

The Nyheter



Volume 54 Number 1

BOTHELL SONS OF NORWAY 2-106

President's Message - January 2026

Happy 2026.

Another successful year at Bothell Sons of Norway is now officially in the books, marking a time for reflection on our accomplishments and anticipation for the year ahead.

At this month's general meeting on January 15 we will install the new lodge officers. It is a vital moment of transition, ensuring the continued leadership and vibrancy of our lodge. As is tradition, we will be formally handing the gavel over to your new president, Bill Hicks. Please join me in congratulating him and offering your full support as he steps into this important role. Don't forget to wear your special Norwegian sweaters for this event.

It has been a profound privilege and an honor to serve as your president for the past two years. I've cherished the opportunity to work alongside so many dedicated members. Together, we successfully hosted our first annual Scholarship Dessert Auction, a popular Bazaar and Bake Sale, served nearly 600 guests at the Lutefisk and Meatball dinner, and offered numerous culture classes, including two cookie classes and a Norwegian Brunch class. I look forward to continuing to serve the lodge in a new capacity as the lodge counselor.



President Patty Blegen

members is always paramount. It is my sincere hope that you, your friends, and your family are safe and that any damage sustained is minimal.

I look forward to seeing you at the general meeting as we officially kick off 2026! Please remember to check the Nyheter or website for upcoming events.

May the year ahead bring good health, fellowship, and prosperity. Thank you for the warmth, friendship, and shared traditions that make our lodge such a special community.

Wishing everyone at the Lodge a Happy New Year!

Patti Blegen

Patti Blegen



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The Nyheter

SON Bothell Lodge 2-106

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bothellsonsofnorway.org — Email: editor@bothellsonsofnorway.org

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

2025 Lodge Officers & Trustees**Executive Board**

President	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-Aksan	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

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 Tufeland	206-605-4112
2025-27	Elroy Christenson	206-362-5373
2025-27	Heidi Wiggins	206-330-9178

District 2 Information
Trollhaugen Lodge

sonsofnorway2.org
trollhaugensofn.com

You Cared and You Shared

— You are Fantastic!

By Kay Schertzl

Our Tenth Annual Thanksgiving Dinner Harvest for Hopelink was a wonderful evening of good food, good spirits and sharing with our neighbors in need.



More than \$2,000 and 134 pounds of food were donated to Hopelink.

Twenty-three volunteers worked 164 hours and we served 101 dinners. With a grant from Thrivent Financial, a contribution from the lodge to cover a few extra food expenses, and the donation of food costs from three of our cooks, we contributed all dinner money collected to Hopelink.

You as members did a great job meeting and exceeding our cash donation challenge, giving a total of \$1,057 — a record of funds collected! With this amount, our total cash donation to Hopelink came to \$2,080. In addition, you brought in 134 pounds of food and other items for the food bank. Hopelink was very grateful for everything they received.

hopelink

To all of you for your hard work, your attendance and your contributions: "mange tusen takk," or many thousand thanks.

Social & Cultural Happenings

Make Joining an Event a New Year's Resolution

Happy New Year 2026!



Jan. 10 & Feb. 14

Swedish Pancake Breakfast — At Normanna Lodge in Everett

8:00 a.m. – 11:00 a.m.



You get Swedish pancakes, strawberries or syrup, and ham. Coffee, tea or milk to drink. Cost is \$10 per person. Cash, checks and cards accepted. No reservations required and everyone is welcome. Just drive-thru, pick-up or dine-in.

Jan. 15

Lodge Meeting Night

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

Kick off the new year with dinner, soup, sliders, salad and dessert. Meet your 2026 Bothell Lodge officers as they are installed this evening. Cost is \$10 per person. **Reservations must be in by Jan. 11.** Email: Dinner@bothellsonsofnorway.org or call the lodge at [425-485-9085](tel:425-485-9085) and leave a message. Please provide your name, phone number and how many will attend.

Feb. 7

District 2 Cross Country Ski Tournament at Trollhaugen

Registration at 9:00 a.m./

Racing begins at 10:00 a.m./

Award Luncheon after racing

All cross country ski enthusiasts are encouraged to join the annual tournament at Trollhaugen Lodge. The event is family-friendly and children are encouraged to race. Skis are available to rent at



Continued . . .

