



SONS OF NORWAY



The NewSance

To Annoy, Awaken and Inform

Cascade #87, Sons of Norway

Volume 48 #4

Mercer Island, WA

September/October 2016

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Secretary: Jo Ann Anderson 206-931-1223

Treasurer: Dee Hoeke 425-836-0715
Editor: Ted Fosberg 206-242-2560

Lodge of the Year!

Congratulations to Cascade Lodge for receiving the **2015 Sons of Norway District 2 Small Lodge of the Year award!** I am so proud of all of you!!!

There are many factors which determine who wins Lodge of the Year. While there is some factoring on membership and recruitment, much of what gave us the most points were our exceptional efforts to reach out to the community and share our culture and heritage - even if it did not bring in money to the lodge or directly bring in new members.

We have had many programs that allowed us to share with those that had very little, if any, knowledge of Scandinavian culture. We actively shared our history, crafts and skills. The programs gave us opportunities to help and encourage others and show the community that Sons of Norway members are caring, generous, funny and warmhearted. We are willing to get dirty, sticky and look silly. And sometimes, when things don't go as planned, we can laugh and it is okay.

One really good example was Viking Day at the Mercer Island Boys & Girls Club. The children had a wonderful time as we introduced them to Scandinavian culture. They also learned some valuable life lessons by observing us. Did you know how closely they watched you and your reactions? If the graham cracker houses fell apart, we didn't get angry, criticize or lecture, we laughed and added more frosting. If the soap boats were a little lopsided, we never noticed, but praised the child instead on the excellent sails they had made. In a world where few people give without expecting a return, they saw us working together, because we like each other and wanted to be there.

Our lodge outreach programs also provide important pathways for children and young people to interact with our older members, to see them as interesting, having something to say and experiences to share.

My grandfather often said, "The most profound gift you can give another is sharing yourself, your time, your memories, your dreams, your acceptance and joy, peace and friendship. "

Thank you Cascade Lodge members and friends for all of your generosity, help and support. You have truly earned this award. Thank you also to the Sons of Norway Foundation for the generous grants they have provided that enabled us to reach so many people in our community. And thank you to the Sons of Norway committees that voted for us to be named Small Lodge of the Year. We thank you all so much. We are humbled and grateful for your acknowledgement of our hard work and efforts to continue sharing the spirit, history and culture of Norway and Scandinavia.

Thank you,

Leiann Ronnestad, President

Summer Picnic

Sunday, September 11th found many Cascade members holding the annual Cascade Lodge Summer Picnic at the home of Gay and Diane Engelsen. The day was perfect, with exceptional weather, good friends and wonderful hosts. Thank you Diane and Gay! And Mindy the goat!!

Christmas Party December 10th

Save the date – Saturday, **December 10th** for the Annual Cascade Lodge Christmas party. Plans are underway for a fun day with crafts, dancing, live music and much more!

Cascade Lodge Officers 2016

President	Leiann Ronnestad lronnestad@aol.com	425-313-0193
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Historian	Doris Speer	206-232-9222
Trustees	Lois Hummel Gudmund Berge	206-232-2669 206-232-0071
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Musician	Judith Hullin jahski@msn.com	206-948-2882
Sports Director	Ted Fosberg fosberg@msn.com	206-242-2560
Scholarship Coordinator	Ted Fosberg	206-242-2560
Adopt-A-School	Ted Fosberg	206-242-2560

Editor's Note

Items of news that you wish to be included in the newsletter are welcome and I will try to accommodate. The next issue will be in November 2016. Please submit your contribution to fosberg@msn.com by November 5th. If you wish to receive the NewSance via e-mail, please send me your e-mail address. E-mail versions will be in pdf format. If you no longer wish to receive the NewSance, contact me: fosberg@msn.com.

Informative Websites

www.CascadeLodge.org – Cascade Lodge's own Web Site

sonsofnorway2.com – District 2 information

sonsofnorwayblog.blogspot.com - Issues related to Norway and Sons of Norway.

September 27th Meeting – "Rosemaling is So Norwegian"

Marilyn Hansen will discuss different styles of Rosemaling and show examples. She will also present a short history of Rosemaling in Norway and America. Items will be available for purchase.

Please join us for a potluck of Casseroles at 6:30 pm, the above program, and a short business meeting.

[Editor's Note: **Marilyn Hansen** has been Rosemaling since 1977 when she took her first lesson in Seattle. Since then, **Marilyn** has studied with many American and Norwegian teachers, learning something new each time. She paints 7 different styles, but her favorite is Telemark. She is working on her 11,960th item, and each one has been a joy! **Marilyn** teaches Rosemaling locally and in Mesa, AZ. She enjoys bringing information and skills to people as they learn to paint and appreciate the work involved in the Art. Rosemaling is a huge part of her life and she likes it that way!]

October 25th Meeting – "Seattle-Bergen Sister Cities Association: A Tale of Two Cities"

Lori Ann Reinhall, President of the Seattle-Bergen Sister City Association (SBSCA), will share highlights from their past year of activities, including her recent trip to Bergen and the annual Edvard Grieg Gala. She will also discuss upcoming events, including the 2016 Seattle Sister Cities Reception and plans of the SBSCA's 2017 trip on the *Hurtigruten* along the Norwegian coastline next May in celebration of fifty years of friendship between Seattle and Bergen.

Please join us for a potluck of Fall Harvest Dishes at 6:30 pm, the above program, and a short business meeting.

