

The Nyheter



Volume 54 Number 10

BOTHELL SONS OF NORWAY 2-106

President's Message - October 2026

Good Day,

Well, here we are already into October and how the time is flying. I want to thank Laurie, Chris and Mike for the excellent dinner last month and I look forward to the Vikings preparing our meal at the October dinner.



The time has come to prepare our slate of officers for next year and, if asked, I hope you will step up and help us keep Bothell as a leader within District Two. Don't miss out on your opportunity to connect and have fun by volunteering.

Ralph Federspiel and Gerry Jessness are leading the search for officers this fall. If you are interested, please reach out to them. Again, there are events we are preparing for so it will be a busy fall season.

It was a very somber September with the passing of King Harald V and his sister Astrid. Our prayers go out to the royal family and the continued growth of Norway under the guidance of King Haakon VIII.

We all know that there will be requests for assistance coming in the next weeks and months, and I know you will all step up and volunteer to assist.

Here's to an exciting fall and winter at the Bothell Sons of Norway.

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	425-486-5275

District 2 Information sonsofnorwayd2.org
Trollhaugen Lodge trollhaugensofn.com

Sunshine Report

Birthday cards were sent to Kay Schertzl (Sept. 3); Bjorg Homan (Sept. 6); Marlis Pehling (Sept. 8); Marilyn Torvik (Sept. 13); Nancy Ferris (Sept. 19); Trudy Bartossek (Sept. 21) and Carleen Lorenz (Sept. 24). Gratulerer med dagen!

Thinking of you cards were sent to Vicki Nelson and Trina Patrick.

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.



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

Please donate by the next lodge meeting on Oct. 15. 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.



Your donations of Nordic items help!

Social & Cultural Happenings

(All Events at Bothell Lodge unless otherwise noted.)

Oct. 5 & 12 (final two sessions)

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.



October 15

Lodge Meeting Night

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



Members of Hrafngarðr Vikings will prepare the meal, which is inspired by the book, "An Early Meal." The menu includes a chicken and vegetable stew, rolls, cucumber salad and a surprise for dessert. Feel free to wear your favorite Viking clothing. Cost is \$10 per person.

Reservations must be in by Sept. 13. E-mail:

Dinner@bothellsonsofnorway.org with name, phone and number of meals desired.

Oct. 17

Lefse Class

9:00 a.m. - Noon

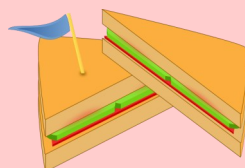
Learn to rice, pat, roll, turn and cook potato lefse. Everything is provided. See article on page 11. Cost is \$25, members/\$30, non-members. Register with Mike Nelson at [425-486-5275](tel:425-486-5275).

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.

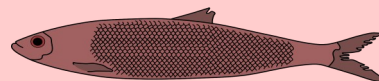


Oct. 24

Pickled Herring Class

10:00 - 11:00 a.m.

Receive everything you need to make five pounds of herring, including the string to tie off the spice bag. Cost for five pounds of herring is \$40 for members and \$45 for nonmembers.



Register by Oct. 16 and let us know if you prefer white or apple cider vinegar for your recipe. Those who just want to watch and learn pay \$5 each. Call Seth Tufteland at 206-605-4112 or Mike Nelson at 425-486-5275.

Oct. 24

Rømmegrøt Class

11:00 a.m. - 1:00 p.m.

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

Oct. 30

Buncoween

6:30 p.m.

Bring \$5 for prize fund and a snack.



Nov. 7

Bazaar and Bake Sale

9:00 a.m. - 3:00 p.m./Lunch 10:00 a.m. - 2:00 p.m.



Holiday gifts and Nordic goodies. Find rosemaling crafts, Nordic sweaters, handmade wreaths, home items, dolls and more. Mead tasting room open to serve samples. Admission and parking are free. **Please sign up to help.**

We need volunteers. Call Laurie Berg at 206-235-5558 with questions.

Mark your calendar for our Nov. 19 Thanksgiving Dinner and get reservations in early. There is a limit on the number of meals to serve.

Enjoy the fall colors!

— Social & Cultural Director Laurie Berg

Lutefisk Dinner Coming



Photo : Fredrik Ahlsen - Visit Norway.