District 2 Cross Country Ski Tournament

Trollhaugen Lodge, located about 10 miles east of Snoqualmie Pass. Information for location is at trollhaugenofn.com. Contact Alisha Anunson at alishanunson@gmail.com for more tournament information.

Feb. 8

NFL Championship Party with Snacks



2:00 p.m.

Join in the festivities and watch the game on the big screen. Doors open at 2 p.m. and the party will conclude when the game ends. \$5 donation to help food costs. If you can, please bring snacks to share.



Feb. 21

Lefse Class

9:00 a.m. – Noon

Each student will learn to cook, rice, pat, roll, bake, turn and cool potato lefse. Everything is provided in the class. Cost and registration details will be in February Nyheter.

Feb. 27

Bunco Night



6:30 p.m.

Bunco is back. Join the fun. Bring \$5 for the prize fund and a snack to share. For questions, contact Laurie Beach at 425-735-0555 or beachplace21@comcast.net.

"Stay Safe and Healthy."

— Laurie Berg, Social & Cultural Director

2025 Lutefisk Dinner Was a Success

By Chris Hicks, 2025 Leader of the Fish — Lutefisk Dinner Chairperson

Thank you to lodge members and others for a successful 2025 Lutefisk and Meatball Dinner. To all that helped and attended, thank you!

I appreciate the efforts of those that worked at the dinner and the prep days leading up to it, and would like to extend my thanks to everyone that attended with your families.

Here is a breakdown of your outstanding activities:

- On the preceeding Thursday, **25 people** worked a total of **129 hours** rolling **250 pounds** of ground beef and all the ingredients into meatballs.
- On the Friday before, **12 people** came and spent a total of **32 hours** to peel and cut **350 pounds** of potatoes.
- Also on the preceeding Friday, **six people** joined our potato peelers to roll silverware and set tables, totaling **28 hours** of volunteer help.
- On Saturday, lodge volunteers cooked up **500 pounds** of Lutefisk and served more than **591 people**.
- All together, we logged more than **752 volunteer hours** in those three days – thank you again.

I'd like to extend a special "thank you" to **Joan Wraalstad** for the countless hours she put in on taking reservations, and then greeting diners with

Bob Schertzel at the cashier table. In addition, "many thanks" to **Mike Nelson** for retrieving all the phone messages and passing them on to Joan, as well as keeping the kitchen moving and on track.



Traditional holiday lutefisk dinner. Photo : Fredrik Ahlsen - Visit Norway.

More "special thanks" go to **Diana Hicks** and her team for seating all of our

diners and **Solveig Lindstrom** for managing our dining room and helpers. And "thank you" to **Seth Tufteland** and **Trish Lundeen** for cooking all the fish.

Cost of the dinner was \$40.00 per person and was well worth it for the large crowd that attended. Each year with a few changes we make our dinner a little better. We are fortunate that more and more people are getting the hang of reservations, and most are using email to make them.

Once again, thank you to everyone for a fantastic dinner. We could not do it without each and every one of you. See you next December at the same time on the first Saturday of the month – Dec. 5, 2026.

A Trio of Scholarships are Available from District 2

Note the Deadlines!

District 2 has two scholarship opportunities available for campers and all members interested in Norwegian culture and studies. Each is listed below with requirements and in order of deadlines.

To access application forms and instructions, visit www.sonsofnorway2.com/scholarships.

Carl M. Saltveit Scholarship Fund – Deadline Jan. 15, 2026



University of Oslo. Photo: Nemo_bis/Wikimedia Commons.

The Carl M. Saltveit Scholarship Fund provides funds for tuition, room and board to applicants that are attending the University of Oslo International

Summer School in Norway. The school attracts students worldwide and offers college level courses in Norwegian history, politics, culture and language. Only District 2 members, children or grandchildren are eligible. For more information about the school, please go to www.uio.no/english/studies/summerschool.

Sofie Olson Memorial Scholarship Fund – Deadline April 15, 2026



The Sofie Olson Memorial Scholarship Fund was created in 1995 from donations contributed after the untimely deaths of two women who gave much of their time and talent to District 2. The fund provides scholarships to the children, grandchildren, nieces, and nephews of current District Two members of Sons of Norway to attend Camp Nidaros, Normanna and Trollhaugen youth camps.

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.

