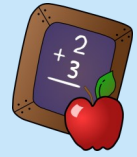


The Nyheter



Volume 53 Number 9

BOTHELL SONS OF NORWAY 2-106

President's Message - September 2025

September 2025

Welcome back from summer break. I was glad that our "Summer Days" were not extremely hot. I hope temperatures won't soar into the 90's after school starts. We are officially in the "BER" months (Sept, through Dec.). Days are shorter, nights are cooler, and the rains begin to fall. To me, the "BER" months mean wearing warm Nordic sweaters.

Wool sweaters are a staple in Norway. It is believed that knitting became a widespread art before the 16 century. When I refer to knitting, I'm talking about the craft using wool yarn and two long needles. A form of knitting, called "nalbinding" (needle binding), was part of Viking culture for centuries before traditional knitting.



Woman and her dog in matching Marius-patterned sweaters. Photo: Fredrik Ahlsen/Visit Norway.

Just like bunads, local regions have their own unique patterns. One is called the "lusekofte," or lice-pattern sweater. This sweater was traditionally knitted with black and white wool with a white lice-like pattern of small, light design work around the midsection. The pattern got its name from the tiny bugs that it resembles. This sweater is also known as the Setesdal pattern

The most recognizable pattern is based on this Setesdal look and called the Marius sweater, which was designed by Unn Dale. WWII fighter pilot and ski champion Marius Eriksen made the sweater famous when he wore it while filming the 1954 movie "Troll i ord." Afterward, everyone started knitting their own Marius sweater design.

As the weather gets cooler, I encourage you to cozy up in your favorite sweater. It's also time to think about becoming an active officer for this lodge. We have many positions to fill that can use the skills and abilities of our members. In particular we must fill the roles of President and VP for the 2026-28 term.

If you are thinking about being part of the board but not sure what it involves, I encourage you to ask the person who is currently in that position and they will be happy to talk to you. Current officers are listed on page two of Nyheter.

We need you to keep the lodge thriving. Please let me know if you have interest.

Tusen Takk,

Patti Blegen

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The Nyheter

SON Bothell Lodge 2-106

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

bothellsonsofnorway.org — E-mail: editor@bothellsonsofnorway.org

Published monthly from Sept. through June (10 issues). Articles for consideration must be submitted to editor by the 21st of each month prior. Full-color version at 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	Patti Blegen	206-240-7073
Vice President	Open	
Counselor	Kay Schertzl	425-582-2211
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
Marshall	Marlis Pehling	425-488-4545
Asst. Marshall	Linda Christians	206-618-2636
Inner-Greeter	Sarah Calloway-Askan	425-750-6409

Support Officers

Librarian	Marlis Pehling	425-488-4545
Editor	Erik Elvejord	425-501-7236
Webmaster	Martin Ng	
Sunshine	Mary Anne Rehbock	206-498-3271
Musician	Ralph Federspiel	425-444-9080
Auditors	John McTernan	425-770-4173
	Rick & Lori Arnseth	865-414-7392
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

2022-24	Elroy Christenson	206-362-5373
2022-24	Heidi Wiggins	206-330-9178
2023-25	Chris Hicks	425-672-0194
2023-25	Mike Nelson	206-498-2213
2024-26	Don Melrose	206-891-9668
2024-26	Ivar Thompson	425-736-4073
2024-26	Seth Tufteland	206-605-4112

District 2 Information sonsofnorwayd2.org
 Trollhaugen Lodge trollhaugensofn.com

Volunteers Needed for Six-Week Committee



Bothell Lodge is looking for three members to join the Nominating Committee for a short time from the end of September through mid-November.

Duties include reaching out to fellow members see if they would be willing to serve on our board in one of many roles. We have a few board positions that will need to be filled when current members complete their terms.

Don't miss out on your opportunity to help out and have fun by volunteering at Bothell Lodge. Please connect with **Kay Schertzl at 425-582-2211** or **Patti Blegen at 206-240-7073** if questions or are interested in helping.

Trustee Corner by Mike Nelson

Seth Tufteland served as trustee for August and performed the duties as required. The trustee of the month for September 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 our team of trustees.



MARK YOUR CALENDARS!