Plan Now For Best Times/Reservations Open Oct. 1

Saturday, Dec. 5, 2026

Book a Reservations with a Set Seating Time:

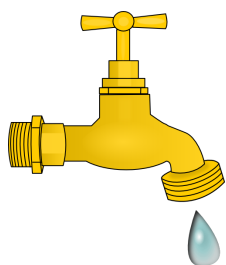
11:30 a.m. 1:00 p.m. 2:30 p.m. 4:00 p.m. 5:30 p.m.

Hosted by Bothell SON Lodge, menu also features meatballs, potatoes, coleslaw, lefse and dessert.

Cost is \$45 per adult, \$12 per child under 13 years, and free for kids under 5. Reservations required. E-mail names and time to lutefisk@bothellsonsofnorway.org. Payment at door.

Trustee Corner by Mike Nelson

I would like to thank Trustee Heidi Wiggins for doing the Trustee duties for the month of September.



Our trustee of the month checks the lodge inside and out at their convenience 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 and check the outside for

downed trees or branches.

Sept. has been a busy month. Around the lodge, volunteers helped:

- Rake the parking lot and grounds to clear pine cones, leaves and debris.

- Put out recycling for pick up.
- Change the sign (Seth Tufteland and Mike Nelson).
- Clean the front entry area.
- Spray for weeds.
- Mark spaces in the parking lot.
- Take down some trees before they fell down and remove others that already fell.

The Trustee for the month for October 2026 will be Seth Tufteland.

If you are interested in becoming a trustee for next year and beyond, please contact me at 425-486-5275.



Buncoween

Friday, October 30, 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.



*This is open to all who want to come and
have a ghoulish evening.*

Wear a Halloween hat! We will have prizes!



Plan Now for Nov. Bazaar, Bake Sale & Luncheon



The 2025 annual Bazaar, Bake Sale and Luncheon happens on Nov. 7. Find early holiday gifts and stock up on Nordic goodies. Bazaar vendors will offer rosemary crafts, Nordic sweaters, handmade wreaths, home items, dolls and much more.

A mead tasting room will serve samples of mead. Find fattigman, krumkake, lefse, rosettes, shortbreads and other Nordic cookies, breads and cakes.

Nordic lunch will be served from 10 a.m. until 2 p.m. with seating inside. Attendees may purchase pea soup, rømmegrøt, open-face sandwiches and treats.

The Bazaar and Bake Sale is open from 9 a.m. to 3 p.m. on Saturday, Nov. 7 at the Bothell Lodge. Admission and parking are free.



Bake Sale attendees picking out favorites in front hall.

Norway Has a New King: Haakon VIII

Following the death of his father, Harold V, on Aug. 28, 53-year-old Crown Prince Haakon became king of Norway. His wife became Queen Mette-Marit and his oldest child and heir to the throne became Crown Princess Ingrid Alexandra. Now known as Haakon VIII, he adopted his father and grandfather's motto, "All for Norway."

Today, the role is largely symbolic as the elected parliament, or Storting, governs the nation. However, the monarch represents Norway around the world and acts as a unifying presence in times of crises or natural disasters.

Born July 20, 1973, Haakon Magnus is the youngest child of Harold, but became Crown Prince in 1981. The constitution was revised in 1991 to allow future first born children regardless of gender to become monarch.

King Haakon earned a bachelor's degree in political science from the University of California at Berkeley and a master's degree from the London School of Economics and Political Science. In 1995, he graduated from the Royal Norwegian Naval Academy, and he also completed the Foreign Ministry's trainee program for diplomats. As recently as 2016, he completed the Norwegian Army's training to become a fully certified military paratrooper.



With parents as a young boy. Photo: Riksarkivet/Wikimedia Commons.

In fact, he met his future wife, Mette-Marit Tjessem Hoiby, at a music festival.

He's an avid surfer, windsurfer and skier and follows most sports in Norway. A guitar player, Haakon enjoys rock and rap music. In

They married in 2001 after his father approved despite controversy in her past and that she was a commoner.

The couple has two children: the crown princess and Prince Sverre Magnus. Queen Mette-Marit has one son from a previous relationship who has no official duties or ties to the royalty.

As a child Haakon dreamed of owning a toy store but today he is no stranger to the duties of king, having served as regent many times in the past years due to his father's health issues.

The king has shown a similar focus on Norway and its citizens as his father did. In the hours after the 2022 Oslo shooting, Haakon declared, "We must protect the right in Norway to love whomever we want."

Over his many years already in official royal service, King Haakon has

visited many countries and traveled throughout Norway. He has been involved in several charity and international initiatives and served as goodwill ambassador for the United Nations Development Programme.

