



Måken

THE NEWSLETTER OF THE POULSBO SONS OF NORWAY LODGE

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April Showers Bring May Flowers

Putting the Spring Back into Your Step by Allie Lowe

The days are getting longer and warmer and everyone and everything is waking up from our long winter's nap. If you find yourself a little sluggish, don't worry – you're in good company. We may have adopted habits and routines that don't serve us as well now that it's springtime. Here are three ideas to think about:

Pay attention to what you consume.

It's not just what we're eating and drinking but also what we're exposing ourselves to. There's impact in what we consume and the processes taking place in our mind, body and soul. Try to make an intentional choice every day to switch out something negative, heavy, and cumbersome for something positive, lighter, and easier. Notice the difference in your day.

Move with joy.

Find an activity that will help you move with joy. Remember recess when you were a kid? Take a walk outside, dance to your favorite music. Find a way to move and find joy in that movement. Not only will you make your body happy, but you'll fill up your heart!

Acknowledge what's going well in your life.

What are you grateful for? Gratitude has a direct correlation to well-being. It recognizes the source of goodness outside ourselves. With this feeling, we can say "yes" to life. Gratitude can help you focus on the positive aspects of your life so you find the thankfulness and motivation to move forward.

Doing these things daily will change your perspective and make everything "bloom." It's time to thrive and let Spring be your guide! 🇳🇴

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Happy Spring! The seasons are changing again, and I hope you're able to go outside and feel those changes happening. Even though we expect it and look forward to it, the springtime brings a pleasant surprise as new colors bloom, coming to life

after hiding all winter. Accordingly, the days get warmer, and we shed that extra jacket. There is much to appreciate in this lively, vibrant season.

You may feel the way I do when I visit other places out of town. I want to experience what is unique to the place I go to, have the foods that come from there, and see the sights. I want to participate in and capture all that is special and unique at each destination. I would like our Lodge to have that feeling when one comes to experience the sights, sounds, smells, and feelings, all that we do to support the Norwegian way of life.

So, spring renews our passion for the Lodge and its mission to promote what is good about Scandinavian culture. Let's enjoy the time together, making our place a place to belong to.

As you read through the Måken I think you will find something worth doing, especially when it comes to all the opportunities for volunteering. If you don't have time to help in that manner, you can donate financially through our website. It all helps!

I wish you all well this month. May things bloom and become more colorful for you! And I'll see you down at the Lodge.

Paul



Måken

is the monthly newsletter of the
Poulsbo Sons of Norway Lodge 2-004

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Calendar

Coming Events

April 2024

- 5 Chicken Fried Steak Dinner
- 7 Pancake Breakfast
- 9 Lodge Meeting
- 14 Cornhole Tournament
- 19 Oven-Fried Chicken Dinner

May 2024

- 3 Cinco de Mayo Dinner
- 14 Lodge Meeting
- 14 Member Memorial
- 17-19 55th Annual Viking Fest
- 24 Codfish Dinner

Continuing Events

Mondays

- 4:30pm Adult Folk Dancing (various rooms)
- 6:30pm Informal Scandinavian Music (Marine Room)

Tuesdays

- 8:00am Yoga (Marine Room)
- 9:00am Old Guys' Kaffe Klatch (Trolls' Den)

Thursdays

- 9:00am Old Guys' Kaffe Klatch (Trolls' Den)
- 6:00pm Wood Carvers (Norse Room)
- 6:00pm Trivia (Trolls' Den)
- 7:30pm Vestre Sund Norskekor Mixed Chorus (Marine Room)

Fridays

- 7:00am Rotary Breakfast (Marine Room)
- 10:00am Needle Workers (Viking Room)

First Tuesday

- 6:00pm Lodge Board Meeting (Norse Room)

Second Tuesday

- 7:00pm Lodge Meeting (Marine Room)

Second Wednesday

- 6:00pm Building Association (Viking Room)

Third Tuesday

- 6:30pm Vikings (Viking Room)

Fourth Tuesday

- 1:00pm Ladies' Nordic Book Club (Liberty Bay Books)
- 6:00pm Ingeborg Society (Viking Room)

Third Saturday

- 3:00pm Genealogy Meeting (Norse Room)

First Sunday

- 9:00am Pancake Breakfast (Norse Room)



WHAT'S HAPPENING IN THE TROLLS' DEN

April 5: Chicken-Fried Steak Dinner



Chicken-fried steak smothered in gravy, with mashed potatoes, corn, a roll and dessert. **6:00PM. \$16.**

April 19: Oven-Fried Chicken Dinner



Oven-fried chicken served with scalloped potatoes, spinach salad, a roll and dessert. **6:00PM. \$17.**

All Ages Welcome!

