheter

SON Bothell Lodge 2-106

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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

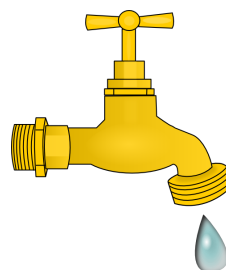
Birthday cards were sent to Aase Gjølmesli (August 8); Charles Day (August 11); Selma Snaring (August 19) and Ralph Federspiel (August 29). Gratulerer med dagen!

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

For the month of August, Don Melrose served as the trustee of the month. As we head into fall, Heidi Wiggins will be trustee for the month of September.



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.

If you are interested in becoming a trustee for next year and beyond, please contact me at 206-498-2213.



Social & Cultural Happenings

(All Events at Bothell Lodge unless otherwise noted.)

September 17

Lodge Meeting Night

6:00 p.m. Social Time — 6:30 p.m. Dinner

Welcome back the fall with meatballs and mashed potatoes and gravy prepared by Chris Hicks and Laurie Berg. Green beans, dinner roll and coleslaw also served. Cost is \$10 per person. **Reservations must be in by Sept. 13.** E-mail: Dinner@bothellsonsofnorway.org or call the lodge at [425-485-9085](tel:425-485-9085) and leave a message.



Our program topic tonight is Norwegian time. **DID YOU KNOW** that Norwegians have a unique way of telling time? Find out about their interesting and somewhat complicated way of doing so. Kay Schertzl will show all of us how. She assures everyone that there will be no test afterward.



Sept. 21, 28 & Oct. 5, 12 (4 sessions = one class)

Rosemaling Class

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

Learn the Norwegian decorative folk painting of rosemaling. Create the ornamentation, scrollwork and fine patterns for this unique artform. To register and for latest fees, call Marilyn Hanson at [425-765-3694](tel:425-765-3694).

Sept. 25

Bunco Night

6:30 p.m.

Join the fun. Bring \$5 for prize fund and a snack. See page 7 in Nyheter for more information.



Oct. 17

Lefse Class

9:00 a.m. — Noon

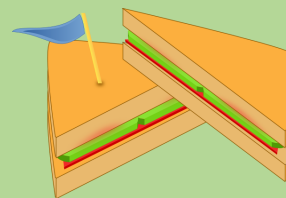
Learn to rice, pat, roll, turn and cook potato lefse. Everything is provided. Cost is \$25, members/\$30, non-members. Register with Mike Nelson at [206-498-2213](tel:206-498-2213).

Oct. 18

Norwegian Sandwich Class

1:30 p.m.

Master how to prepare traditional Norwegian sandwiches and foods. Cost is \$25 for members and \$30 for non-members. Call the lodge at [425-485-9085](tel:425-485-9085) and leave a message to register.



Oct. 24

Pickled Herring Class

10:00 a.m. — 11:00 a.m.

You will receive everything you need to make five pounds of herring. Cost will depend on fish pricing before the class. Please register by Oct. 17 so we can preorder the fish and determine the cost. Call the lodge to register at [425-485-9085](tel:425-485-9085) and leave a message.

Oct. 24

Rømmegrøt Class

11:00 a.m. — 1:00 p.m.



(Photo: Fredrik Ahlsen/
Visit Norway)

Acquire the skills to make this Norwegian favorite for holidays and special occasions. Rømmegrøt is a rich, sour cream porridge served with cinnamon and melted butter. Cost is \$25, members/\$30, nonmembers. Space is limited. Register at [425-485-9085](tel:425-485-9085) and leave a message.

Mark your calendar for the Bazaar & Bake Sale Nov. 7.

Find early holiday gifts and stock up on Nordic goodies. Bazaar vendors will include rosemaling artists, Nordic sweaters, handmade wreaths, home items, dolls and much more.