[Editor's Note: **Lori Ann Reinhall**, well known in the Northwest as the "Scandinavian Songbird", frequently performs and lectures on various aspects of Scandinavian culture. She performed in *Duo Scandinavica* with Jim Nelson for several years in both Scandinavia and locally. By day, **Lori Ann** is a global project manager for Lionbridge Technologies, where she works on major software products, including MSN and Microsoft Store. She is multilingual and holds advanced degrees in languages and literature from the UW and UCLA. She has studied, done research and worked abroad in Sweden, Norway, Austria, Switzerland and the UK.]

Gratulerer med dagen!

September Birthdays:

Kristin Post	1 Sept
Janet Starr	1 Sept
David Hullin	4 Sept
Leann Hopwood	5 Sept
Ellen Skugstad	5 Sept
Sheila Roe	10 Sept
Karen Sorci	10 Sept
Purvi Mody	16 Sept
Ingrid Fosberg	19 Sept
Charles Srock	21 Sept
Gary Ovsak Jr.	26 Sept
Bob Sunderland	27 Sept

October Birthdays:

Judith Hullin	7 Oct
Don Post	14 Oct
Steve Wilmot	16 Oct
Toril Belland	17 Oct
Gerd Jones	20 Oct
Lois Hummel	25 Oct
Trudy Schmidt	30 Oct

Summer Celebration Pancake Breakfast and Parade

The Mercer Island Summer Celebration Pancake Breakfast hosted by Cascade Lodge was a wonderful success! We had a very good turnout of volunteers and the customers couldn't say enough about how good the pancakes were. Thank you to everyone, friends and lodge members for making this event so much fun and such an important part of the SeaFair Summer Celebration!

This year, for the first time, Cascade Lodge members marched in the Summer Celebration Parade! We were joined by the Risa Dala Children & Family Scandinavian Folk Dance Group and accompanied by the beautiful music of Skandia Kappel as they marched along with us. After the parade, Risa Dala and Skandia Kapell performed in front of the Cascade Lodge booth, much to the surprise and enjoyment of the festival participants.

Issaquah Salmon Days Oct 1 and 2

Cascade Lodge will be having a booth at the Issaquah Salmon Days Saturday Oct 1st and Sunday October 2nd as in the past. We are looking for volunteers who can be at our booth during the above days. Our plan is to have two members present at all times, each serving for about 4 hours. If this fits with your schedule, please contact Leann Ronnestad at 425-313-0193 or lrnnestad@aol.com and help our lodge grow!

The Swedish Club Holiday Bazaar

The Swedish Club will be holding their annual holiday bazaar November 5 & 6, at their lodge in Seattle. They are in need of **volunteers** to help during the festival. This is a wonderful opportunity for Cascade Lodge to reach out to the community! There are needs for volunteers both Saturday and Sunday. Shifts are from 9-12 and 12-3.

There are all kinds of needs ranging from Kitchen Help to Front Desk to Raffle Ticket Seller to staffing the Swedish Club Table. The needs include those who are mobile and those who prefer to sit. All will be welcome and have fun!

Please contact: Leann Ronnestad at 425-313-0193 or lrnnestad@aol.com to sign up or questions. Looking for about 10-12 volunteers. Carpooling is encouraged.

Scholarships for Young and Old

Scholarships for the young and old are available from Cascade Lodge, District 2 Sons of Norway and the Sons of Norway Foundation.

Cascade Lodge offers the Susan Ogilvie Memorial Scholarship, and the Cascade Lodge Scholarship and Education Fund. Included are scholarships for children's camps, workshops and classes; and educational or cultural programs for the Lodge.

District 2 Sons of Norway offers summer camps and camp scholarships; and the Carl Saltveit Scholarship. The latter scholarship pays for room, board and tuition at the International Summer School at the University of Oslo. Applicants of **all ages** are eligible to apply but must have completed at least one full year of college level work and been accepted to the International Summer School.

The Sons of Norway Foundation has several scholarships available to members, and children or grandchildren of members.

Details of the Scholarships can be obtained from David Champion, District 2 Youth Director, at 971-284-4175 or norseherodotus@hotmail.com; and Ted Fosberg.

Youth/Unge Venner Party

All Heritage and Unge Venner Members from all lodges in the Puget Sound area are invited to a Bowling/Ice Skating Party Sunday October 2nd from 1:30 pm to 4:30 pm at the Lynnwood Bowl and Skate, 6210 – 200th Street SW, Lynnwood. The cost for bowling is \$11 for ½ hour and \$4 for shoes. The cost for ice skating is \$8. Look for the Norwegian Flag to find the group. For more information or to RSVP, please contact David Champion at 971-284-4175 or norseherodotus@hotmail.com.

Kalendar

Sept 27th, Tue, 6:30p; Cascade Lodge Meeting with potluck at Mercer Island United Methodist Church, 7070 SE 24th St., MI.

TBD, Risa Dala Family Scandinavian Dance Practice.

Oct 1 and 2, Cascade's Booth at Issaquah Salmon Days.

Oct 11, Cascade Lodge Board Meeting.

Oct 22/23, Leif Erikson Lodge Holiday Bazaar.

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

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

Gary Ovsak, Jr. of Issaquah is Cascade's Sons of Norway Field Staff Representative for Financial Products. Gary can be contacted at 253-588-0204(o) or 425-463-5197©, or by email at govsak@planmembersec.com.

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
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