The Lodge couldn't value the next generation of membership more. That's how we grow our community. Since COVID, we've suspended the rule of no kids allowed in the Trolls' Den. The only areas off limits to under 21s are the upper deck and between the stanchions, the barrier ropes right in front of the bar.

"I think the benefit of that newer policy means our families want to be more involved in volunteering for events and activities if they can have their kids here," says bar manager Koleen.

The Friday Night Dinner Phenom

On many a Friday night, the Trolls' Den is hopping with all kinds of smashing culinary delights, yum-yum all the way. And the centerpiece: dinners lovingly prepared and presented with gusto by members who cook for our Lodge family. These offerings serve as a valuable revenue stream, providing members with a unique dining experience and helping to build fraternal bonds.

We typically serve 70+ dinners and guests regularly report how much they enjoy the quality, variety, and affordability of the meals. However, Friday Night Dinners have been hosted by the same half-dozen+ people. We need more members to pitch in.

If someone can cook a tasty meal at home for seven, they can cook for 70. All you need is an idea of what you'd like to cook, a few friends to join in the fun, and of course, a food handler's permit (which is very easy to get online). Our Food Service team is available to help adapt or scale recipes, assist with some of the shopping, provide training in the kitchen/food service, and help find a few volunteers if needed.

Reach out to Jaymie Cizek, jaymiecizek@gmail.com, for more details about becoming one of our "hosts with the most."

Door Cards: How Do I Get/Renew One?

Gaining access to the Lodge via the Trolls' Den with a door card involves a separate application process. Once you have been accepted by the Sons of Norway International, you'll receive your actual membership number. That's when you can apply for one.

After the Lodge office verifies that your membership is current and in good standing, we process and issue a door card. It's specifically tied to your membership number and expiration date. When renewing your membership each year, you'll receive a two-month grace period to update the card. So, when your membership has expired and then renewed, you need to also renew the door card separately by filling out a form at the bar for \$5 annually.

Tusen takk!

POULSBO
CHAMBER OF COMMERCE

Hoppin' Around
POULSBO

OUR EASTER BUNNY HAS BEEN BUSY AND HAS STOPPED AT 15 BUSINESSES THROUGHOUT POULSBO!

Find his pawprint and collect a stamp at each place to complete this hunt. Drop it off at the Poulsbo Chamber of Commerce throughout Easter week to pick up a goodie bag and be entered for a chance to win one of our Easter Baskets!

WEEK OF APRIL 1-7 TH

Go online to PoulsboChamber.com to download and print out your bunny hunt passport OR stop by the chamber office to pick one up.

Poulsbo Chamber of Commerce
19168 Jensen Way, Suite 130
Mon-Fri 10:00am-4:00pm

ORDER AT
POULSBOSONSNORWAY.COM

FRIDAY NIGHT DINNER
A TROLLS DEN CLASSIC!
CHICKEN FRIED STEAK!!
FRIDAY
APRIL 5TH
CHICKEN FRIED STEAK
SMOTHERED IN GRAVY, MASHED POTATOES, CORN, A ROLL AND DESSERT.

\$16



VERN'S PANCAKE BREAKFAST

Sunday, April 7
9-11 AM

"Vern's" pancakes & lingonberries
bacon/sausage • scrambled eggs
fruit • juice • coffee/tea



\$12 adult • \$7 five and under

2ND ANNUAL CORNHOLE TOURNAMENT

APRIL 14TH 2-7 PM

• TEAMS OF 2
• IN THE MARINE ROOM
• FOOD & DRINKS FOR SALE



Oven Fried Chicken
April 19th 6PM

Crispy and delicious Oven Fried Chicken, with Scalloped potatoes, Spinach salad, a roll, and dessert. Get yours quick!

\$17

poulsbosonsnorway.com
members and guests only



\$18

Cod Fish FRIDAY

MAY 24TH 6PM

COD, ROASTED POTATOES, COLE SLAW, AND DESSERT. DELICIOUS!

WWW.POULSBOSONSNORWAY.COM



Cornhole Camaraderie: C'mon Down!



Even if you don't play in our second annual Cornhole* Tournament, don't miss the action and excitement on April 14 in the Marine Room, 2:00-7:00pm. Last year's event was super successful, and we're expecting an even greater turnout this month.