King Haakon last visited the U.S. in 2025 for the 200th anniversary of the first Norwegian immigrants to the U.S. and to help with important business meetings in New York. In his new role, King Haakon will continue to build support and connections throughout Norway and represent the country globally.



King Haakon VII is Norway's monarch following his father's passing in late August. Photo: Birgit Fostervold/Wikimedia Commons.



King Haakon VIII and Queen Mette-Marit. Photo: Kronprinsparets Fond/Wikimedia.

Leif Erikson Exploration to Vinland Celebrated on Oct. 9

Norse Viking and explorer Leif Erikson is known as the first European to land in America around the year 1000. Son of the Norwegian-born Erik the Red and his Icelandic wife Tjodhild, Leif grew up in Greenland. According sagas, Leif sailed to Norway in 999. He was then baptized and commissioned to introduce Christianity to Greenland.

The saga of Erik the Red claims Leif veered off course on his way home to Greenland from Norway in the autumn of 999 and discovered a land with natural wheat fields and vines (Vinland). In the Saga of the Greenlanders, however, it is said that Leif planned an expedition that discovered Vinland. Archaeologists uncovered a Norse settlement believed to be Vinland in the 1960s at L'Anse aux



Erikson statue at Shilshole Marina, Seattle (one of more than 12 worldwide).
Photo: Joe Mabel/Wikimedia.

Meadows, Canada, on the northern tip of Newfoundland. Sagas also describe contact with indigenous peoples but trading turned to skirmishes. Eventually, Viking settlements were abandoned.

Leif returned to Greenland for good the following spring with a cargo of grapes and timber. Many others from Greenland and Iceland sailed to Vinland before the settlements were later vacated.

In 1964, US President Lyndon B. Johnson proclaimed Oct. 9 as a national day of remembrance for Leif Erikson's fall discovery. The date was chosen because Norwegian immigrant ship Restauration arrived in New York on Oct. 9, 1825.

Open House for Mike Nelson's New Place Oct. 4

As most of you know, there has been an extensive renovation of the house on the Bothell SON property following a major fire. The work finally has been completed with several of Mike's own touches to the end result, and he has moved back.

Nearly the entire home was gutted and refitted up to code with walls, carpet, plumbing, appliances, doors, windows and more. Because of the dwelling's age, some areas could not be changed, however.

Many of the quirks from additions, add-on projects and history of the home still remain.



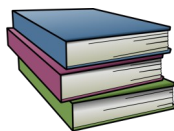
On far left is Mike's home in a photograph taken in 1941. Bothell SON Lodge is now the building in the

Mike, who rents the house from Bothell SON, will host all who want to take a

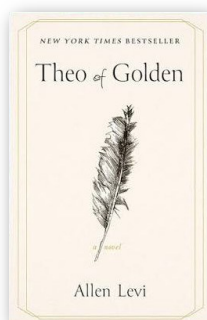
peek and learn more about the historic home which has been a part of the lodge since its early days as the Sunny Heights Boy's Ranch.

Open House is Sunday, Oct. 4 from 1 p.m. until 5 p.m. Snacks and beverages will be provided. All are welcome to come take a look and learn what has transpired over the years.

Lese Gruppe ("Reading Group")



Lese Gruppe's next meeting will be on Thursday, October 8, 2026, at 10:30 a.m. at the Bothell Lodge. All are welcome!



At our September meeting, we discussed "Theo of Golden," by Allen Levi. Theo, an elderly gentleman, arrives in Golden, a small town in Georgia. He visits their coffee shop which has on display 92 portraits of the townspeople by a local artist. Theo buys them, one by one, and returns them to the subjects of the portraits. Some unexpected friendships result and many characters are introduced.

The following are our reading selections for the coming months.

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

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

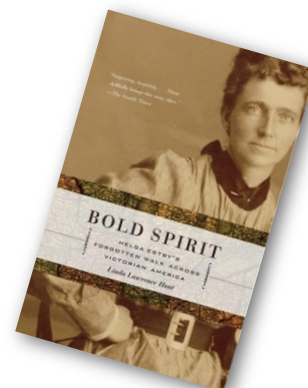
It is not required that you read the book in order to attend the meeting.

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

Library Corner by Marlis Pehling, Librarian

We have a great read called "Bold Spirit," by Linda Lawrence Hunt, that describes the true story of Helga Estby, 35, and her walk across America with her eldest daughter, Clara, 17, in 1896.

