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OFFICIAL PUBLICATION OF TORDENSKJOLD LODGE NO.5

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Spokane, Washington, March/April 2021 Chartered 1907

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## PRESIDENTS MESSAGE



**Hello Members and Friends,**

The daylight is returning and we are all grateful for the lengthening days. Let's hope **March** brings warmer weather and more sunshine. One sign of Spring that we usually look forward to is taking the "Viking 1" float in the St. Patrick's Day parade. Unfortunately, there won't be a parade this year due to COVID restrictions, so the ship will remain dry-docked for now.

**April** is definitely a month to look forward to! Tulips, daffodils, hyacinths and beautiful flowering bushes and trees. Golf, bicycling, hiking, baseball, and Kubb! So much outdoor activity to enjoy. We're hoping to have our April meeting outdoors, at a park. Details will be sent to you closer to the date.

This issue of the Tordenskjold Bulletin will feature introductory bios on our Social Director, Membership Secretary, and Co-Cultural Director. Enjoy getting to know them a little!

Beste hilsen (best regards) and stay well,

Lois McKinnell



### March/April

**March 17, 6pm: March Board Meeting (via call)**

**April 21, 6pm: April Board Meeting (via call)**

### Find or Contact us at:



Spokane Sons of Norway  
-- Tordenskjold Lodge 02-005  
[www.sonsofnorwayspokane.com](http://www.sonsofnorwayspokane.com)



(509) 326-9211

[SonsofNorwaySpokane@gmail.com](mailto:SonsofNorwaySpokane@gmail.com)

# SONS OF NORWAY BULLETIN

Published Bi-Monthly

TORDENSKJOLD LODGE No. 5

300 W. Mission

Spokane, Washington

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## OTHER 2021 TORDENSKJOLD OFFICERS

Foundation Dir(SOFNSpokaneFoundation@gmail.com).....	Darrin Lee
Cultural Director .....	Samantha Stevens/Lois McKinnell
Publicity Director.....	Open
Inner Greeter.....	Brent Egesdal
Outer Greeter.....	John Pardee
Historian .....	Reba Haugen Jewell
Marshall.....	Jamine Ose
Asst. Marshall .....	Tom Knutson
Youth Director .....	Open
Editor (SOFNSpokaneEditor@gmail.com) .....	Michele Lawless
Sports Director 509-299-5527 .....	Larry Halverson
Sunshine Person .....	Leanne Pardee

SON Financial Counselor.....	Scott Schiermeister
.....	1-800-741-2231
.....	509-927-8027

## Appointed Positions

Auditors.....

**E—Executive Board**

**B—Board of Directors**

**S—Scholarship Committee**

## Contact Us

**Sons of Norway Tordenskjold Lodge #2-005**

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**Trollhaugen Lodge**

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1-800-945-8851


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**Please contact the Membership Secretary  
with all address changes.**

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**SONS OF  
NORWAY**

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# In Memory

*Pamela Comstock*

*10-17-24 - 02-03-21*



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*Please Join us in celebrating our fellow members*

## March Birthdays

JoAnn L Rounseville	3/3	Dean C Treichel	3/21
Lois M McKinnell	3/7	Kathleen Ambrose	3/23
Brent C Egesdal	3/11	Gary Lee Friberg	3/25
Frances N Stevens	3/17	Astrid U Peltier	3/27
Carol J Braaten	3/20	Otto Francis Ruud	3/31

## April Birthdays

R William Rickard Jr	4/3	Shirley D Fields	4/13
Reba L Haugen	4/4	Madison Rask	4/15
Kerri L Petersen	4/5	Regan C Lee	4/20
Michael L McInnis	4/6	Lila M Middleton	4/20
Fred D Sharp	4/9	Sandy L Friberg	4/20
Betty E Renford	4/10	Jason L Claudio	4/23
Helen R Halvorson	4/12	Hannah Ose	4/29

# HEL!...from your Board



Hi all, I joined the Sons of Norway in April of 2016 with my husband John. While he is the Scandinavian, it's been interesting for me to learn about the culture, the foods, and crafts. I've enjoyed meeting new people, making new friends, and serving as the membership secretary. Looking forward to being able to meet in person, meet the new members and cook for the Lutefisk dinner again. The orders for lefse keep pouring in from all over. Can't wait to get back to it! Leanne Pardee



Hallo! I'm Samantha Stevens and I'm your cultural director, alongside Lois, for 2021. I joined the lodge in 2018 because I want to get connected to my heritage. Growing up I was always around Norwegian food and even some crafts, but my knowledge never extended much further. My grandmother, who some of you may know (Bernice Stevens), was a big influence in my decision to finally take this journey. I am excited to be a part of this lovely group!



