



BOTHELL SONS OF NORWAY



N y h e t e r

JANUARY 2012

Volume 40, Number 1

Dear Members,

Welcome to 2012! We have a fresh slate to write on, the opportunity to build and grow our lodge into something we can all be proud of and enjoy. I invite and encourage each of you to take a more active role by participating in and volunteering at the many classes and other events at Bothell Lodge in 2012.

Once again this year we had a very successful Lutefisk Dinner. We served over 1,000 dinners, surpassing the number served last year and this in a down economy! Thank you to everyone who volunteered to help with this massive undertaking. I also want to say a very special thank you to Jerry and Carol Scheinberg who took on the chairmanship of the Lutefisk dinner under the tutelage and guidance of Don and Ellie Fife.

December also saw another fun Tom & Jerry party hosted by Selma Snaring and Fergus Prestbye. Selma took care of the appetizers and Fergus whipped up magic with the Tom & Jerry's. A fun time was had by all who attended. Spanning the space between the old and the new, Seth Tufteland, April Tallar, Chris and Bill Hicks hosted another successful New Year's Eve party and sleepover for the younger members of the lodge. Thanks also go to Sue & Tap Ames and Laurie Beach for coming on New Year's morning to cook breakfast for all the tired, but happy partiers.

Looking forward to January we will be having our annual member Appreciation dinner on Thursday the 19th. In thanks for all of your hard work throughout last year and especially at the Lutefisk Dinner, we will be serving lutefisk, meatballs, coleslaw, potatoes and lefse. This dinner comes to you free of charge and will be served at 6:30 pm. Following dinner will be the Installation of new officers who will guide our lodge this coming year. Thank you in advance for supporting them. I invite you to wear your bunads for this important lodge event.

In closing I want to take just a moment to thank all of you for your support and encouragement during my time as President. I also thank you for your understanding and patience as I grew into the leader that I have become. That is the beauty of this lodge; it supports its members in personal growth through leadership opportunities. I encourage all of you to say yes to your own growth by taking a more active role in the Sons of Norway. Yes there are challenges, but the rewards are great.

Tusen Takk,
Wendy Wight

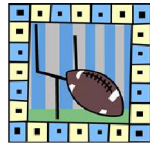
Thank you

I think it is important to recognize and give credit to a job well done. We at Bothell Lodge owe a debt of gratitude to our outgoing President, Wendy Wight. Wendy has served this organization with dedication and provided leadership with grace and a quiet sense of humility. It is through her leadership that Bothell Sons of Norway has kept on a path of progress while maintaining the values and activities we all cherish. Personally, I hope I can follow in her footsteps.

Jerry Scheinberg



2012 Super Bowl Party



Come one, Come all,
to the Super Bowl Party at
Bothell Sons of Norway Lodge on Sunday, February 5th, 2012.

Football teams are unknown @ this time but guaranteed to be fun. Start Time is @ 1 pm for the pre-game hype and will last until the final whistle blown!

Bring your favorite Football munchies to add to the table and watch the game on our 6 foot screen. Fun Football entertainment will be had by all who attend.

Any questions contact Bill or Chris Hicks @ 425-672-0194.
Hope to see you there.

ANNUAL APPRECIATION DINNER

Thursday, January 19, 2012 at 6:30pm.

Lutefisk, meatballs, lefse and potatoes will be served as a
"thank you"

to all our members. We have so many members that have contributed to our lodge this year and in years past. So please come and enjoy. The meeting at 7:30pm will honor our newly elected officers with a special installation ceremony.

Bothell Sons of Norway Dances

First Saturday of every month – September through May (no dance in December) from **8:00pm to 11:30pm** at Bothell Sons of Norway. Scandinavian and American Pattern Dances / Live Music / \$7.00 for Sons of Norway Members / \$9.00 for Non-Members. For more information please contact:
David & Judy Trueb at 206-935-4271



February 4, 2010 – Wild Turkeys
March 3, 2012 – Bert Carlson
April 7, 2012 – Wild Turkeys
May 5, 2012 – Lyle Schaefer



Good Time Dance Club

Third Saturday of every month – September through May from **8:00pm to 11:30pm** at Bothell Sons of Norway. Scandinavian and American Pattern Dances / Live Music / \$10.00 per person admission / Reduced admission with membership available. For more information please contact:
Ken and Freda at 425-672-4508
Ivan and Molly at 206-546-2962