Welcome Fall — Social/Cultural Director Laurie Berg

Norwegian Heritage Featured at Trollhaugen Retreat

Those interested in learning more about Norway and its traditions should plan to head to the



Heritage Retreat is the place to learn about Norway. Photo: Asgeir Helgestad /VisitNorway.com.

mountains and the Heritage Retreat this September at Trollhaugen Lodge. The Doreen J. Parker Heritage Retreat takes place over the Sept. 18-20 weekend and will include many activities that range from learning Norwegian songs to rosemaling. Participants also learn about history, cooking,



Learn about traditional Norwegian dress and "bunads" at the Heritage Retreat.

folktales, trolls and their secrets, woodcarving and other crafts. If instructors have the knowledge, the group may also explore the intricate skills of Hardangersøm, or Hardanger embroidery.

The retreat was named in honor of Doreen J. Parker, a Grays Harbor Sons of Norway leader who passed in 2018. She was the original organizer of the heritage retreat at Trollhaugen Lodge.

Retreat cost is \$170 per person and includes room, all meals, coffee breaks and class supplies. Bring your own bedding, shower towels and toiletries. Space is limited.

Mail registration checks made out to "Heritage Retreat" to Paula Boerner, 201 29th Street, Hoquiam, Wash., 98550.

For more information contact Chris Hicks at [425-672-0194](tel:425-672-0194) or ChrisD2SofN@outlook.com or Nancy Holter at sol.land.lodge@gmail.com.



Norwegian reindeer steak dish. Photo: tuey/Wikimedia Commons.



Bothell Lodge Supports Ski for Light with October Dinner Fundraiser

“If I can do this, I can do anything!” is the fitting motto for Ski for Light, an organization modeled after the Norwegian group that provides cross-country ski outings for those with visual or mobility impairments.

To support these efforts, Bothell Lodge hosts its annual Ski for Light Dinner on Oct. 3. This dinner and dancing event specifically supports the efforts of the Puget Sound chapter of the group.

Dinner features salmon and cod cooked over an open fire. Live music will play before dinner and music and dancing will follow.

Ski for Light has roots stretching back nearly 75 years. Erling Stordahl, a Norwegian musician who was blind, formed the idea of giving people with visual impairments assistance to ski. His efforts began in the 1950s and led to the creation in 1964 of the “Ridderrennet,” or knights’ race, held in Norway’s Valdres region.



A guide escorts two New England Ski for Light participants on an outing in Craftsbury, Vermont. Photo: Stephen N. Flanders/Wikimedia Commons.

country skier and guide. The national Ski for Light organization is headquartered in Minneapolis at the Sons of Norway Headquarters.

If you can help with the dinner, please contact Chris Hicks at [425-766-3537](tel:425-766-3537) or chrisD2SofN@outlook.com

Join your lodge and support this worthy cause.



In 1975, inspired by the “Ridderrennet,” Ski for Light was founded by Olav Pedersen, a Norwegian immigrant and ski instructor at the

Breckenridge Ski Resort, and Barne Eikevik, then international president of Sons of Norway.

The group provides cross-county skiing programs, and pairs each participant with an experienced, sighted cross-

Ski for Light Dinner & Dance

Hosted by Bothell SON Lodge

Saturday, Oct. 3 — 6 p.m. Happy Hour & 6:30 p.m. Dinner. \$40 each. Open-fire Salmon and Cod.

Reservations are requested by Sept. 27 to dinner@bothellsonsofnorway.org or call [425-485-9085](tel:425-485-9085) to leave a message with name, phone number and/or e-mail for confirmation.

Hvil i Fred (Rest in Peace). Kong Harald Passes.

Norway's King Harald V died Aug. 28 at the age of 89, ending a 35-year rule as the beloved monarch of Norway. He passed at 6:35 a.m. local time at Rikshospital in Oslo, where he was admitted for treatment for a rare blood condition.

He was succeeded as king by his son, Haakon, 53, who will become Haakon VIII, and took the oath of allegiance Sept. 1.

A nation and worldwide Norwegian diaspora is in mourning for the "people's king." The royal flag on the palace has been lowered to half-mast and crowds have streamed to the royal palace to lay flowers, flags and

pay their respects. Others have left flowers and lit candles at town square memorials and local churches in remembrance. Tens of thousands also gathered at churches for royal memorials on Aug. 30.

Born Feb. 21, 1937, Kong Harald was the first Norwegian king to be born in the country since the 14th century. As a boy, he spent World War II in the



KH in cavalry officer school in 1956. Photo: [Nb.no/Wikimedia](https://nb.no/Wikimedia).