All you need is a team of two. The trophies alone are worth the price of admission (it's free!). First prize is a corn cob-shaped squeaky dog toy on a plaque with the winner's name, and second place is a can of corn, also perched on an engraved plaque. Plus, there will be food and drink for sale, including burgers, Fritos, and beer. Fun will be had by all.

*A game in which small bags filled with dried corn are tossed at a target consisting of an inclined wooden platform with a hole at one end: "Many are introduced to cornhole at a tailgate or family outing." 🇳🇴

Home Improvement

Beauteous Bathrooms: A Labor of Love

In order to update the Marine Room bathrooms upstairs, our Lodge Update Committee (LUC), consisting of Karen Zabinski, Kristin Holt, and Sandi Walsh, raised funds to replace countertops, sinks, and faucets. Additional fundraising was required to take care of the flooring. We also painted the walls and cabinets.

A special shout out to Marty Stickels and Chris Cannon who got the toilets and partitions re-installed. Member Kristin beamed: "We couldn't have done it without you guys! And I wanted to thank Karen and Sandi, too, for helping me with painting and with moving thing around, cleaning, and sticking close by 'just in case.' They're always there always there to lend a hand!"

The LUC will keep us posted on future projects for improving our home away from home. 🇩🇰



Gettin' in the Groove

Our Sports Medal Program

With Spring around the corner, more daylight, and hopefully sunshine, this year's Sports Director, Ruby Patterson, wants to encourage *friluftsliv*, the Norwegian tradition of outdoor life and recreation. This program is a member benefit designed to reward healthy habits at every age, activity level, and exercise preference.

How does it work?

- Simply choose the pin you want to focus on such as *idrettsmerke* (general fitness); *svømmemerke* (skiing); *sykkelmerke* (biking); or *gangmerke* (walking).
- Choose your goal within the program's bronze, silver, gold, or enamel levels.
- Work towards pre-determined requirements to earn your way to the sports medals, earning each level in sequence by tracking your progress on the fitness record card. These cards can be found on Lodge website under Programs/Activities, or they can be picked up at the Sons' office.
- When your record card is complete, submit it to Ruby who has a mailbox at the office. She will order your pins and present them to you at a Lodge meeting.

Please let Ruby know if you're also interested in participating in a golf tournament this summer. 🇳🇴



New Members



Accepted in March as members of the Lodge are (in back l to R after Lodge President Paul Anuson): Tony McDonnell, Elizabeth Fields, Mike Bruneau, Stephanie Kunold, Tiana Thompson, Marty Walker, Mike Walker, Dan Tillston, Chirs Ladner, Katie Ladner, Don George, Mitch Hall, Cheryl Hall, Sally Holts, Jeffrey Kooker, and Jami Tipton. In front are Kayla Kleist, Trevor Hulten, Lisa Gsellman, and Merrilee George..

Member Art Show

The first ever Member Art Show was held on Saturday, March 23. Items offered in the silent auction included oil paintings, prints, beach glass, concrete sculpture, fine woodworking, quilts, stoneware, jewelry, and fabric art.

Members that displayed their handiwork included Deb Adair, Kira Prostatus, Mike Pickard, Coleen Baker, Matt Baker, Mark Tongue, Carol Bracher, Blayne Ponce, Teresa Heather, Tim Larson, Wade Montcrief, Michael Topolski, Karen Shields, Julia Weston, Cathy Floyd, and Diane Fedt Topolski.

Also on display was the new Lodge banner quilt created by Carol Bracher (shown at right).

Thanks to all the member artists who participated! 🇳🇴



BFFs at the Sons

Friendships are precious, and Lodge friendships are fun! You might have seen two of our members around: Charlotte Tamm and Annette Anunson. Their friendship began when they were five years old. Both girls have represented the Lodge as dancers for over a decade and have helped in our Heritage Camp for the last three years after six years of attending it themselves.



Charlotte Tamm and Annette Anunson

They now serve the Sons as our current princesses, assisting us in their duties at Julefest, the Nordic Market, Lucia performances, and Lutefisk, and helping host the Family Fancy Formal. Look for them at Viking Fest and other Lodge events throughout the year and give them a wave!

Another friend, *Leikarringen* dancer Graeme Forbes, grew up dancing here and making friendships. He too has volunteered at dinners and heritage camps as well as representing us through dance. However, one of Graeme's most impressive Sons of Norway accomplishments came after college.