January 21, 2012 – Pickled Herring Band (Lori)
February 18, 2012 – Bonnie Birch
March 17, 2012 – Wild Turkeys (Kenny Owens)
April 21, 2012 – Lyle Schaefer
May 19, 2012 – Wild Turkeys (Kenny Owens)
Sunday, June 17, 2012 - Ya Sure Ya Betcha Band (Sylvia)
(Vasa Park 4-6pm & 7-9pm)

LODGE OFFICERS for 2012

President	Jerry Scheinberg	425-877-1345
Vice-President	Bill Hicks	425-672-0194
Counselor	Wendy Wight	425-482-0849
Secretary	Rita Mallick	206-524-5605
Financial Secretary	David Rude	425-775-5952
Treasurer	Bill Fosmoe	206-782-5175
Social Director	Laurie Beach	425-949-7094
Asst Social Director	Carol Scheinberg	425-877-1345
Marshall	Judy Terrill	425-483-5448
Assistant Marshall	Kristine Mohar	206-465-8938
Inner Greeter	Ivan Thompson	206- 546-2962
Outer Greeter	Joyce Burlingame	206- 362-4156
Greeters:	Freda Howard	425-672-4508
	Molly Thompson	206- 546-2962
Trustees:		
2010-2012	Ken Howard	425-672-4508
2010-2012	David Trueb	206-935-4271
2011-2013	Chris Hicks	425-672-0194
2011-2013	Mike Nelson	425-486-5275
2011-2013	Randy Thach	360-229-0157
2012-2014	Ivar Thompson	425-736-4073
2012-2014	Tap Ames	425-822-9896
Sports Director	Jason Michaelson	425-419-4610
Youth Director	Seth Tufeland	206-605-4112
Cultural Directors	Selma Snaring	425-385-2144
	Diana Brunkow	425-318-0723
Publicity Director	Judy Trueb	206-935-4271
Librarian	Marlis Pehling	425-488-4545
Editor	Sue Waldrop	425-741-1650
Webmaster	Martin Ng	425-487-6688
Website	www.bothellsonsofnorway.org	
Historian	April Tallar	206-795-1997
Sunshine	Eileen Hippe	206-365-1774
Musician	Carol Garberg	425-968-5651
Auditors:	Roger Eck	425-489-9711
	Lenus Heintz	206-632-1605
	David Trueb	206-935-4271
	Lenus Heintz	206-632-1605
	Jerry Label	425-640-9830
Foundation Director		
Financial Counselor		
District 2 information:	www.sonsofnorway2.com	
S/N Issues:	www.sonsofnorwayblog.blogspot.com	
Trollhaugen Lodge	trollhau@eastonwa.net	509-656-9997

****This information is for official Sons of Norway business use only. Use of this information for solicitation or commercial purpose is a violation of the Sons of Norway privacy policy and is strictly prohibited.**

Bothell Sons of Norway Membership Information

Adult Membership (24 years or older)	\$46.50/year
Spouse Membership	\$41.50/year
Heritage Membership (15 years old & younger)	FREE
Unge Venner Membership (16 – 23 years old)	\$31.00/year
Unge Venner Membership (16 – 23 years old) (with parent or grandparent Adult Membership)	FREE
(Fees Are Current as of January 1, 2012) Membership Forms are available by the Bothell Lodge front door. Completed applications should be given to the Lodge Vice President or Financial Secretary for review by the Board and acceptance vote of the Lodge Membership.	

Cultural Director's Report: by Selma Snaring

HERITAGE DAY: March 10th; 10:00am - 3:00pm.

GENEALOGY WORKSHOP: March 24th; 9:00am - 3:00pm.

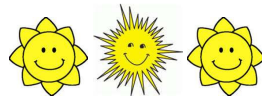
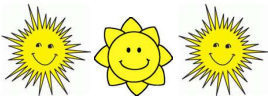
Professional genealogist Sarah Thorson Little will lead us in the use of the Norwegian Digitalarkivet Achieves. This web site has the church parish records which includes vital records such as births, baptism, confirmation, marriage, death and burial for all counties. More detailed information will follow next month.

WOODCARVING 101: April 7, 14, 21; 9:00am - 3:00pm.

ROSEMALING: May 7, 14, 21; 9:30am - 3:30pm.