For These Upcoming Fall Events



Sept. 13

***Drive-Thru Swedish Pancake
Breakfast — Only One this Fall!***

8:00 a.m. — Noon

Stay in your car and we'll do all the work at our drive-through hot breakfast event. You get Swedish pancakes, strawberries and ham. Juice available on request. No coffee is served. Cost is \$10 per person or \$5 for children (2 pancakes). Cash and cards accepted. No reservations required and everyone is welcome.

If you can help please contact Chris Hicks at ChrisD2SofN@outlook.com.

Sept. 18

Lodge Meeting Night

6:00 p.m. Social Time —

6:30 p.m. Dinner

Welcome back the fall with Norway's National Dish — Fårikål.

The dish is slow-cooked lamb and cabbage, served with potatoes (see more in Nyheter article). Cost is \$10 per person. **Reservations must be in by Sept. 15.** E-mail: Dinner@bothellsonsofnorway.org or call the lodge at [425-485-9085](tel:425-485-9085) and leave a message.



Sept. 29/Oct. 13, 20 & 27

Rosemaling Class

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

Discover the Norwegian decorative folk painting called rosemaling, or rose painting. You'll learn how to create the ornamentation, scrollwork and fine patterns for this unique artform. Call Marilyn Hanson to register at [425-765-3694](tel:425-765-3694).

Oct. 11

Norsk Brunch

8:00 a.m. Class and Prep/10:00 a.m. Brunch Served

Learn about the traditional foods and dishes served at Nordic brunch and then enjoy your classwork together at brunch. Cost is \$25 for members and \$30 for non-members. Space is limited so register soon. Call the lodge at [425-485-9085](tel:425-485-9085) and leave a message.

Oct. 18

Lefse Class

9:00 a.m. — Noon

Learn about the traditional foods and dishes served at Nordic brunch and then enjoy your classwork together at



brunch. Cost is \$25 for members and \$30 for non-members. This event has a limited number of tickets so register soon. Contact Mike Nelson at [206-498-2213](tel:206-498-2213) to register.

Oct. 25

Pickled Herring Class

10:00 a.m. — 9:00 a.m.

Learn about the traditional foods and dishes served at Nordic brunch and then enjoy your classwork together at brunch. Cost is \$25 for members and \$30 for non-members. This event has limited space so register soon. Contact Mike Nelson at [206-498-2213](tel:206-498-2213) to register.

Oct. 25

Rømmegrøt Class

11:00 a.m. — 1:00 p.m.

Learn to make this Norwegian favorite for holidays and special occasions. Rømmegrøt is a rich, sour cream porridge often served with cinnamon and melted butter. Cost is \$25 for members and \$30 for non-members. Space is limited so register soon. Call the lodge at [425-485-9085](tel:425-485-9085) to leave a message to register.



Photo: Fredrik Ahlsen/Visit Norway.

Event sign-up sheets will be at the Sept. Lodge Meeting.

More fun classes to come later in the fall. Mark your calendar for the Bazaar and Bake Sale on Nov. 1.

"Happy Fall!"

— Laurie Berg, Social & Cultural Director

Summer Fun Photos

Lodge members enjoyed some fun in the sun this summer. A small group watched the Everett AquaSox game on Aug. 10. Then on Aug. 24, the classic cars came out and the people followed. Thank you to Shaun Bornemeier and Gary Ramstad for helping arrange the events.



Traditional Fårikål Dinner

by Kay Schertzl

Sept. 25 is Fårikål Feast Day in Norway (always on the fourth Thursday of September.) But at Bothell Lodge, we will celebrate a bit early with our own Fårikål Feast during our dinner at the lodge meeting on Sept. 18.



Fårikål is ready.

Photo: H.M. Breivik

The national dish of Norway since 1972, Fårikål hails from a very old recipe. A simple stew of lamb and cabbage, the dish is full of flavor, tradition and history. Sheep are a fixture in Norwegian mountains, and cabbage has been said to be the only vegetable grown in the Viking Age. Fårikål is now served with potatoes.

Our Norwegian cooks, Solveig Lindstrom and Ragnhild Jonassen, will be preparing our feast with help from their assistants.

