



SONS OF NORWAY



The NewSance

To Annoy, Awaken and Inform

Cascade #87, Sons of Norway

Volume 46 #2

President: Leiann Ronnestad 425-313-0193
Secretary: Jo Ann Anderson 206-931-1223

Mercer Island, WA

Treasurer: Eloise Dickerson 425-868-8215
Editor: Ted Fosberg 206-242-2560

March/April 2014

Dear Cascade Members, Family and Friends....

Our lodge is awakening! We are starting new adventures, celebrating our heritage, bringing in new members and becoming more involved in the community.

As we grow, we also want to keep a focus close to home.

We are very lucky to have so many very special people in our lodge. Friends who have lived interesting lives, seen many things, and experienced events that that changed their lives forever.

For so many, the past is slowly being lost. Memories have become misty and fragmented, or have vanished altogether. I fear if we do nothing, many stories and lives could be forgotten and lost forever.

Do you Remember?

Good morning, yesterday
You wake up and time has slipped away
And suddenly it's hard to find
The memories you left behind
Remember, do you remember?

The laughter and the tears
The shadows of misty yesteryears
The good times and the bad you've seen
And all the others in between
Remember, do you remember
The times of your life? ** Paul Anka

What can we do?

I would like to create a Living History program and see where it goes. We could start with a workshop focused on helping members to write or record the story of their own lives or the lives of their family members, parents or grandparents. Maybe you think you have nothing to tell, nothing to write down. But give it a chance. You have lived through many situations that brought you to this point in time. Others want to hear what you have to say, read about experiences you have had, see the world through your eyes.

Do you remember?

Fondly,

Leiann Ronnestad, President

Pancake Breakfast!!!

We have tentatively scheduled our FIRST Pancake Breakfast for Saturday, May 3 from 9-12, at the Mercer Island United Methodist Church. We will be inviting lodge members, friends and the community to join us for this fun outreach. We have had requests to also offer Lefse. We have 2 Lefse grills - does anyone have a couple more we can use? Did you know - we are the ONLY lodge offering Gluten-Free Lefse! We will also have potato and Hardanger (Sweet) Lefse. We may want to see about making some ahead as sales could be quite brisk. Please contact Leiann Ronnestad at LRonnestad@aol.com or 425-313-0193 for more information. Come, help us cook up lots of goodies. The breakfast is a fundraiser for our lodge activity and scholarship funds. This will be a great opportunity to meet the local community and invite them to see what Cascade Lodge is all about!

Cascade Lodge Officers 2014

<i>President</i>	<i>Leiann Ronnestad</i> lrnnestad@aol.com	425-313-0193
<i>Vice-President</i>	<i>Don Post</i> ldopost@msn.com	425-957-7692
<i>Secretary</i>	<i>Jo Ann Anderson</i> SofaRiders@aol.com	206-931-1223
<i>Treasurer</i>	<i>Eloise Dickerson</i> esausett@aol.com	425-868-8215
<i>Counselor</i>	<i>Gregory Lucas</i> gregorylucas@lucasandlucas.net	425-454-3302
<i>Editor</i>	<i>Ted Fosberg</i> fosberg@msn.com	206-242-2560
<i>Financial Secretary</i>	<i>Lois Hummel</i> rdandlhummel@hotmail.com	206-232-2669
<i>Cultural Director</i>	<i>Sue Ogilvie</i> jogilvie@jogilvie.seanet.com	206-232-6804
<i>Foundation Director</i>	<i>Doris Speer</i>	206-232-9222
<i>Historian</i>	<i>Doris Speer</i>	206-232-9222
<i>Trustees</i>	<i>Lois Hummel</i> <i>Sue Ogilvie</i>	206-232-2669 206-232-6804
<i>Social Directors</i>	<i>Doris Speer</i> <i>Obert Ronnestad</i>	206-232-9222 425-392-5806
<i>Musician</i>	<i>Charlie Kinder</i>	206-387-3326
<i>Assistant Musician</i>	<i>Judith Hullin</i> jahski@msn.com	206-948-2882
<i>Sports Director</i>	<i>Ted Fosberg</i> fosberg@msn.com	206-242-2560
<i>Adopt-A-School</i>	<i>Ted Fosberg</i> fosberg@msn.com	206-242-2560

March 25th Program – “SAGA OSEBERG: The Making of a New Oseberg Ship”

The Oseberg Viking ship is arguably the most famous of all the excavated Viking ships. The image of the ship and its prow is an iconic image in Scandinavia and especially Norway. Excavated in 1905, it now rests in the Viking Ship Museum in Oslo. In 2010, a non-profit group in Tonsberg, Norway, began the construction of a copy of the Oseberg ship using Viking age techniques and tools. The ship, the “Saga Oseberg”, was launched in 2012.

Jay Haavik, noted Seattle artist and wood carver, was hired by the group to be the lead carver to undertake the elaborate carvings on the prow and stern of the ship. In his program, including many images, Jay will talk about the Oseberg ship and its finds, and the making of the “Saga Oseberg”.

Please join us for an Irish dish potluck at 6:30 pm, our program at 7:30 pm, and a short business meeting following.

[Editor’s Note: **Jay Haavik** is an internationally known professional artist and woodcarver. His initial work was with the art forms of the NW Coast Native Peoples. Currently, most of his works are from the Viking age, having returned to his full Norwegian heritage. In 2003 he received a Norwegian Marshall Fund award to study at the Viking ship Museum in Oslo. In 2010 he was hired by the New Oseberg Ship Foundation to be the lead carver in the making of a replica of this famous ship.]