Sunshine Report:

by Eileen Hippe



December 10, 2011 -- A Thinking of You Card and Get Well Wishes was sent to Don Fife. He is going to have surgery.
 December 17, 2011 -- A Thinking of You card was sent to Carleen Lorenz. She is having health issues.
 December 19, 2011 -- A Birthday Card was sent to Gudlaug Pearson. She will be 90 years old on December 25.

Lefse Class:

I will be holding a Lefse Class on Saturday, February 25th at 9:00am, here at the Lodge. We will be making the regular noted Lodge recipe from Elesa Hanson. Each person will learn to cook, rice, mix, pat, roll, bake, turn, cool and take some Lefse home. We will provide everything that is needed for making Lefse, but if you have your own Rolling Pin or Turning Stick and would like to bring it, feel free to do so. Class will last about 3 hours, so we should be done by noon. There will be a small charge of \$5.00 for members and \$10.00 for non-members for the Class and registration is required. For those of you who already know how to make Lefse, please come and help show how it is all done (call and let me know if you can help). Those who will be assisting will not be charged for the class and you will be taking some Lefse home. Please keep in mind I need people to help monitor students and notify me if they need help.

TO REGISTER, or if you have any questions, please call me: 425-486-5275.

Thank you, Mike Nelson

Recipe:

submitted by Mike Nelson

We have just finished our lutefisk Dinner and served a large volume of people. For those who like recipes that serve large amounts of people, I have one for you.

Elephant Stew:

- 1 - Elephant
- 2 - rabbits (optional)
- Brown Gravy

Cut Elephant into bite-size pieces (this takes about two months). Put in a large pan and cover with brown gravy. Cook over an open fire for about four weeks.

This serves 3,800 people. If more people are expected, add the rabbits, but remember, most people do not like to find hare in their Stew.

Did You Know:

At the November election of officers, we ended up with two vacancies.

We are happy to announce two members volunteered to fill these vacancies at our December meeting.

A warm welcome to both Tap Ames and Randy Thach as Trustees!