Returning to Poulsbo, Graeme wanted to keep friendships alive and continue dancing. Our adult dance program had been stopped due to COVID, and there was concern that the program might slip away altogether. So, Graeme contacted local Nordic dance teachers and dancers to start reviving our adult program.

On Monday nights, you'll see anywhere from 10 to 20 dancers, mostly young people in their twenties, dancing the night away and exploring their heritage – all thanks to Graeme's determination and continued work.

We have the wonderful gift of youth at Poulsbo Sons of Norway, and the three members highlighted here continue sharing our traditions and building friendships – the building blocks for our Lodge to continue well into the future. 🇳🇴



Graeme Forbes

Volunteer Spotlight:

Dave Petterson

A member of the Sons since the summer of 2023, Dave has jumped enthusiastically into volunteering. His help has been nothing short of robust, starting with Midsommer and on to community outreach, like last month's Family Fancy Formal.

And expect to be warmly welcomed by Dave at Friday Night Dinners; he checks membership cards and photo IDs at the door. This vibrant Viking (Dave knows how to dress it up!) says, "My favorite thing about volunteering at the Lodge has been getting to meet everyone." That's our Dave! 🇳🇴



POTATO DUMPLINGS (Pøtet Klubb)

- ½ lb salt pork (or ham)
- 6 cups grated potatoes
- 4 cups flour
- 3 tsp salt

Cut salt pork or ham into small cubes. Mix potatoes, flour, and salt. Form this mixture into a 3-4 inch oval ball, placing a piece of salt pork beforehand in the center.

Place in boiling water and cook gently for 1-½ hours. OR you can just leave the meat out of the center of the dumpling and cook the dumplings with a ham or ham hocks – whatever might give the them a good flavor.

The next day, cut up the leftover dumplings, fry them in butter, and serve them with salt and butter. 🇳🇴



Serve potato dumplings with a few chopped green onions, melted butter, salt, and pepper.

Green Thumbs Galore

Did you know that garden club in Norwegian is “*haget laget?*” And how does your garden grow? Ah, the mystery, the magic, the mystique. Having a green thumb for gardening is one thing, but all you really need is a love of beauty. And at the Lodge, it's all around us.

Sitting down with Susan Wytko and Becky Seigrist, the Måken got the scoop just in time for Spring. (Kindly note that these two members were so enthusiastic, some of their answers are blended together!)

Måken: Who makes up the Sons' Garden Club?

Susan: It's a group of volunteers who pitch in and work hard to keep the greenery outside the Lodge, well, green and blooming. It's a never-ending project, a constant to-do list. And it's something anyone can help us with.

Becky: We became involved because some of the gardening members were getting on and couldn't continue maintaining the weeding, planting, etc. And during COVID, the outside wasn't being kept up. Sandi Walsh was doing a lot of work on the inside of the Lodge, but noticed that plant and flower beds needed TLC. She got a bunch of people together, and here we are!

Måken: How do you come up with a planting gameplan?

We aim for easy-care plants that look nice all year long, like rhododendrons and hyacinth as well as evergreens, such as hellebores. Their common name is “winter rose” – green leaves with flowering in the winter season.

Many of our choices are generously donated from members' own gardens. And as we don't have a budget really, we're putting in for grants that will help make our outdoor surroundings beautiful.

Måken: Are you planting anything new for this Spring?

We hope to; we want to pull up the poppy corner, replacing it with another evergreen plant that is winter-flowering and then has berries so that the bush adds color year-round.

Måken: Where's the best nursery in town?

Valley Nursery is on the pricey side but for variety and expertise, it can't be beat.

Måken: What made you fall in love with gardening?

Becky: My mother gardened; my grandmother did, too. When something looks good, begins to flower and grow, when you work hard, and that task is completed, it's my Zen place. I just go outside and the worries and cares go away as I dig in the dirt. Everything fed, watered, and fertilized.

Susan: It's very therapeutic! I had just this really intense job once and on the weekend, I'd pull weeds. Very soothing. And you're out there, listening to the birds. Nothing better!

Måken: If you could make a perfume from a single flower, what would it be?

Susan: I don't wear perfume; my husband hates it. But I like to smell them all!

Becky: Tropicana rose or plumeria. It reminds me of Hawaii, of my childhood, and it's so fragrant.

Måken: Tell us about your favorite plant.

Becky: Maybe sunflowers. There a happy plant. Gorgeous. And they aren't just the typical yellow. There's a chocolate color and burnt orange and cherry red. One variety even looks like a succulent.