My name is Christina Patrick and I've been a proud member of the Sons of Norway my entire life. I grew up in Woodinville, WA and was part of the Bothell Sons of Norway Lodge. After high school, I attended Grand Canyon University, where I earned a bachelor's degree in Elementary Education with an emphasis in English. While I was working on my degree, I met my husband, Nathaniel who also happened to be from Washington. We moved to Spokane after college as he was working hard on a master's degree in exercise science, and we were fortunate enough to get involved with the Tordenskjold lodge. Ever since then, we've fallen in love with the lodge and city, and are happy to call this place home. We like to spend the majority of our free time exploring outside or snuggled up with our three cats at home. I'm really thrilled to be in the position of social director and look forward to serving you and the community this year.

## Cultural corner

Spring is almost upon us! Let's hope that our dearest groundhog was wrong about 6 more weeks of winter, and at the time of reading this newsletter we're all able to enjoy some sunshine. The coming of spring is also the arrival of a joyous and candy-filled holiday... EASTER! Here in America, this holiday is one that has a more relaxed celebration. An extended weekend, maybe a church service, lots of candy, and the Easter bunny hopping around.



However, in Norway there is a lot more celebration during Páske. This is in large part because *Páske* is one of the most popular times for taking a skiing holiday. As Easter signifies the ending of the winter season and the arrival of warmer weather, many Norwegians take this opportunity to head to the mountains and get in one of their last ski trips. After all, the old saying goes that Norwegians were born with skis on their feet! Other celebrations include the most popular easter chocolate called *Kvikk Lunsj*, cabin retreats, celebrating the easter chicken, and chocolate filled cardboard easter eggs (Páskeegg). However, there is one particularly unique tradition that Norway boasts. Murder mysteries! Called Páskekrim, which translates to "Easter Crime", is a tradition that started by accident in 1923 by Norwegian authors Nordahl Grieg and Nils Lie. While trying to advertise for their new novel, their ad sparked massive drama when it was thought to be a real headline in the paper. The novel went on to be largely successful, and thus the tradition of reading crime dramas during *Páske* was born!

Happy spring, Hoppy Easter, and take care everyone,

Samantha Stevens and Lois McKinnell (Co-Cultural Directors)

### TIME KEEPING REMINDER:

If you volunteer for the lodge in any capacity and have hours to report for that project or function, please report those hours preferability on a MONTHLY basis. You can use the Individual Activity Tracking Sheet or other tracking forms. Please email to judymox@hotmail.com, or mail to the lodge PO Box 18684 Spokane, WA 99228. This will enable those of us that are preparing the annual report to accurately compile the hours from our lodge. If you need more forms, please call the lodge phone at 509-326-9211 or 509-467-4759.

Thank you,

Judy Moxley





## Step up your game with the new sports medals!

Challenge yourself! Sons of Norway's Sports Medal Program is a unique benefit of membership that rewards you for an active lifestyle. If you've been craving new fitness goals, we are here to help! These two medals are now available for anyone aiming to set the bar higher in the Sons of Norway Sports Medal Program.



The first of our new medals, **Idrettshelt** [*ee-dretts-hellt*]*—the sports hero pin—*is the 5<sup>th</sup> level within any sports medal category.



We've also added **Hederspris** [*hay-dersh-prees*]*—the outstanding sports achievement award.* This pin is for members who've earned the bronze, silver, gold and enamel medals in each of any **three** sports medal categories.

### ***New to the Sports Medal Program? Get involved today!***

The Sons of Norway Sports Medal Program is a simple and rewarding way to engage in the Norwegian tradition of friluftsliv (outdoor living) while staying active and working toward your fitness goals. It's fully customizable to fit your lifestyle and includes options for a variety of ages, fitness levels and activity preferences—there's even a virtual pilgrimage option for members who want to learn more about Norwegian history as part of their workout routine, as well as a general fitness category for those who want to incorporate dance, martial arts or other types of physical activity!

Here's how it works:

- ♦ Choose the pin you want to focus on: general fitness, skiing, swimming, biking or walking.
- ♦ Choose your goal within the program.
- ♦ Work toward pre-determined requirements to earn your way to the sports medals, earning each level in sequence.
- ♦ When your record card is complete, submit it to your lodge's Sports Director, who will order your pins and present them to you at a lodge meeting.

Get started today! For further details on submitting points toward these pins. Visit the Sons of Norway website here: [https://www.sofn.com/member\\_resources/cultural\\_programming/sports\\_medal\\_program/](https://www.sofn.com/member_resources/cultural_programming/sports_medal_program/)



## Join Sons of Norway Tordenskjold Lodge of Spokane, WA and enjoy the following benefits:

- ⇒ Monthly magazine “Viking”
- ⇒ Free classes in traditional skills (cooking, baking, crafts, art)
- ⇒ Opportunities to explore Scandinavian culture
- ⇒ Fellowship with other Scandinavians
- ⇒ Riding in the Viking 1 ship during local parades
- ⇒ Free online Norwegian Language classes
- ⇒ Access to Trollhaugen Lodge in the Cascades
- ⇒ Scholarship opportunities for the US and Norway
- ⇒ Free Heritage memberships for children, grandchildren

**CHOOSE A FREE GIFT from below for each new Membership, 2 gifts for a Family Membership!** (First come first served, contact Lodge at [sonsofnorwayspokane@gmail.com](mailto:sonsofnorwayspokane@gmail.com) or 509-326-9211 to claim your gift after completing membership submission!)