sw

~~~Congratulations~~~

to **Arlyn Vallene**, winner of the 2011 Ray Berg Memorial Scholarship Raffle! She won the rosemaled child's chair valued at \$200.



A huge **thank you** to everyone who donated to the scholarship fund through this raffle. Your efforts brought in \$575, all of which goes toward college scholarships this spring!

Heather Nelson

Mange Tusen Takk Don & Ellie Fife:

by Wendy Wight

I want to say a special thank you to Don & Ellie Fife.

They have been such instrumental people in the life and growth of Bothell Lodge, that I felt it important to make mention of the fact that neither one of them will be an officer in the coming year.

They are taking a well deserved rest from "active duty". Ellie has served twice as President as well as most recently Secretary. She has also been the chairman of the rental committee for the lodge. Don helped to support and guide the lodge in his role as Trustee.

It was Don and Ellie who got the lodge dances started so many years ago. And it was this dynamic duo who chaired the Lutefisk Dinner (very successfully) for many years as well. Thank you, thank you, thank you for all that you have done for Bothell Lodge. We applaud and appreciate you.

A gå på ski (oh goh poh shee)
To go (cross-country) skiing

December Raffle Drawing Winners:

\$66.00 collected
\$33.00 to Ray Berg Scholarship Fund

- Jason Michaelson: \$16.00
- Diana Hicks: \$ 9.00
- Laurie Beach: \$ 8.00

December Membership Drawing:

Carol Garberg: \$5.00
WINNER!!!!

Next Drawing - \$5.00

MUST BE PRESENT TO WIN

(thank you to those who donated to the scholarship fund)

THE RAY BERG MEMORIAL SCHOLARSHIP:

Awarded each May by Bothell Lodge No. 2-106
Applications due by April 1, 2012

College Bound? You are eligible to apply for this scholarship if you are a member or a child or grandchild of a member of Bothell Lodge, and you are a high school senior who will be graduating in 2012.

To get an application form please visit:

<http://www.bothellsonsofnorway.org/>

and scroll down on the right! **Completed applications must be received by April 1, 2012 to be considered.** Final selection of the scholarship recipients is made by the Scholarship Committee.

Ray Berg Scholarship Criteria:

Grade Point Average
 Long Term Career Goals
 Clarity of Higher Education Plans
 Letters of Recommendation
 Financial Need

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

In the past three years, recipients were each awarded \$1,000 scholarships. The scholarships will be awarded at the May meeting of the Bothell Lodge No 2-106.

YOUTH CAMP SCHOLARSHIPS:

Applications due by April 1, 2012

It's never too early to plan for summer camp opportunities. Bothell Lodge No. 2-106 offers scholarships to both Camp Normanna and Camp Trollhaugen each year.

Here are the eligibility details:

Camp Normanna scholarship criteria:

- Child needs to be 9 years old before the camp begins and must not reach age 13 by the first day of camp.
- Child's parent(s) or grandparent(s) must be a member in good standing of Bothell Lodge No. 2-106.

Camp Trollhaugen scholarship criteria:

- Child needs to be 13 years old before camp begins and must not reach age 16 before the first day of camp.
- Child's parent(s) or grandparent(s) must be a member in good standing of Bothell Lodge No. 2-106.

It is the intent of the Lodge to contribute to a scholarship for one girl and one boy to attend each camp. Scholarship preference will be given to applicants who have not previously attended camp.

To get an application form please visit

<http://www.bothellsonsofnorway.org/>

and scroll down on the right! **Completed applications must be received by April 1, 2012 to be considered.** Final selection of the scholarship recipients is made by the Scholarship Committee. The scholarships will be awarded at the May meeting of the Bothell Lodge No 2-106.

**SONS OF NORWAY FOUNDATION
 SCHOLARSHIPS AND GRANTS – 2012****King OlavV Norwegian-American Scholarships- due March 1**

American students, 18 years old and up, whom wish to study Norwegian language or culture at accredited schools in the US or Norway, and for Norwegian students, 18 years old and up, who wish to study American language and culture in the US. Typical award is between \$1,000 and \$2,000.

Astrid Cates/Myrtle Beinhauer Scholarships – due March 1

For any post high school area of study at accredited schools. Six, \$1000 and two \$3,000 scholarships are awarded annually.

Nancy Lorraine Jensen Memorial Scholarships – due April 1

For women, 18-35, who are majoring in Physics or Chemistry or Electrical, Mechanical or Chemical Engineering at accredited universities. Scholarships valued at one-half semesters' tuition for up to three years.

Oslo Summer School Scholarships – due March 1

For American students accepted and attending Oslo International Summer School, in Oslo, Norway, for a six week intensive language and international study program. Two, \$1,500 scholarships awarded annually.