Susan: When I see the daffodils come up everywhere, I know that Spring is really here. 🇳🇴



Gardening with Mel



"I'm half Irish, and the other half doesn't matter," Mel Morgan shares impishly. (Well, unless the other half is Norwegian!)

An investor in commercial real estate on behalf of union pension funds, Mel is the man of the moment when it comes to maintaining the gardening around our Lodge. He partners with Susan Wytco, Becky Seigrist, and other volunteers to make things beautiful outside the Lodge, come spring, summer, winter, and fall.

Måken: What exactly do you do to make our garden grow?

Mel: Nothing is above my pay grade when it comes to keeping the Sons evergreen. I like to putter in a garden. Pulling weeds, trimming plants, spreading bark, you name it. And I think the membership likes this because I also have a blower for the sidewalks!

Måken: You're also the anchor for getting gardening grants.

Mel: Yes. I pull applications together for the Poulsbo Garden Club who gives out grants. Last year, we were awarded funds to put some new plants in and mulch down. We've just won a grant to add in the irrigation system.

Måken: What do you do like most about volunteering?

Mel: My wife Deb and I do a lot of volunteer work, and it just always brings us joy. As for having a green thumb, I like the fact that when you work in a garden, you can see the results immediately. The Lodge should look nice and inviting, especially when so many visitors come to Little Norway. And serving beer on Viking days is one of the best jobs ever!

Måken: Favorite flower?

Mel: Geraniums, I think. Or rhododendrons because they're green all year.

Måken: Words to live by?

Mel: The why of why I do things in life? My favorite poem is by the Indian poet Rabi Tagore from the late 1800s, early 1900s. It's simple: "I slept and dreamt that life was joy. I woke and saw the life was service. I acted and behold, service was joy." 🇳🇴



MAY 17-19

POULSBO

VIKING FEST

The 55th Annual Viking Fest Is almost here! It's happening on Friday, Saturday, and Sunday, May 17-19.

Shine up your shields and don't miss the carnival street fair, live performances at the Pavilion, a Street Dance, and most especially, the Vikings on parade.

Som plommen i egget! (To be like the yolk in the egg: to be in an ideal situation) 🇳🇴

Cocktail Corner

Rhubarb Rickey

- 2-4 pieces of rhubarb, muddled
- 1 oz Reykjavik Rabarbara Liqueur*
- 1 ½ oz gin
- ¼ - ½ oz Rose's lime
- Splash of agave syrup
- 1 tsp egg whites

Shake all ingredients and strain into a chimney glass filled with ice.

Top with soda and garnish with a lime wedge.

* Any rhubarb-flavored liqueur will work.



Meet the Member



Allison "Allie" Lowe is a National Board-Certified Functional Medicine Coach, Yoga/Meditation Teacher, and an Amazon Best-Selling Author (<https://www.amazon.com/stores/ALLIE-LOWE/author/B09SK1YSH4>).

She is the founder of Ready, Set, Go, a lifestyle management coaching firm and helps her clients live their best lives.

Allie is so grateful for the Sons of Norway community. "Going to events like Friday Night Dinners, Trivia Night, and holiday celebrations feels like coming home. We get to kick back and chill with our 'fr-amily.' I'm so grateful that this group has made us feel so welcomed, accepted, and supported." 🇳🇴



Don't forget that the Poulso Sons will be honoring a special member mom as we celebrate Viking Fest this year, May 17 to 19. So, send us a letter about why one very special mom is the world's best. April 30th is the deadline for all nominations to be mailed in to:

Sons of Norway, PO Box 653, Poulso, WA 98370

Limited to member families only. And remember that all those nominating their moms must be 12 years old or younger. 🇳🇴

In Memory

The Sons of Norway Member Memorial will be held on May 14, 2024, at 7pm in the Marine Room. We are celebrating those members who have passed away between May 2023 and May 2024.

If you know someone who has passed this past year, please call the Lodge office at 360-779-5209 or reach out to me on my landline 360-697-6150 or you can send me an email at gerstlmj@aol.com.

Thanking you in advance,
Mary Gerstel, Membership 🇳🇴



SONS of NORWAY

MISSION STATEMENT

The mission of Sons of Norway is to promote and preserve the heritage and culture of Norway, to celebrate our relationship with other Nordic countries, and to provide quality insurance and financial products to its members.

2024 POULSO LODGE BOARD

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