



THE POULSBO SONS OF NORWAY LODGE NEWS MAGAZINE

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Celebrating Syttende Mai, Norway's Constitution Day

As a member of the Sons of Norway, you're probably aware that May 17th is an important Norwegian holiday, and that it commemorates the signing of Norway's Constitution in 1814. You might also know that on that day Norwegians display their flag everywhere, and the colors of red, white and blue proudly decorate cakes and desserts, similar to our own July 4th.

But what are other ways Norwegians celebrate their special holiday? Here are some traditions:

- A traditional Syttende Mai breakfast can include smoked salmon, eggs, strawberries, and sparkling wine. During the day street vendors sell hot dogs, waffles, and ice cream.
- Norwegians take pride in dressing up for the special day. Men don suits, women wear dresses, but the most important clothing on this day is the traditional *bunad*, which varies depending on the region.
- In Oslo, early in the morning before the day's festivities begin, many people gather at the graves of Henrik Ibsen and other historic figures to honor the nation's past.
- The holiday focuses on children and the future. School children from all over the country participate in the National parade in Oslo, which concludes at the Royal Palace.

- One interesting feature of the day is the celebration of high school seniors (called *Russ*). The festivities begin weeks in advance but end on May 17th before final exams. There are Russ parades and raucous street parties where the graduates wear colored and decorated school-specific overalls.

While the Russ tradition may seem surprising, it is fitting for a day that focuses on the youth. So let's celebrate Syttende Mai in a traditional manner: watch a parade, eat a hot dog and some ice cream, fly the Norwegian flag, and if you're blessed with one, wear a bunad!



Viking Blood Needed: Bloodworks Blood Drive

Poulsbo Sons of Norway is hosting a Bloodworks Blood Drive Thursday May 15th from 10:00 am - 4:00 pm.

Appointments Required.

Schedule online at schedule.bloodworksnw.org.

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Hei og velkommen verdsatte medlemmer av Sons of Norway Poulso Lodge.

The month of May is named after the Greek Goddess Maia and is often seen as a "Month of grace and favor." This month brings

many community and cultural celebrations and remembrances.

In Europe, the May 1st *May Day* festival marks the beginning of summer. Traditions include gathering wildflowers, weaving floral garlands, crowning a May Queen (and often King), and dancing and singing around the *Maistang* (Maypole).

Norwegians celebrate Norwegian Constitution Day on *Syttende Mai* (May 17th). Proud of their independence, Norwegians greet each other with *Gratulerer med dagen!* (Congratulations on the day), which is a typical birthday greeting. The first Northwest Syttende Mai celebrations were held in 1889 at the Bellevue and Arlington hotels in Seattle, before Washington became a state.

The Poulso Viking Fest, held the 3rd weekend of each May, coincides with Syttende Mai and honors the area's Scandinavian heritage.

May also brings our annual Sons of Norway Lodge Memorial Remembrance meeting in the Marine Room on Tuesday May 13th. If you know of a member who has passed away, please let us know so we can honor them at this meeting.

As the month comes to a close, we celebrate the memories of our US Armed Forces members who sacrificed their lives for our freedom.

Curtis Vincent

2025 Poulso Sons of Norway President

ed Vincent



Måken

is the monthly news magazine of the Poulso Sons of Norway Lodge 2-004

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Calendar

Coming Events

May 2025

- 2 Cinco de Mayo Dinner (Trolls' Den)
- 3 Author Event with Makenna Held, "Mostly French"
- 9 Chicken Cordon Bleu Dinner (Trolls' Den)
- 9 Line Dance Night (Trolls' Den)
- 11 Registration Deadline for Youth Heritage Camp
- 15 Bloodworks Blood Drive (Marine Room)
- 16-19 Poulso Viking Fest
- 13 Lodge Memorial (Marine Room)
- 23 Tuesday Night Dinner Menu Preview (Trolls' Den)

June 2025

- 14 Midtsommer Festival: Market, Dancing, Bonfire
- 23 Book Club (Trolls' Den)
- 23 Medieval Midtsommer Feast (Trolls' Den)
- 24-26 Youth Heritage Camp (Poulso Sons of Norway)

July 2025

- 19 District 2 Steak Fry & Tournament (Troll Haugen)