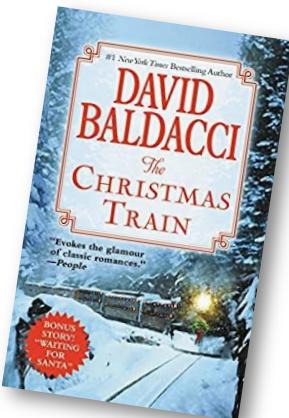
District scholarships available at sonsofnorway2.com.

Lese Gruppe Meets Jan. 8



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

At our December meeting, we discussed "The Christmas Train," by David Baldacci. This novel is filled with memorable characters who have packed their bags for a cross-country trip by train. The delightful story shows how we *do* get second chances to fulfill our deepest hopes and dreams, especially during this season of miracles.



Our reading selections for the coming months are:

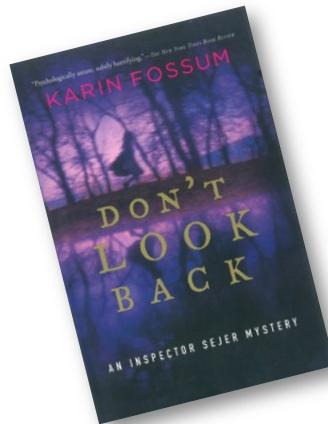
- * **January 8:** "The Writer," by D.W. Ulsterman.
- * **February 12:** "The Frozen River," by Ariel Larahon.
- * **March 12:** "The Other Einstein," by Marie Benedict.
- * **April 9:** "The Summer Book," by Tove Jansson.
- * **May 14:** "The Ladies Rewrite the Rules," by Suzanne Allain.
- * **June 11:** "The Frog in the Fjord," by Lorelou Desjardins.

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

Library Corner by Marlise Pehling, Librarian

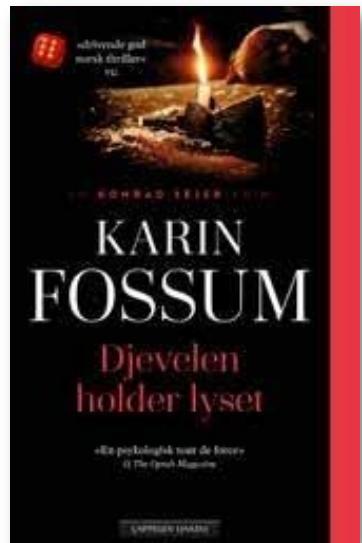
For those who like mystery thrillers, we are lucky to have several books written by Karin Fossum, a

Norwegian writer whose novels are said to be like Nordic Sherlock Holmes stories.



Often called the "Norwegian queen of crime," Fossum debuted as a poet in the mid-seventies and began writing in the Nordic crime genre in 1995. She is most known for her Inspector Konrad Sejer series of thrillers that have won several awards including the Gumshoe Award and the Los Angeles Times Book Prize for mystery/thrillers.

We have 13 Inspector Sejer books and they are numbered one through 13 on the inside front covers. You'll find the titles "Eva's Eye," "Don't Look Back," "The Murder of Harriet Krohn," "The Caller," and many more. Happy reading!



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

District 2 Cross Country Ski Tournament to Be Held Feb. 7



All cross country ski enthusiasts are encouraged to join the annual SON District 2 Cross Country Ski Tournament at Trollhaugen Lodge on Saturday, Feb. 7. A family-friendly event, races will include all ages from children through seniors. Skis are available to rent at Trollhaugen Lodge.

Registration begins at 9 a.m. and racing commences at 10 a.m. An award luncheon follows racing. A fee of \$10 will cover racing and lunch.

Trollhaugen Lodge is located about 10 miles east of Snoqualmie Pass at Stampede Pass Highway. This is one mile from I-90 at exit 62. If you wish to stay the night at Trollhaugen, call 509-656-9997 or visit trollhaugenofn.com.

Many Bothell Lodge members have won races in their categories in years past. For more information, contact Alisha Anunson at alishaanunson@gmail.com.

Sports Update by Sports Director Shaun Bornemeier



Happy New Year! I hope that everyone had a wonderful Christmas and New Year.

As our year begins, tally up your sports exercise numbers for 2025 and send them to me as soon as you can. Let me know if you would like a sports pin, certificate or neither for your 2025 sports accomplishments.