April 22nd Program – “THE FATE OF THE GREENLAND NORSE”

The Norse exploration of Europe and the North Atlantic between 800 and 1066 AD is perhaps one of the most remarkable population expansions in human history. Fueled by a combination of advanced boat technology and desire for trade goods, the Norse colonized and settled numerous villages and outposts in remote locations including Iceland, Greenland and North America. While some of the villages the Norse settled in Western Europe still exist today, the Norse expansion into the North Atlantic often tells a different story, one that eventually leads to collapse of the settlement. Perhaps the most intriguing example of Norse abandonment can be identified in Greenland, which after 500 years of occupation quickly disappeared with very few clues as to the cause of their demise.

Erik Gjesfjeld, a budding Archaeologist, will explore what is known about Norse life in Greenland and present the most recent archaeological evidence for how and why the settlement met its ill-fated outcome.

Please join us for a hot dish potluck at 6:30 pm, our program at 7:30 pm, and a short business meeting following.

[Editor’s Note: **Erik Gjesfjeld** is an advanced PhD student in the Department of Anthropology at the University of Washington and is scheduled to graduate this coming May. Specializing in archaeology, Erik’s research focuses on the colonization and settlement of remote environments with a particular interest in the occupation of Arctic and Sub-arctic regions. While his current PhD research focuses on the habitation of the Kuril Islands in Northeast Asia, Erik has previously excavated a Norse settlement in northwestern England and has always maintained a keen interest in the archaeology of Scandinavia. Erik is also an active member of Leif Erikson Lodge in Ballard.]

God Paaske!

March Birthdays:

Erika Fosberg	3 Mar
Karen Hart	4 Mar
Kjerstin Lie	4 Mar
Sue Ogilvie	13 Mar
Barbara Nelson	16 Mar
Robert Olson	16 Mar
Hazel Fosberg	27 Mar

April Birthdays:

Irene Andersen	9 Apr
Nils Watkins	10 Apr
Reid Greenwood	16 Apr
Einar Beck	19 Apr
Berit Brecke	19 Apr
God Paaske	20 Apr
Finn Fosberg	24 Apr
Gunnborg Knudsen	29 Apr

Estate Planning Session Saturday March 29, 2014

The Sons of Norway Foundation and our Financial Benefits Counselors have teamed up with the American Red Cross and invite you to attend an informative session on:

Estate Planning 101

Learn the ins and outs of successful planning by the experts, designed specifically for Sons of Norway members. This informative event will be held as follows:

Saturday, March 29, 2014
10 AM to noon
Bothell Lodge Sons of Norway Hall
23005 Bothell-Everett Highway
Bothell, WA 98021

Invite your spouse, adult children, neighbors and friends to attend with you. They will thank you and you will receive great planning tools to take home. There will be a Q & A following the presentation.

Please **RSVP** foundation@sofn.com with the number of people attending by March 26, 2014 so they can plan for materials, treats and enough coffee.

LefseFest!

Saturday, June 7 from 10-4.

I am so excited to announce that this year we will be holding LefseFest and Scandinavian Heritage Day at the beautiful Vasa Skogsblomman Lodge in Preston! Skogsblomman has been a wonderful supporter of our festivals and they have graciously invited us to hold LefseFest at their lodge. The lodge is easy to get to from I90, has parking, a beautiful hall, a full kitchen and a lovely field for dancing, vendors and raising the Maypole! We expect this festival to be even larger than last year's, with lots of traditional foods, Lefse competition, Swedish Pancakes, music, dancing, raffles, vendors, demonstrations, genealogy, children's activities and much more!

Syttende Mai

Get ready for the Syttende Mai Parade in Ballard! This year we are looking into including a car in the parade so less mobile members can participate. Thank you Sue, for suggesting this and offering the use of her car. More information will be coming in our regular meeting. Parade date: Saturday, May 17, from 6-8 pm.

Syttende Mai Presentation

Members of the 17th of May Committee from Leif Erikson Lodge will be coming to our March 25th meeting to give us a brief presentation on the significance of this special day and the anniversary we are celebrating. We look forward to learning more about the 200th signing of the Norwegian Constitution.

Ole, Lena and Sven Revisited

Ole exclaimed to Lena, "I finished the puzzle in only 3 weeks!"
Lena asked, "Why are you so excited?"
Ole replied, "It said 4 to 5 years."

When painting the house, Ole was wearing two jackets on a very hot, summer day.
Lena asked, "Ole, why are you wearing two jackets on such a hot day?"
Ole replied, "The directions said to put on two coats!"

Kalendar:

March 22nd, Sat, 10am - 4pm, Norwegian Culture and Heritage Day, Leif Erikson Lodge Hall, Ballard.

March 25th, Tue, 6:30p; Cascade Lodge Meeting with potluck at Mercer Island United Methodist Church, 7070 SE 24th, Mercer Island.

March 29th, Saturday, 10am to 12 noon, Estate Planning Session at Bothell Lodge

April 22nd, Tue, 6:30p; Cascade Lodge Meeting with potluck at Mercer Island United Methodist Church, 7070 SE 24th, Mercer Island.

May 3rd, Sat, 9am to 12 noon, Cascade Lodge Pancake Breakfast, Mercer Island United Methodist Church.

Membership Questions? Please contact Don Post at **425-957-7692** for information about membership, lodge activities, or scholarships.

Joe Wenzel is Cascade's Sons of Norway Field Staff Representative for Financial Products. Joe can be contacted at 425-293-5234 or 1-800-210-0240, or by email at wenzel1941@yahoo.com.

The Scandinavian Hour on Radio

Doug Warne continues to host the popular Scandinavian Hour, Saturday mornings 9:00 to 10:00 am on **KKNW, 1150** on your AM dial.

Cascade Lodge Sons of Norway
Ted Fosberg
2841 SW 172nd Street
Seattle, WA 98166