United States and had a tinge of an American accent when speaking English. In 1969, outlasting the nine-year objections of his father, Olav V, against marrying a commoner, he broke tradition and married Sonja Haraldsen (Queen Sonja). Kong Harald was an Olympian in sailing in the sixties, and later, when king, he opened the Lillehammer Winter Olympics. He also was the first

reigning monarch to visit Antarctica in 2015, the same year he visited Seattle.



Kong Harald official photo. Photo: [Royalcourt.no](https://royalcourt.no).

He worked hard to include and connect with all Norwegians and regularly made visits to communities all over Norway, only missing a few of the country's 357 municipalities before his death. He was a stabilizing and comforting force during times of crises, especially natural disasters and the tragedy of the 2011 terrorist attacks and massacre in Oslo and Utøya. His warm, open and compassionate character made him beloved among Norwegians and earned him the nickname of "the

people's king."

In 2016, his majesty delivered a powerful speech at the 25th anniversary of the monarchy in which he addressed inclusions, differences and what it means today to be a Norwegian together with others.

A royal funeral will be held Sept. 9.



Kong Harald shakes the hand of a young boy after receiving flowers. Photo: [Bruce Sampson \(NTNU Science Museum\)/Wikimedia Commons](https://ntnu-science-museum.no/Wikimedia).

2016 Royal Palace Garden Party Welcome

A Powerful Speech of Unity by Kong Harald

Translated excerpts from the 2016 garden party welcome at the palace. The entire speech, translation and video can be found at speakoloa.com.

- ♦ “Norwegians are northerners, trønders, southerners – and people from all the other regions. Norwegians have also emigrated from Afghanistan, Pakistan and Poland, Sweden, Somalia and Syria. My grandparents immigrated from Denmark and England 110 years ago.”
- ♦ “It is not always easy to say where we are from, what nationality we belong too. What we call home, is where our heart is – and that is sometimes difficult to place within borders.”
- ♦ “Norwegians are young and old, high and low. . . . Norwegians are rich, poor and in between.”
- ♦ “Norwegians like football and baseball, climb mountains and sail – while others are most fond of the sofa. . . .”
- ♦ “Norwegians believe in God, Allah, Everything and Nothing. . . .”
- ♦ “In other words, Norway is you. Norway is us. When we in our national anthem sing; ‘Yes, we love this country,’ we must remember that we also sing about each other. . . .”
- ♦ “My greatest hope for Norway is that we are able to take care of each other. That we in the future are going to build this country on trust, fellowship and generosity. That we shall know that we – despite of all our differences – are one people.”



We're Back for the Fall.

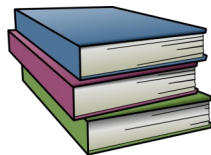
Friday, September 25, 6:30 P.M.

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

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

It's a Great Time & Great Food!

Lese Gruppe ("Reading Group")



Lese Gruppe's next meeting will be on Thursday, September 10, 2026, at 10:30 a.m. at the Bothell Lodge. All are welcome!

At our June meeting, we discussed "A Frog in the Fjord: One Year in Norway," by Lorelou Desjardins.



The author gets a job offer in Oslo and decides to move to Norway despite her limited knowledge of the country and its customs.

During one year she will try to understand Norwegians, learn their language and adopt their traditions. Lorelou sails through this journey, making Norwegian friends, dating a Scandinavian, cycling all over the country to discover this wonderful land and falls slowly in love with Norway.

The following are our reading selections for the coming months.

September 10, 2026: "Theo of Golden," by Allen Levi

October 8, 2026: "Lady in Waiting," by Ann Glenconner

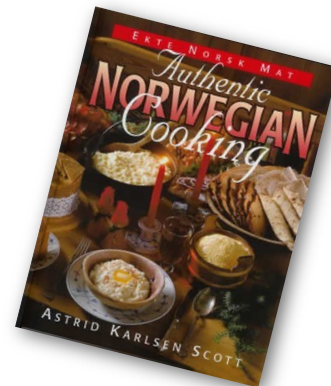
November 12, 2026: "The Correspondent," by Virginia Evans

It is not required that you read the book in order to attend the meeting.