Journeying from Spokane to New York, she was promised \$10,000 (nearly \$400,000 today) by a mysterious donor if she would make the trek. Helga wanted to save the family farm that she shared with her husband, Ole, and nine children. Wearing full-length dresses, Helga and Clara left with only \$5 each, and they followed railroads. Newspapers chronicled their walk.



En route, they used wits, savvy and guns to survive snowstorms, hunger, mountain lions and an occasional thief. Finally arriving in New York, they learned that three of the nine children had died from diphtheria.

Because the donor reneged on the promise of \$10,000, they were forced to find jobs to earn enough money to return to Spokane. She and Ole lost the farm and the family rarely spoke about the walk afterward. Since women rarely attempted such ventures, Helga's diaries were thrown away. The author did extensive research and interviews to glean the story details.

It's a wonderful book to read about the bravery of Helga during this era. Enjoy!

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 Oct. Dinner

Membership Drawing - \$10 Next Month

For \$5: Diana Ng, James Lundeen & Darcy McTer-man (all not present). Must be present to win.

Door Prizes

Winners were Shaun Bornemeier and Kaja Tufteland, who took home some goodies.

Sports Update

by Sports Director Shaun Bornemeier



We've already made it through 75% of 2026. Let's make a final push in the next three months to earn as many sport points as possible.

Upcoming November Lodge Event

I am excited to offer group seating tickets to see the Everett Silvertips hockey game on Sunday, Nov. 8, at 4:05 p.m.

Tickets are \$22 per person. **You will need to reserve your seat(s) with me by Friday, Oct. 30.**



Shaun Bornemeier contact details:

Email: bornemeiers@yahoo.com

Phone: 425-765-5185



Bothell SON Lodge will attend an Everett Silvertips game Nov. 8.

Photo & Logo: Everett Silvertips/Evan Morud.

Event Details:

Event: Everett Silvertips vs Tri-city Americans.

Date/Time: Sun., Nov. 8. Game starts at 4:05 p.m.

Location: Angel of the Winds Arena in Everett.

Cost: \$22 pp, lower-level seats in section 105.

Deadline for reservation(s): Friday, Oct. 30.

Web link for more information: Everett Silvertips.

Building Association Meeting Follows November General Meeting

A brief Building Association meeting will take place on Nov. 19 directly after the general meeting. All members at the general meeting are encouraged to stay for the very short Building Association meeting.



Attention High School Seniors!



If you are considering continuing education after this year, please keep in mind that the Bothell SON 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.

Scholarships are awarded to attend two-year college programs, trade schools and traditional four-year institutions.

More information will be available in January 2027. Or contact Laurie Beach at 425-736-0555.

STILL 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.



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music, and hygge.

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

With host, Eric Stavney
and cool people like you

Learn to Make Lefse Oct. 17

Mike Nelson will teach another of his famous lefse classes on **Saturday, Oct. 17, at 9 a.m. until noon.**

Using the Bothell Lodge recipe from Elesa Hanson, each student will learn to cook, rice, pat, roll, bake, turn and cool potato lefse. Everything is provided in the class, but bring your own rolling pin, turning stick or other items if you would like. You'll also get to enjoy some samples to take home and share with friends and family.



Mike Nelson teaching a group of students at a past lefse class.

students. Helpers will not be charged and also will take some lefse home.

The cost for the class is \$25 per person for Bothell SON Lodge members and \$30 for non-members. Registration is required.

If you would like to help, register or if you have questions, please **call Mike Nelson at 425-486-5275.**

Then join the group to learn how to make one of the quintessential Norwegian snacks.

For anyone who already knows how to make lefse, please come and share your skills to help the



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.)*

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

November 5- Thursday - Board Meeting - 7:00 p.m.
November 7 - Saturday - Bazaar and Bake Sale - 9:00 a.m. to 3 p.m.
November 11 - Wednesday - Veterans Day
November 11 - Wednesday - Fiber Arts - 7:00 p.m.
November 12 - Thursday - Lese Gruppe - 10:30 a.m. - In Fireside Room
November 14 - Saturday - Pancake Breakfast, Normanna Everett Lodge - Starts 7:30 a.m.
November 19 - Thursday - Lodge Night - 6:00 p.m. Social; 6:30 p.m. Turkey Dinner; 7:30 p.m. Meeting
November 26 - Thursday - Thanksgiving