**MEMBERSHIP MAKES A GREAT CHRISTMAS GIFT THAT LASTS ALL YEAR LONG!!**



Rosemailed spoon, wheat straw heart, Norwegian flag crate or box, Viking Knit bracelet

## Sosekjøtt

(Serves 4-6)

*For the sosekjøtt:*

- 2.2 pounds (1 kg) chuck steak or shoulder steak (høyyrygg/bog)
- 3 tablespoons butter, for frying
- 1 large onion, cut into thin wedges
- 6 tablespoons butter
- 5 tablespoons flour
- 4 cups (1 liter) beef stock
- 1 bay leaf
- Salt and pepper

*For the spring mashed potatoes:*

- 1 ½ pounds (about 700 g) starchy potatoes, peeled and cut in half
- 3 tablespoons lightly salted butter
- 1 cup (240 ml) milk
- Salt and pepper, to taste
- 1 cup (150 g) green peas
- 1 bunch dill, chopped
- 2 spring onions, chopped



To make the stew, start by cutting the meat into large chunks, about 1 ½ inches (4 cm). Season well with salt and pepper.

In a large, heavy-bottomed pot or dutch oven, heat 1 tablespoon of butter over medium-high heat, until hot and bubbling. Brown the meat in 3 batches (to avoid overcrowding), turning with tongs, for about 3-5 minutes per batch; add one tablespoon more butter with each batch (adding more if necessary). Transfer the meat to a large plate and set aside.

In the same pot, add the 6 tablespoons of butter and melt over medium-high heat. Add in the flour, whisking to combine. Cook for about 5 minutes or until the mixture has turned dark brown, whisking often to ensure it doesn't begin to burn. The darker the color, the darker the stew will be. Slowly pour in the beef stock, whisking until blended.

Add in the browned meat, onion wedges, and bay leaf. Bring to a simmer. Lower the heat and cover with a lid, cooking for 2 hours until the meat is tender. Remove the lid, return the stew to a gentle simmer, and cook for 30 minutes more until thickened slightly. Remove from the heat.

While the stew is cooking for the remaining 30 minutes, prepare the spring mashed potatoes. In a large pot, cover the potatoes with cold salted water and bring to a boil. Lower the heat and simmer for 15 minutes or until the potatoes are barely tender when pierced with a knife. Drain the potatoes and return to the pot. Add the 3 tablespoons butter, along with the milk, and mash until creamy. Season with salt and pepper. Gently stir in the green peas, dill, and spring onions.





Dear Tordenskjold Members,

Our lodge has always prided itself on being involved in the community through donations to charitable causes and participating in local activities. During this time of COVID restrictions we have made financial donations to Second Harvest Food Bank as well as St. Margaret's Shelter. Additionally, we are considering two possible activities we can do for the Spokane community, **providing there is commitment from the members to help out.**

The first opportunity is to volunteer with **"Adopt A Highway"** litter control program. The program is currently on hold, however we are able to put in our paperwork and get in the queue for this spring or summer. WA DOT who has provided the following basic information:

- \* The commitment is for 2 years (that's 6 trash picking days total)
- \*We can have up to ten people on our crew
- \*We will pick up trash along 2 miles of Highway 395 North between Milepost 172 to 174 (MP 173 is by Half Moon Rd and MP 174 is by Wildrose Rd).
- \*We would do this three times a year.... Spring, summer, and fall (April 1-October 31).
- \*Safety vests, trash bags, and roadside warning signs /lights provided by DOT
- \*Members must be at least 15 years old to participate
- \*Every participant will receive and review DOT Safety Guidelines before participating
- \*DOT picks up the bags along the roadside, as well as any hazardous materials or heavy objects.
- \*Recyclable items picked up can be sold by the lodge or donated to a group that recycles (Scouts?)



In appreciation of our clean-up work the **DOT will post a sign along the highway** acknowledging **Sons of Norway** for maintaining that section of the highway.

**WILL YOU HELP AT LEAST ONE TIME? Call Judy Moxley to get on the list. 509-326-9211. Please respond by March 15<sup>th</sup>. We need 10 people. Tusen Takk!**



The second opportunity to volunteer is to serve **lunch** at the **Veterans Home** located at 222 E 5th Ave, Spokane, WA 99202.

- \* The Lodge will buy about 150 hamburgers, 50 hotdogs, and buns to go with them.
- \* The Kitchen Staff at the Vets Home will prepare the lunch
- \* Lodge members will serve lunch to the Veterans
- \* This can be done once a year or more often if we'd like

**WILL YOU HELP AT LEAST ONE TIME? Call Judy Moxley to get on the list of helpers for this community service activity. 509-326-9211. We need at least 8 people. Please respond by March 15<sup>th</sup>.**

**Thank you for helping us help others,  
Tordenskjold Lodge Board**