Let's get the new year going with a 2026 exercise challenge. For the months of January and February exercise at least 3 times a week for 30 minutes. Send me an email with how long, what exercise and a photo to post your accomplishment.

One way to get started is our **SON Bothell Winter Walk** at Juanita Beach Park:

Date/Time: Sunday, Jan. 25 @ 9:00 a.m.

Location: Juanita Beach Park, 9703 N.E. Juanita Drive, Kirkland

We will meet on the beach at the west dock entrance. Please send me an email if you will be attending this walk.



Shaun Bornemeier contact details:

Email: bornemeiers@yahoo.com

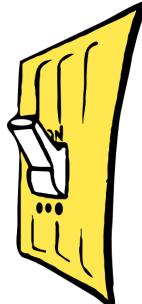
Phone: 425-765-5185

Trustee Corner by Mike Nelson

For the month of December, Elroy Christenson served as the trustee of the month. In January it will be Don Melrose.

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

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



Sunshine Report

A get-well card was mailed to Andrea Torland for a speedy healing of her broken arm.

A sympathy card was to be sent to the family of David Hagan, who passed in early December. Our condolences.

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.



Basket Raffle Supports Ray Berg Scholarship Fund

Don't miss out on a chance to win a tasty Scandinavian goodie or a beautiful rosemaling painted milk can. To raise charity funds for the Ray Berg Scholarship Fund, \$5 raffle tickets for either prize are on sale now and continue at lodge events through Heritage Day in early March.

Created in memory of the fourth president of the Bothell Lodge, the Ray Berg Fund provides a scholarship to young adults for studies after high school. Applicants must be a member, or child, grandchild, niece or nephew of a Bothell SON member.



Raffle tickets are only \$5 each and available at lodge events.

Gift Basket includes:

- * \$25 Scandinavian Specialties gift card.
- * \$20 Hillcrest Bakery gift card.
- * \$25 Starbucks card.
- * 2026 Norway calendar.
- * Scandikitchen Hygge book.
- * Jar of lingonberries.
- * 2 mugs.
- * Various snacks and mints.

Two winners will be chosen next March. The first winner may pick one of the two prizes. The second winner will get the other prize. It's not necessary to be present at the winner drawing at Heritage Day.

Ray Berg Memorial Scholarship Deadline is April 1

Ray Berg Memorial Scholarship applications are available now for students graduating from high school in 2026. Deadline is April 1, 2026.



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

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

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

The scholarship application must be submitted to the scholarship committee **no later than April 1, 2026**.

Forms are available at bothellsonsofnorway, Ray Berg Memorial Scholarship Forms, under Scholarship Application Forms.

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

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

Your Cookies and Goodies Help Send a Kid to Camp

Since last year's Dessert Auction was a fun time and huge success — raising nearly \$600 — the Scholarship Committee will once again host a silent auction for desserts and baked goods at the General Meeting on March 18. The auction begins at 6 p.m. with the social hour and continues through dinner, ending at 7:30 p.m. Bidding sheets will be collected and winners will be announced during the meeting.

There are two ways you can help. First, we will need some desserts and baked goods that serve about a dozen to be donated for the auction. Then, second, we will need people to bid on the wonderful and delicious items for which our lodge is known. Dessert will still be

served with the dinner so winning items are intended to be taken home to enjoy.

Please be a part of this event to help "sweeten" the scholarship fund and help our deserving graduates with college expenses.

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



Photo by Heather Barnes on Unsplash.

King Harald Opens Sámi Parliament

The 10th Sámi Parliament, held October 15, 2025, in Karasjok, Norway, was opened by a special guest. The King of Norway, His Majesty King Harald, was present to perform the ceremonial opening. Also in attendance was His Royal Highness Crown Prince Haakon.

There was an extensive crowd gathered to see the King and Crown Prince enter the Sámi Parliament. Students from Troms Fylke (province) also traveled to the event to see the King and learn about Sámi heritage.

In his speech, the King spoke of the reconciliation work that is going on with the Sámi people. He highlighted the importance of feeling proud of one's origins and encouraged all to add to the public conversation.

The Sámi Parliament functions as the central voice for the interests of Sámi people with the Norwegian government and the Storting (national parliament). It was established to help safeguard the traditions, culture and language of Sámi people. Voters of Sámi descent all over Norway cast their ballots for 39 representatives every four years. Silje Karine Muotka, president of the Sámi Parliament, felt very grateful for the King's presence and knows it means a great deal to the entire Sámi population.