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

Library Corner by Marlis Pehling, Librarian

We have a perfect addition to our library for the fall and it's called "Authentic Norwegian Cooking" by Astrid Karlsen Scott. Looking over the recipes made me hungry as I remembered eating some of the dishes in the book as a young girl growing up.



The ones that stuck in my mind best were recipes for lefse, flatbread and several fish meals. I fondly remember watching my grandmother make them and asking her to show me how to prepare them.

When visiting Norway, my family asked me how I liked the food and I said, "it was just like home." If you didn't learn how to prepare Norwegian foods from a family member, this is good start to learn some Nordic cooking.

It is a great book and we are lucky to have it in our library. Happy cooking!

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.



Sports Update

by Sports Director Shaun Bornemeier



Join me for the Mountlake Terrace Monster Mad Dash 5K on Sat., Oct. 3.

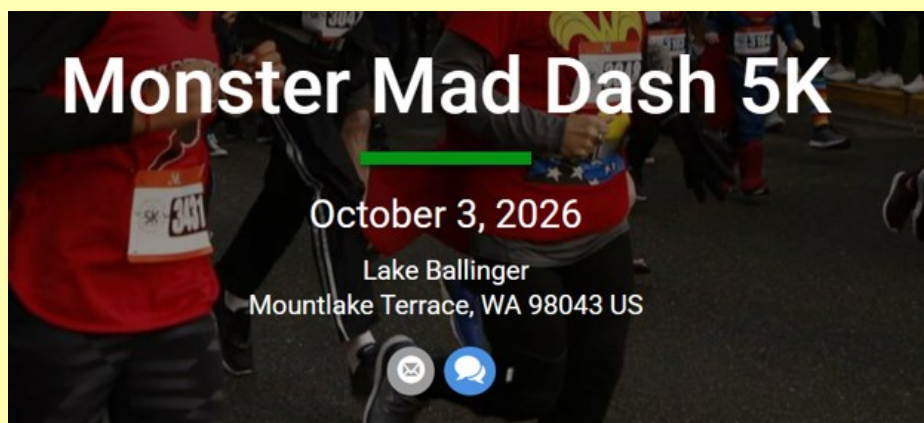
This 18th-annual, fun-filled 5K is more than just a race. Get ready to lace up your

running shoes and don your spookiest costume to benefit children in the Edmonds School District. Cost is \$35 for adults, \$20

for youth 13-18 and \$10 children under 13. Costume prizes awarded.

Race begins at 9 a.m. and is held at Lake Ballinger, 23000 Lakeview Drive, Mountlake

Terrace. For more details on the 5K run, visit [Monster Mad Dash 5K](#).



If you plan to attend, please send me an email, text or call me so we can meet up (details below).

Shaun Bornemeier contact details:

Email: bornemeiers@yahoo.com

Phone: 425-765-5185

Nordic Brunch Event Moved to January 9

The Nordic Brunch originally planned in October will now occur in early January beginning at 10 a.m. Enjoy traditional Nordic foods, sandwiches and beverages.



Cost is \$25, members/\$30, nonmembers. Twenty participants are needed to hold the event. Call [425-485-9085](tel:425-485-9085) to register by leaving a message.

Looking for Bothell Recipes



D2 is looking for favorite recipes that are unique to Bothell Lodge to help create a comprehensive district lodge cookbook by 2028. Proceeds from cookbook sales will benefit D2 programming.

If you have a recipe that is part of our Bothell Lodge legacy, please type it up and send to Sally Norheim Dwyer, PO Box 1788, Petersburg, Alaska, 99833, or email it to her at sallydw1942@gmail.com.

WANTED

*** For Favorite Baked Good Recipes ***



Bakers and Bake Sale Helpers

Self-Rewarding!

We are fast approaching the SWEETEST time of the year. So, get out your favorite Scandinavian recipes and help provide baked goods for the Bazaar and Bakesale on Nov. 7. Jams and jellies are crowd pleasers. And non-Scandinavian baked goods are also welcome.