Come and enjoy this traditional meal. Be sure to make reservations so there will be plenty for everyone!

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 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 that will include new picnic tables for outside.



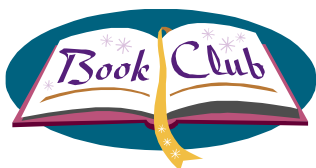
Friday, September 19th, 6:30 P.M.

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

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

We're Back for the Fall. It's a Great Time & Great Food!

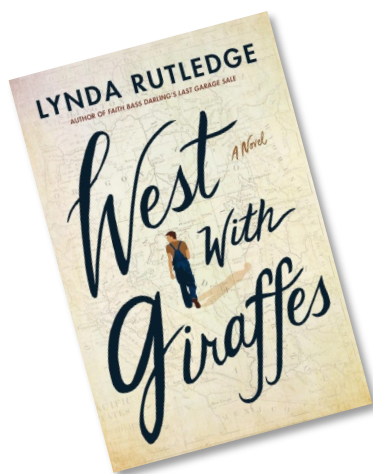
Lese Gruppe Meets Next in September: Updated Book List



Lese Gruppe's next meeting will be on Thursday, Sept. 11, at 10:30 a.m. at the Bothell Lodge.

At our upcoming September meeting, the group will discuss "West with Giraffes" by Lynda Rutledge. The novel tells the story of a twelve-day road trip in a custom truck to deliver the first giraffes to the San Diego Zoo during the Depression. Part adventure, part historical saga, and part coming-of-age love story, "West with Giraffes" is inspired by the true story of two giraffes that survived a hurricane enroute to the United States and who made headlines during their cross-country journey.

Here are reading selections for the coming months.



* **September 11:**
"West with Giraffes,"
by Lynda Rutledge.

* **October 9:** "The
Queens of Crime," by
Marie Benedict.

* **November 13:**
"My Friends," by
Fredrik Backman.

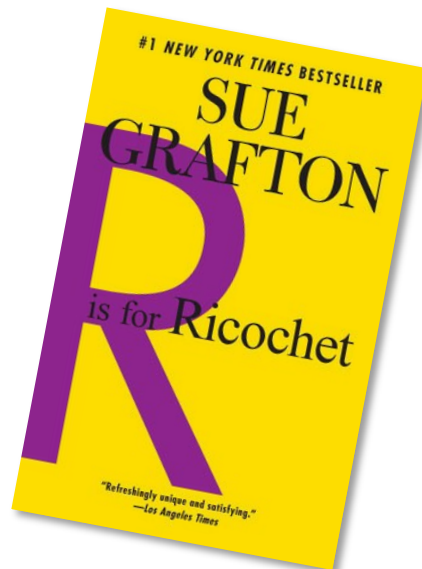
* **December 11:** "The Christmas Train," by David Baldacci.

You don't need to read the book to join Lese Gruppe. Contact Myrna Ramstad at (206) 365-6913 for information.

Library Corner by Marlis Pehling, Librarian

We have another fun mystery novel in the popular fiction section of our library. It's called "R is for Ricochet," by Sue Grafton.

The story is about Reba Lafferty, the privileged daughter of Nord Lafferty who was serving time for an embezzlement she did not commit. She will be brought home from prison by Kinsey Millhone, a private eye hired by Reba's father, who also will help her adjust to life outside of prison.



In her transition back to society Reba Lafferty must face her demons and she encounters several difficulties. Federal authorities also want her to help find proof of money laundering by her former boss and lover, who was the one that actual committed the embezzlement to pay out bribes.

When one of her old questionable crowd comes circling around, many events begin to unfold and the secrets unravel. Sue Grafton has written many mysteries and they are all fun reading. Enjoy!