Helen Tronvold Folk High School Scholarships – due March 1

For students 18-24 attending any one of Norway's 70 folk high schools for an entire school year, August-June, to intensively investigate very specific fields of study. Three, \$2,000 scholarships are available annually.

Lund Fund Scholarships – due May 1

For American students studying abroad, with no exclusions on topic of study or foreign study country. One \$1,500 scholarship awarded annually.

Local Lodge Partnership Grants – due January 15

For individual lodges to fund festival participation, cultural skills workshops, books for lodge libraries, lodge anniversary celebrations, Syttende Mai, parade floats, etc., designed to highlight Norwegian heritage & culture for grants up to \$1,000 in matching funds.

General Heritage & Culture Grants – due April 1

For community-wide events aimed at wider audiences showcasing Norwegian culture including choral and orchestral presentations, theatre and museum shows with grants up to \$3,000. A typical award is \$500-\$1,000.

Helping Hands to Children Grants – due February 1

To fund programs specifically for youth including Sons of Norway Adopt A School, Barnas Norsk Klubb, children's language and heritage day camps or Syttende Mai and Christmas celebrations for youth for grants up to \$500 in matching funds.

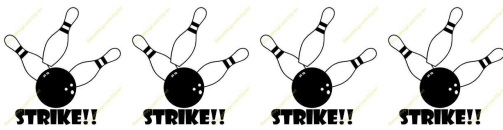
Helping Hands to Member Grants – following natural disasters

To provide disaster relief from the Sons of Norway Foundation Humanitarian Fund to current Sons of Norway members who lose their homes due to natural disasters including hurricanes, tornadoes, wild fires or floods. Up to \$1,000 per grant.

To view all the qualifying information and on-line applications go to:
www.sonsofnorway.com/foundation.

You may contact us at foundation@sofn.com or call 1-800-945-8851

Sons of Norway Foundation
 1455 West Lake Street
 Minneapolis, MN 55408-2666



BOWLING SCORES

2nd ROUND TEAM STANDINGS AS OF
12/31/11:

TEAM STANDINGS:

- | | |
|------------|--------------|
| 1. UFF DA | 5. KLOT |
| 2. OYFJELL | 6. TRONDHEIM |
| 3. BERGEN | 7. VOSS |
| 4. OSLO | 8. BYE |

SEASON HIGH SCORES TO DATE:

<u>TEAM SCRATCH GAME:</u>	
BERGEN	722
<u>TEAM HANDICAP GAME:</u>	
OSLO	963
<u>TEAM SCRATCH SERIES:</u>	
OSLO	2040
<u>TEAM HANDICAP SERIES:</u>	
OSLO	2810
<u>HIGH SCRATCH GAME:</u>	
MOLLY THOMPSON	216
VEL SMTH	241
<u>HIGH HANDICAP SERIES:</u>	
ROGER KAUL	647
MOLLY THOMPSON	554

Library Corner:

by Marlis Pehling

Our Library has a very interesting history of Norway called History of Norway, From the Ice Age to the Oil Age. The chapters and illustrations show characteristics of Norwegian art, society, and commercial life. Besides the Stone, Bronze, and Ice Ages, the Viking Age is beautifully described. It describes Norway's union with both Denmark and Sweden through modern times.

We have another fascinating book with great pictures called The Vikings. The Vikings continue to be fascinating because of their violent raids on other countries and their far-reaching travels which left permanent influences. They established trading, towns, and river routes as far to the east as the Caspian Sea.

THE SCANDINAVIAN HOUR
KKNW 1150 AM

with Doug Warne as your host
Saturday Mornings - 9:00 to 10:00am

CAN, CAN or Can it?

For the past few years we have ended up with a variety of Lost and Found items and Cookie cans or Containers.

At the February 16, 2012 General Meeting we will display all of the Lost and Found items and all of the Cans and Containers that have been left here at the lodge. After that night, the left over items will be discarded. If we have an idea who the Container or item belongs to, we will try to contact that person to see what we should do with it. If you have any questions or concerns, please contact Mike Nelson at: 425-486-5275

Trollhaugen has new managers: Lory Prothman and Tracy Thornton

Norwegian Emigration to America

For years it's been estimated that around 800,000 Norwegians have emigrated to North America in search of a better life. Now a new book claims that actual emigration numbers were much higher than earlier thought, with as many as a million Norwegians believed to have left their homeland between 1825 and 1975. Submitted by Jerry Scheinberg

A new book **Farvel Norge** ("Farewell, Norway") by Author Sverre Mørkhagen reveals a new dimension to what can only be described as a massive emigration from what was at one time one of Europe's poorest countries. The vast majority of emigrants left Norway because they faced a bleak future at home. Until oil was discovered in the North Sea in 1969, generations of Norwegians had to leave the family farms for lack of food or inheritance rights. Many faced religious persecution, others poverty. At least half-a-million Norwegians left Norway just in the 35 years between 1880 and 1915. Since the country's total population was around 2 million in 1890, that amounted to approximately a quarter of its population.