Continuing Events

Mondays

- 8:00 am Yoga (Marine Room)
- 4:30 pm Youth Dancing (*Leikarringen*)

Tuesdays

- 9:00 am Old Guys' Kaffe Klatch (Trolls' Den)

Wednesdays

- 8:00 am Yoga (Marine Room)

Thursdays

- 9:00 am Old Guys' Kaffe Klatch (Trolls' Den)
- 6:00 pm Wood Carvers (Norse Room)
- 6:00 pm Trivia (Trolls' Den)
- 7:00 pm Norwegian Singing (Marine Room)

Fridays

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

First Tuesday

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

Second Tuesday

- 6:00 pm Lodge Meeting (Marine Room)

Third Tuesday

- 6:30 pm Vikings Meeting (Viking Room)

Fourth Tuesday

- 6:00 pm Ingeborg Society (Viking Room)

Third Saturday

- 3:00 pm Genealogy Meeting (Norse Room)

First Sunday

- 9:00 am Pancake Breakfast (Marine Room)

On the cover: Constitution Day Parade, Oslo, Norway



WHAT'S HAPPENING IN THE TROLLS' DEN

Friday Night Dinner Summer Diner Series!

Cool off and dig in with our fresh summer lineup featuring Diner classics like:

- Crisp Salads
- Stacked Sandwiches
- Sizzlin' Brats

All the flavor, none of the fuss — only at the Troll's Den! Fridays June 27- August 22, excluding July 4th.

Swing by and taste summer!

Dinners start at 6:00 pm. Get your tickets at poulsbosonsofnorway.com

MEMBERS ONLY

Important Viking Fest Reminder!

Visiting the Trolls' Den during Viking Fest? There will be a \$10 cover charge and we're limiting the number of guests to ensure we're compliant with the fire code.

To enter the Trolls' Den during Viking Fest:

- All members must present their Sons of Norway Membership cards.
- All members and their guests must present their WDL or other government issued identification.
- Each member can sign in ONE guest.

Thanks for your understanding and cooperation!

Community Corner

Our new Cultural Director Yori Seeger and Youth Director Dana Seeger were joined by Viking ambassadors Alan Talmadge and Kira ProStatus for a presentation on Norwegian and Viking Culture at the Kingston Highschool Multicultural event on April 15th. Thanks for making the time to represent Poulsbo Sons of Norway and share your knowledge!



SANGRIA and MARGARITA drink SPECIALS!

CINCO De Mayo

FRIDAY MAY 2nd

Join us at the Trolls' Den for an evening of festive dining featuring delicious South-of-the-Border treats! Enjoy delicious Pastel Azteca, a Mild Salsa and Chicken casserole, with black refrito beans and a fresh salad, and Arroz con Leche for dessert!

\$19



POULSBOSONSOFNORWAY.COM
MEMBERS AND GUESTS ONLY

A Chat & Book Signing with Makenna Held

Mostly French is a stunningly beautiful cookbook developed and photographed at La Pithoune, Julia Child's home in Provence. Inspired by the olive trees and hills of lavender, thyme, and wild asparagus, author and cooking instructor Makenna Held shares 150 recipes that pay homage to the serenity of Southern France. Through dishes such as Roasted Chicken with Lemon and Sumac, Caprese with Peaches and Strawberries, and Lavender Salted Caramels, among dozens of others that lean into France and ease, she channels the best of French cooking: simple ingredients, technique, and balanced flavors.

Mostly French brilliantly demystifies the cuisine that has intimidated many a home cook, bringing it back to its peasant country roots, giving us a way to cook that is honest and grounded - Olivia Tiedemann, Culinary Chef



Join us May 3rd at 2pm in the Marine Room
Poulsbo
Sons of Norway

Books Will Be Available For Purchase Courtesy of Away With Words
For more information about the book: makennaheld.com

VERN'S PANCAKE BREAKFAST



Pancakes and lingonberries, bacon, sausage, scrambled eggs, fruit juice, coffee and tea

Sunday, May 4, 9-11 AM
\$15 adult — \$7 five and under
Sons of Norway | 18991 Front Street