The community and other lodges really look forward to this sale. Many attendees show up with boxes to fill for the holidays so your baking skills and support are very much appreciated. There is also a need for help the day before the event to package baked goods and for bake sale workers at the Bazaar.

It is a lot of fun and a sweet job to work. You never know when a cookie may have an accident — and someone has to eat it!

To help out, reach out to Laurie Beach at [425-736-0555](tel:425-736-0555) or beachplace21@comcast.net.



Interviews, folktales,
music, and hygge.

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nordicontap.com
Anytime. Any hour.

With host, Eric Stavney
and cool people like you

Attention High School Seniors!

A note from Laurie Beach

I hope your senior year brings many fond memories.

If you are considering continuing your education after this year, please keep in mind that the Bothell Sons of Norway Lodge awards Ray Berg Memorial Scholarships to qualified applicants that are a member or a child, grandchild, niece or nephew of a member of Bothell Lodge.

The scholarships are not just for four-year colleges and universities. They can be awarded to attend two-year college programs and trade schools. Every little bit can help.

More information will be available in January 2027. Or contact me, Laurie Beach, at 425-736-055.



Your Hidden Treasures Help

Donate Now for November Bazaar



The lodge garage sale crew is hard at work planning now for the Bazaar and Bake Sale in November. The lodge can put your unused Nordic treasures to good use at the Bothell Lodge

Garage Sale table.

The crew accepts some other valuable items and homemade crafts that can be sold. We've displayed holiday items, sweaters, rosemaling, jewelry and other items for sale at past bazaars.

To donate items please contact **Solveig Lindstrom** **at 425-949-7716**. All proceeds go to lodge future projects. Last year, the crew bought the new picnic tables for our back barbecue area.

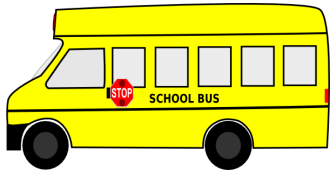


Sons of Norway
Bothell Lodge 2-106

Stamp
goes
here

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

bothellsonsofnorway.org



Label goes here :)

Calendar of Upcoming Events *(At Bothell Lodge unless indicated otherwise.)*

September 7 - Monday - Labor Day

September 9 - Wednesday - Fiber Arts - 7:00 p.m.

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

September 11 - Friday - Patriot Day (National Day of Service and Remembrance)

September 12 - Saturday - Pancake Breakfast, Normanna Everett Lodge - Starts 7:30 a.m.

September 17 - Thursday - Lodge Night - 6:00 p.m. Social; 6:30 p.m. Dinner; 7:30 p.m. Meeting.

September 18-20 - Friday, Saturday & Sunday - Heritage Retreat at Trollhaugen - 6:00 pm. Friday Start

September 25 - Friday - Bunco Night- 6:30 p.m.

September 21 & 28 - Monday - Rosemaling Class (1st & 2nd of 4 sessions) - 9:30 a.m. to 3:30 p.m. or 6 to 9:00 p.m.

October 1- Thursday - Board Meeting - 7:00 p.m.

October 3 - Saturday - Ski for Light Dinner - 6:00 p.m. Happy Hour; 6:30 p.m. Dinner

October 5 & 12 - Monday - Rosemaling Class sessions continue - 9:30 a.m. to 3:30 p.m. or 6 to 9:00 p.m.

October 8 - Thursday - Lese Gruppe - 10:30 a.m. - In Fireside Room

October 9 - Friday - Leif Erikson Day

October 10 - Saturday - Pancake Breakfast, Normanna Everett Lodge - Starts 7:30 a.m.

October 14 - Wednesday - Fiber Arts - 7:00 p.m.

October 15 - Thursday - Lodge Night - 6:00 p.m. Social; 6:30 p.m. Dinner; 7:30 p.m. Meeting

October 17 - Saturday - Lefse Class - 9:00 a.m. to 12 noon

October 18 - Sunday - Sandwich Class - 1:30 p.m.

October 24 - Saturday - Pickled Herring Class - 10 to 11:00 a.m.; Rømmegrøt Class - 11:00 a.m. to 1:00 p.m.

October 30 - Friday - Buncoween Night- 6:30 p.m.

October 31 - Saturday - Halloween