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

Norwegian Heritage Retreat at Trollhaugen in Late September

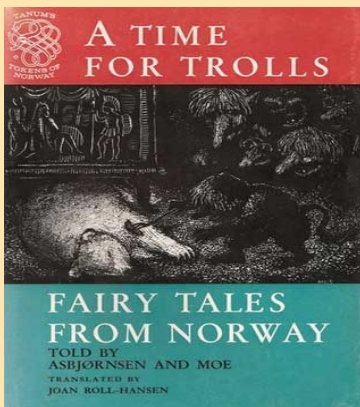
Those interested in learning more about Norway and its traditions should plan on attending the September retreat at Trollhaugen Lodge. The Doreen J. Parker Heritage Retreat takes place over the Sept. 19-21 weekend and will include many activities that range from learning Norwegian songs to rosemaling. Participants also learn about folktales, trolls, cooking and other crafts. If instructors have the knowledge, the group may also learn the intricate skills of Hardangersøm, or Hardanger embroidery.



Heritage Retreat guests will learn about the traditional Norwegian dress of bunads, fiber crafts and rosemaling (rose painting) from knowledgeable instructors.

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

Mail registration checks made out to "Heritage Retreat" to Paula Boerner, 201 29th Street, Hoquiam, Wash., 98550. **Fee increases to \$170 after Sept. 1.**



Asbjørnsen and Moe gathered and published Norwegian folklore.

This year, organizers have set a goal of at least 25 attendees at the one and only heritage retreat of the year. Cost for the District 2 seminar is \$160 per person and includes room, all meals, coffee breaks and class supplies. Bring your own bedding, shower towels and toiletries.

For more information contact Chris Hicks at 425-672-0194 or ChrisD2SofN@outlook.com or Nancy Holter at d2.cultural@gmail.com.



Space is limited.



Sports Update by Sports Director Shaun Bornemeier

Summer has once again flown by at warp speed, but the good news is that football has started back up. I hope everyone has stayed active and logged their sports activities during the summer. Go Huskies! Go Hawks!

REMINDER: SON Bothell Lodge Sponsored Fall Walk at Juanita Beach Park

Join a walk on **Sunday September 28 at 9 a.m.** at Juanita Beach Park, [9703 Northeast Juanita Drive, Kirkland, Wash.](#) We will meet on the beach at the west dock entrance. **E-mail or call me** (information below) if you wish to join us.

Shaun Bornemeier contact details:

Email: bornemeiers@yahoo.com

Phone: 425-765-5185



WANTED: Bakers and Bake Sale Helpers



Once again it is that SWEET time of the year — time to get out your favorite Scandinavian recipes and help provide baked

goods for the Bazaar and Bakesale on Nov. 1.

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.

Sunshine Report

Birthday cards were sent to:

- Aase Gjølmesli (Aug. 8 – 90 years).
- Ralph Federspiel (Aug. 29 – 90 years).
- Mary Anne Rehbock (Aug. 31 – 90 years).

“Gratulerer med dagen” and Happy Birthday!

A thinking of you card was sent to Art Nelson who has some upcoming procedures.

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.



Fish Is in Your Future



Don't be left out! Mark your calendars for the 2025 Season of Fish Events, beginning with Oct. 4 and the Ski for Light Dinner and Dance with salmon and cod barbecued over an open pit.



Photo: Fredrik Ahlsen/Visit Norway

Next come to the Pickled Herring Class on Oct. 23 to learn how to make the Norwegian favorite and take home five pounds of herring and all the fixings. Complete your "fish-athon" on Dec. 6 with our ever-popular Lutefisk and Meatball Dinner.

See this issue of Nyheter for more information on the first

two events. Future issues will include more on the Lutefisk and Meatball Dinner.

Reservations are required for all. Call the lodge 425-485-9085 or email dinner@bothellsonsofnorway.org. For Lutefisk and Meatball Dinner, e-mail lutefisk@bothellsonsofnorway.org.

Plan Now for November Bazaar, Bake Sale and Luncheon

The 2025 annual Bazaar, Bake Sale and Luncheon comes Nov. 1. Find early holiday gifts and stock up on Nordic goodies.



"Serinakaker." Photo: Kjetil Ree.

Bazaar vendors will include rosemaling artists, 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.

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. 1 at the Bothell Lodge. Admission and parking are free.

Enjoy a Traditional Norwegian Brunch!

Learn about the dishes and recipes beforehand during the class and prep time.

Saturday, October 11

Brunch at 10:00 a.m. / Class begins at 8:00 a.m.



Price: \$25 members; \$30 non-members. Group size is limited.