May 9th 6PM

Chicken cordon bleu

\$19

with bearnaise sauce, green beans, mashed potatoes, a roll, and a delicious dessert



ORDER ONLINE @POULSBOSONSOFNORWAY.COM
MEMBERS AND GUESTS ONLY

LINE DANCE NIGHT

POULSBO

SONS OF NORWAY

MAY 9TH AT 7:30 PM

After Friday night dinner
\$10 per person,

We'll be teaching two dances:
Ah Si (Fireball)
Tipsy (A Bar Song)

A special event hosted by Tiffany and Michelle from One More Time Dance Co



Trollhaugen

\$35 Donation

We have fun family and group activities planned for the day. All activities will start at 10:00am

Dist. 2 invites you to a Horseshoe and Kubb tournament

There is something planned for all to enjoy. Don't delay make reservations today!

Dinner Reservation - Bill Hicks 425/672-0194 or Hicks1015@msn.com
Overnight reservation email trollhau@outlook.com
Remember say Steak or Salmon

Kids hotdog meals \$5.00 donation
DEADLINE July 7, 2025

Happy Hour (BYOB) 2:30pm
Dinner 3:30pm

THE VIKINGS ARE COMING!

VIKING FEST

VIKINGFEST.ORG

MAY 16-18, 2025 · POULSBO, WA



Poulsbo Sons of Norway Book Club Revamp

Read What You Want, Share What You Love

Join us for a different kind of book club. All of the fun with none of the required reading. We will meet once a quarter to share and recommend our favorite reads. (Feel free to bring books to trade)

3/24, 6/23, 9/22, & 12/15 6pm
in the Trolls' Den

TROLLS' DEN DINNER

SUMMER DINER SERIES

Friday night dinners
June 27 - August 22, except July 4th

2025 Poulsbo Viking Fest: May 16-18

The Poulsbo Viking Fest is proudly presented by the communities of Poulsbo & Kitsap County to celebrate the spirit of our Scandinavian founders.

Lodge members will be participating in the festivities throughout the weekend.

Our Poulsbo Sons of Norway Vikings are sending off the Viking Road Race runners and cheering them at the finish line, parading through town, and hosting Viking games and posing for photos at the Viking Village.

The Leikarrangen Dancers are also participating in the parade and will be performing on Friday and Saturday at the Waterfront Pavillion.

We'll be raising money for the lodge with our annual Beer Garden and craft sales at the Viking Village.

This is our town's biggest event of the year and an opportunity for us to show the community what the Poulsbo Sons of Norway is all about, and encourage more members of the community to join the lodge.

During Viking Fest, we need as many hands on deck as possible. There are a variety of volunteer opportunities—check the sign up sheet in the Trolls' Den, contact Christina in the office for times when we need help with security, or see Koleen for information about beer garden shifts.



Friday May 16

Poulsbo Viking Fest Opening Ceremony
Leikarringen Dancers @ Waterfront Pavillion

Saturday May 17

Viking Road Race
Leikarringen Dancers @ Waterfront Pavillion
Sons of Norway Lodge Beer Garden
Viking Fest Parade
Viking Games @ Viking Village
Street Dance

Sunday May 18

Viking Games @ Viking Village
Viking Blót @ Waterfront Pavillion



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.

2025 POULSBO LODGE BOARD

President: Curtis Vincent
Vice President: Brian Smith
Treasurer: Bob Wolfe
Secretary: Angel Wunder
Trustee 1: Donna Kodalen
Trustee 2: Robert Kodalen
Trustee 3: Rhonda Mitchusson
Counselor: Paul Anunson
Membership Secretary: Keri Kankovsky
Assistant Secretary: Theresa Vincent
Auditor 1: Tony Smallbeck
Auditor 2: Amy Swenson
Auditor 3: Laura McDonough
Sports Director: Ruby Patterson
Social Director: Ashley Singer
Youth Director: Dana Seeger
Cultural Director: Yori Seeger
Publicity Director: Jason Scott
Foundation Director: Joanne Graves
Editors: Deb Adair, Jan Slusher
Musician: Kathy Haug
Historian: Karen Zabinski
Marshal 1: Josh Washburn
Marshal 2: Robynn Collins
Greeter 1: May Mathiesen
Greeter 2: Lorena Maxwell