This book is the first major new study of Norwegian emigration to America in 30 years and it was even more widespread than earlier thought. The author puts the rate of emigration at three-and-a-half times that of the average for all of Europe. He thinks the estimate of a million emigrants is conservative, because many people "got lost" along the way. As many as 70,000 seafarers, for example, left their ships in US harbor cities and all but disappeared. Many of the emigrants who left Norway during the Depression and World War II also were difficult to count, as were reliable figures for emigration after World War II.

Relatively few Norwegians who left their homeland ever moved back. In 1920, it's estimated that 50,000 persons living in Norway had returned from North America, less than 10 percent who had moved there.

Norwegians were loyal about sending money back home. It is estimated that in the years before and just after World War I, the money sent home to Norway by its emigrants amounted to a quarter of Norway's national budget. By 1975, Norway had emerged as a more affluent nation, primarily because of its oil wealth, and there no longer was widespread poverty or lack of opportunity at home. Consequently, emigration and the dream of America faded.

Santa's Helper Gifts:

Well, this year all you Santa helpers were good to us again. The items we received for Christmas this year are as follows...Cutting Board, lots of Paperclips, Shelf matting, Scotch Tape, Clips, Pens and Markers.

If we missed your item, because the Tree was not available or items were put away before they were counted, we are sorry they weren't mentioned. Knowing that it was something you thought is needed or something you knew we could use, it is deeply appreciated.

Happy Holidays, Santa's Helper

Sons of Norway Name Badges

Order yours today from Joyce Burlingame:

donjoy@comcast.net or [206-362-4156](tel:206-362-4156) or find her at our next meeting

PIN Name Badges are \$9.00 Magnetic Name Badges are \$10.00

District 2 and Leif Erikson Lodge invites you to a Cross Country Ski Race



Saturday, February 4th, 2012
Trollhaugen Lodge – Stampede Pass

Registration starts at 9:30am
Race starts @ 11:00am

Cost is: \$5.00 for Adults
\$3.00 for 10 and under

Price includes Lunch and awards!
Come young and old,
great skiers and new skiers all are invited.

For more information contact:
Chris Hicks – District 2 Sports Director
425-672-0194 or hicks1015@msn.com

For overnight reservations call Trollhaugen Lodge:
Lory Prothman and Tracy Thornton 509-656-9997

Social Director's Report:

By Laurie Beach

The January lodge meeting will feature an
Appreciation Dinner
with Bothell Lodge's famous Lutefisk and Meatballs.
The program will be the Installation of Officers.

Social Time 6:00pm
Dinner Time 6:30pm

MARK YOUR CALENDARS.....

You won't want to miss the February Lodge Meeting
featuring a performance by
THE NW NORDIC LADIES CHORUS

New Workshop: **'Youth Cook and Eat Norwegian'** **Cooking Class**

February 18, 2012; 10:00am--1:00pm

The age group is 10-16 years with maximum of 12.
The cost is \$5.00 per person and open to Bothell
Sons of Norway Members and families of members.
The menu will be: Appetizers, hotdog in lefse, open
face sandwich; Entrée, Norwegian meatballs/ brown
sauce, potatoes, peas/carrots; Dessert, Norwegian
pancakes/butter and jam.

Registration and payment due February 10, 2012
to Carleen Lorenz: [425-357-9020](tel:425-357-9020).

By Selma Snaring, Cultural chairman



Tubfrim:



Our many thanks to all of you who keep us supplied with stamps for Tubfrim.
It is so very important when trimming that a margin of one half inch
remains around each stamp whenever possible.
Damaged stamps, and that includes damage to the perforation, cannot be sold
by Tubfrim. Thanks to everyone contributing.
We now have an additional 60 pounds ready for shipment.
Nancy & Lenus

A Brief History of Ski for Light, Inc.®

In October 1952, a blind Norwegian musician named Erling Stordahl gave a concert in Voss, Norway. There he had a chance meeting with Olav Pedersen, a railway worker and freelance writer who then wrote a story about Erling. The two men became friends, and a few years later Erling returned to Voss to entertain at the Norwegian Nordic Ski Championships. One afternoon, Erling shared with Olav his idea to start a program to teach cross-country skiing to blind people.

Over the next several years, Erling's vision found understanding and support from the public, the media, members of the government and the Royal Family. It took shape in 1963 as the Ridderrenn (Knight's Race), which today annually hosts more than one thousand disabled skiers and guides from more than a dozen nations.