Make reservations **ASAP** by calling **425-485-9085** and leaving a message.

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. 4. 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.

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-country skier and guide. The national Ski for Light

Ski for Light Dinner & Dance

Hosted by Bothell SON Lodge

Saturday, Oct. 4 — 6 p.m. Happy Hour & 6:30 p.m. Dinner. \$35 each. Open-fire Salmon and Cod.

Reservations are requested by Sept. 28 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.



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 Your Stamps

We are still collecting
cancelled stamps. To not
damage the perforations,
cut leaving one-half of an
inch around the stamp.
Bring them to the lodge.



Volunteers Needed

Help your lodge! Don't miss out
on your opportunity to connect
and have fun by volunteering at
Bothell Lodge. Whether for an
hour or monthly, all are wel-
come.

Sign up sheets are at lodge din-
ners and meetings. Or reach out
to any lodge officer if interested.

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

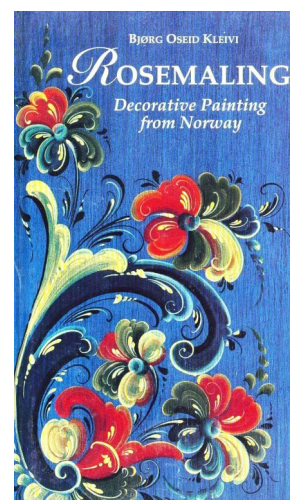
Music, News, & Interviews for the Scandinavian Community

Alaska Rosemaling Retreat with Famous Norwegian Artist

The Anchorage Bernt Balchen Lodge will host a fun-filled and educational week in beautiful Homer, Alaska, with the renowned painter and author Bjørge Oseid Kleivi. One of Norway's most accomplished rosemaling painters, Kleivi will instruct and work one-on-one with a small group of 12.

Tuition is \$550 and covers five days of lessons, lunch, snacks and beverages from 9 a.m. to 4 p.m. Deposit is \$100 with balance due one month in advance of class. To register or for questions, contact Vicki Nelson at [907-299-0206](tel:907-299-0206) or ven951@gmail.com.

When making travel and lodging arrangements, the class will be held at 40625 Hancock Drive in Homer.



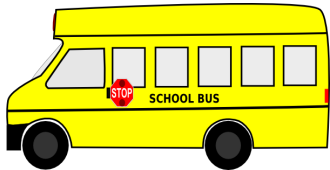


Sons of Norway
Bothell Lodge 2-106

Stamp
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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.)*

September 1 - Monday - Labor Day

September 4- Thursday - Board Meeting - 7:00 p.m.

September 8 - Monday - Vikings! - 6:30 p.m.

September 10 - Wednesday - Fiber Arts - 7:00 p.m.

September 11 - Thursday - Lese Gruppe - 10:30 a.m. - In Fireside Room.

September 13 - Saturday - Pancake Breakfast - 8:00 a.m. to 12 noon

September 18 - Thursday - Lodge Night - 5:30 p.m. Music; 6:00 p.m. Social; 6:30 p.m. Dinner; 7:30 p.m. Meeting

September 19 - Friday - Bunco Night- 6:30 p.m.

September 19-21 - Friday to Sunday - Heritage Retreat at Trollhaugen Lodge, Easton - 6:00 pm. Friday Start

September 29 - Monday - Rosemaling Class - 9:30 a.m. to 3:30 p.m. or 6:00 to 9:00 p.m.

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

October 4 - Saturday - Ski for Light Dinner - 6:00 p.m. Happy Hour; 6:30 p.m. Dinner

October 6 - Monday - Vikings! - 6:30 p.m.

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

October 9 - Thursday - Leif Erikson Day - Lese Gruppe - 10:30 a.m. - In Fireside Room.

October 13, 20 & 27 - Mondays - Rosemaling Class - 9:30 a.m. to 3:30 p.m. or 6:00 to 9:00 p.m.

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

October 18 - Saturday - Lefse Class - 9:00 a.m. to 12 noon

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

October 25 - Saturday - Pickled Herring Class - 10:00 a.m. to 11:00 a.m.

October 25 - Saturday - Rømmegrøt Class - 11:00 a.m. to 1:00 p.m.