Many Norwegians and Norwegian-Americans are of full or partial Sámi descent. The Sámi are an indigenous people with traditional territories within the national borders of Finland, Norway, Sweden and Russia. They have lived in their settlements and moved between areas long before national borders were established. Today, many Sámi have urbanized in varying degrees but large numbers live in the traditional villages and continue to practice long-standing vocations such as reindeer herding.

The Sámi people are addressing the consequences of the "Norwegianization" efforts from the late 17th century until many years after World War II, where Sami culture was seen as primitive and uncivilized and the government's goal was to assimilate non-ethnic Norwegians into a more uniform society of language and practices. Laws prohibited using the Sámi language, restricted migratory living on traditional lands and discounted many Sámi beliefs and ways.

In 1997, HRM King Harald officially apologized for these practices

sayings, "The state of Norway was founded on the territory of two peoples - the Sámi people and the Norwegians. Sámi history is closely intertwined with Norwegian history. Today, we express our regret on behalf of the state for the injustice committed against the Sámi people through its harsh policy of Norwegianization."

Today, Sámi National Day is celebrated annually on Feb. 6 across Scandinavia and Russia to commemorate the first international Sámi assembly, held in Trondheim, Norway, in 1917. Locally, the Pacific Sámi Searvi organization – similar to Sons of Norway – provides learning workshops, cultural classes and opportunities to appreciate Sámi heritage and traditions. To learn more, visit pacificsami.org.



Sámi representative Tom Sottinen speaks at the opening of parliament as King Harald and Crown Prince Haakon (left) listen. Screenshot from NRK broadcast.



Sámi flag.



Tales & Tunes
Nordic on Tap
nordicontap.com

Interviews, folktales, music, and hygge.

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

With host, Eric Stavney
and cool people like you

Save Stamps

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



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 welcome.

Sign up sheets are at lodge dinners 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

A Note from National: We're Going Paperless

As of September 1, 2025, membership cards will no longer be mailed for annual renewals. Members can print off their card from the SON website under their profile or save a digital copy to their phone to show proof of membership. For members who belong to a lodge with property, card mailings stopped as of December 1.

These changes are being made due to the rising costs of postage and the organization's desire to continue to be good stewards of natural resources. Sons of Norway national encourages members to create a profile so that they can access the card and print one from their computer. The website is sofn.com.



SONS of NORWAY





Sons of Norway
Bothell Lodge 2-106

Stamp
goes
here

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



Label goes here :)

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

January 1 - Thursday - New Year's Day
January 5 - Monday - Vikings! - 6:30 p.m.
January 6 - Tuesday - Epiphany
January 7 - Wednesday - Fiber Arts - 7:00 p.m.
January 8 - Thursday - Lese Gruppe - 10:30 a.m. - In Fireside Room.
January 8 - Thursday - Board Meeting - 7:00 p.m.
January 10 - Saturday - Pancake Breakfast at Normanna Lodge in Everett - 8:00 a.m.
January 15 - Thursday - Lodge Night - 5:30 p.m. Music; 6:00 p.m. Social; 6:30 p.m. Dinner; 7:30 p.m. Meeting
January 19 - Monday - Martin Luther King Junior Day

February 6 - Friday - National Sámi Day
February 7 - Saturday - District 2 Ski Tournament at Trollhaugen - 9:00 a.m.
February 8 - Sunday - NFL Championship Party and Viewing - 2:00 p.m.
February 11 - Wednesday - Fiber Arts - 7:00 p.m.
February 12 - Thursday - Lese Gruppe - 10:30 a.m. - In Fireside Room.
February 12 - Thursday - Board Meeting - 7:00 p.m.
February 14 - Saturday - Valentines Day / Pancake Breakfast at Normanna Lodge in Everett - 8:00 a.m.
February 16 - Monday - President's Day
February 17 - Tuesday - Lunar New Year
February 24 - Tuesday - Bothell Sons of Norway Lodge 53rd Anniversary
February 26 - Thursday - Lodge Night - 5:30 p.m. Music; 6:00 p.m. Social; 6:30 p.m. Dinner; 7:30 p.m. Meeting
February 27 - Friday - Bunco Night - 6:30 p.m.