That same year, Olav Pedersen emigrated to Breckenridge, Colorado, and became a ski instructor. Olav frequently wondered how Erling's idea would work in the U.S., and in September 1973 he traveled to Norway to seek Erling's advice. Upon returning to Colorado, Olav gained support for a U.S. version of the Ridderrenn from the Summit County Lions Club and the Sons of Norway Foundation.

On February 17, 1975, some 60 blind and visually impaired skiers and guides, including Erling Stordahl and his wife Anna, were welcomed to the first Race for Light in Summit County, Colorado. That first Race for Light received national publicity when Charles Kurlalt featured the event in his "On the Road" television series.

Plans quickly got underway for a second event in Minneapolis, Minnesota in 1976. To shift the focus from racing to recreation and instruction, Race for Light became Ski for Light and a nonprofit organization, Ski for Light, Inc.®, was formed. Unlike the first event, where participants stayed in private homes, the Minneapolis event gathered everyone together in a hotel to increase social contact and interaction.

The first "Regional" program began in New England in 1977 following the Ski for Light event held in Woodstock, Vermont, as experienced guides and skiers gathered on several subsequent weekends to continue skiing and socializing. Nine such local, independent programs now exist across the United States. Some offer both summer and winter activities. While there have always been mobility impaired participants at Ski for Light, they were not actively recruited until 1986. Prior to that time mobility impaired participants sat on modified cargo sleds called pulks and pushed themselves around with shortened ski poles. With the development of lighter sleds that ride on skis and more effective poles, interest in cross-country skiing has grown among mobility impaired individuals along with their participation in Ski for Light.

Since 1975 Ski for Light has grown and flourished. Over the years, the international, week-long event has hosted as many as 350 participants and has been held in locations from Vermont to Alaska. Ski for Light continues to promote healthy, active lifestyles for visually and mobility impaired adults and to inspire all who participate. www.sfl.org

Bothell Sons of Norway on Facebook

Bothell lodge 2-106 will continue to be on facebook for another 6 months. Type in the following address on your friend search: Bothell Sons of Norway and like our new page. Please let us know what you think and give a big **THANK YOU** to Seth Tufeland for posting our fan page.

Norwegian Proverbs

Ingen vet hvor haren hopper.
No one knows where the hare jumps.

Betre ti hår på hovudet enn eitt i suppa.
Better ten hairs on your head than one in your soup.

Source: Sons of Norway Information Bank #208

Author Eric Dregni

will be in the Seattle/Tacoma area in January for book events for his newest book, *Vikings in the Attic: In Search of Nordic America*.

Friday, January 13, 2012

6:00 PM
 Pacific Lutheran University
 208 Garfield St., Suite 101
 Tacoma, WA 98444
[253-535-7665](tel:253-535-7665)
 Free and open to the public.

Saturday, January 14, 2012

2:00 PM
 Nordic Heritage Museum
 3014 NW 67th Street
 Seattle, WA 98117
 Free for Museum members and free with admission for non-members.

Saturday, January 14, 2012

6:30 PM
 Liberty Bay Books
 18881 Front St. NE #D
 Poulsbo, WA 98370
[360-779-5909](tel:360-779-5909)
 Free and open to the public.

ABOUT THE BOOK:

In *Vikings in the Attic*, Eric Dregni tracks down and explores the significant—often bizarre—historic sites, tales, and traditions of Scandinavia's peculiar colony in the Midwest. Dregni reveals the little-known tales that lie beneath the surface of Nordic America and proves by example why generations of Scandinavian-Americans have come to love and cherish these tales and traditions so dearly.

ABOUT THE AUTHOR:

Eric Dregni is assistant professor of English at Concordia University in St. Paul. He is the author of several books, including *Minnesota Marvels* (2001), *Midwest Marvels* (2006), *In God We Trust: Living the Norwegian Dream* (2008), and *Never Trust a Thin Cook and Other Lessons from Italy's Culinary Capital* (2009), all published by the University of Minnesota Press. During the summer, he is dean of Lago del Bosco, the Italian Concordia Language Village in northern Minnesota. He lives in Minneapolis.

(this article was submitted by Wendy Wight)

Tubfrim Chair Retires, New Chair Announced:

In mid-January, Tubfrim chairperson, Knut Karlsen and his wife Svea will draw the winner of the round trip ticket to Norway. With this drawing, Knut will retire as Tubfrim chair, a position he has held for 25 years. Also retiring will be his wife Svea. During their tenure, Knut and Svea have overseen a phenomenal growth in the program, from 100 pounds of stamps being sent to Norway in 1986 to more than 3,500 pounds last year. Watch *Viking* magazine for the announcement of the ticket winner, more details about the program, and Sons of Norway's heartfelt thanks to the Karlsens for their commitment and hard work to make Tubfrim the success that it has become. While Sons of Norway is sad about the Karlsens' retirement, we are excited to announce the new chairperson. Gene Brandvold, 28-year member, past district and International officer, and enthusiastic and longtime Tubfrim participant and advocate, has accepted the position of Sons of Norway's Tubfrim chairperson and will begin his duties following the drawing.

**Norwegian Language Classes:**

Winter Quarter 2012 session of Norwegian language classes is set to begin the week of January 2nd. Those interested should check the Scandinavian Language Institute website at www.SLIseattle.com for the full class schedule with levels and locations.

Trustee Corner:

I would like to thank Trustee of the Month Mike Nelson for the month of December.

The Trustee of the month is to check the Lodge inside and out at least once a week during the month. He or she can check the Lodge at their convenience for possible problems, water leaks, doors or windows left open, trees or branches down, if the heat has been turned down and all lights have been turned off.

The Trustee of the Month for the month of January will be Chris Hicks.

Thank You
 Mike Nelson,
 Lead Trustee

NORWEGIAN TABLE PRAYER
BORDBØNN

I Jesu navn går
 vi til bords
 Å spise, drikke på
 ditt ord.
 Deg Gud til ære oss
 til gagn,
 Så får vi mat I Jesu navn.
 Amen

ENGLISH TRANSLATION:

In Jesus name we go
 to the table
 To eat and drink
 according to your word.
 We honor You, God,
 for the gift that You
 give us,
 So we get (take) food in Jesus' name.
 Amen

LODGE PHONE INFORMATION

If you are away from your Nyheter and want to find out about upcoming events, you can call the lodge and get information off the Recorder. When you call the Lodge number, **425-485-9085** and the Recorder answers, follow these procedures: After the machine answers, press **268**, then press ***1** for up-coming events. This will give you the calendar of events for that Month and the next Month.

Thank you, Mike

The Nyheter is a publication of Sons of Norway Bothell Lodge 2-106. The Nyheter is published 10 times per year: January through May, a Summer edition, and September through December. Articles for publication (300 words or less) for the month must be submitted no later than the Saturday before the Board Meeting, which is always held the first Thursday of each month. **Please submit your article via e-mail only** (no phone or verbal submissions) to: editor@bothellsonsofnorway.org THANK YOU...

**SONS OF NORWAY
BOTHELL LODGE 2-106**

P.O. Box 492
Bothell, WA 98041

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Phone: 425-485-9085
bothellsonsofnorway.org

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UPCOMING EVENTS at Bothell Lodge

(unless otherwise indicated):

Tuesdays	Bowling at Spin Alley in Richmond Beach (Ivan Thompson: 206-546-2962)	7:00pm
Saturday, January 14	New Officer Orientation (Wendy Wight: 425-482-0849)	10:00am to noon
Thursday, January 19	LODGE NIGHT – Appreciation Dinner ; Installation of Officers	6:30pm
Saturday, January 21	Good Time Dance with Pickled Herring Band	8:00pm
Saturday, January 28	Lutefisk Dinner - Poulsbo Lodge 2-044	(please call: 360-779-5209)
Saturday, February 4	District 2 Ski Race at Trollhaugen (Chris Hicks: 425-672-0194)	(details on page 6)
Saturday, February 4	Lutefisk Dinner - Wergeland Lodge 2-021 - Bellingham	(please call: 360-739-5950)
Saturday, February 4	Bothell Lodge Dance with Wild Turkeys	8:00pm
Sunday, February 5	Super Bowl Party (Bill & Chris Hicks: 425-672-0194)	1:00pm
Thursday, February 16	LODGE NIGHT – Potluck Dinner ; NW Nordic Ladies Choir	6:30pm
Saturday, February 18	“Youth Cook and Eat Norwegian” Cooking Class (details on page 7)	10:00am
Saturday, February 18	Good Time Dance with Bonnie Birch (Food Drive)	8:00pm
Saturday, February 25	Lefse Class (Mike Nelson: 425-486-5275)	9:00am
Saturday, March 3	Youth Day Camp (Seth Tufteland 206-605-4112)	11:00am to 2:00pm
Saturday, March 3	Bothell Lodge Dance with Bert Carlson	8:00pm
Thursday, March 8	Lefse Bake for Heritage Day (Selma Snaring: 425-385-2144)	9:00am
Friday, March 9	Set-Up for Heritage Day (Selma Snaring: 425-385-2144)	TBA
Saturday, March 10	HERITAGE DAY (Selma Snaring: 425-385-2144)	10:00am to 3:00pm
Thursday, March 15	LODGE NIGHT – Corned Beef Dinner ; Memorial Service	6:30pm
Saturday, March 17	Good Time Dance with Wild Turkeys (Kenny Owens)	8:00pm
Saturday, March 24	Genealogy Workshop (Selma Snaring: 425-385-2144)	9:00am to 3:00pm
Sunday, April 1	DEADLINE FOR BOTHELL LODGE 2-106 SCHOLARSHIPS	(details on page 4)