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HOVEDSTAD POSTEN

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Hovedstad Lodge 2-094

September 2025



Board Meetings

Third Tuesday at 6:30

Zoom Board Meeting

All members are invited

Regular Meetings

September – May
4th Monday each
month at 6:30 PM

Columbian Hall

6794 Martin Way E
Olympia, WA 98516

Need directions?

Have a question about an upcoming meeting or event?

Contact Jim This
360-870-5820

Fra Presidenten

Hallo!

Greetings from the Czech Republic. Sue and I are on a great vacation in Central Europe.

There are some exciting things coming up for the fall. Our regular meeting on September 22 will feature a video on the voyage of the Restauration—the recreation of the ship that came from Norway 200 years ago. We're also going to expand our social time prior to meeting by providing pizza and side dishes.

We will also have a report on Camp Trollhaugen from Zoey Bissonnette.

Deirdra Bissonnette will report on plans for a traditional Norwegian meal for our Anniversary celebration. Please sign up to help make this a great event.

I encourage you to invite potential new members for both of these events.

Ses Snart!

Jim

Next Meeting
Columbian Hall
September 22, 2025
6:30 pm

Check Out Our New Website!

Yes, we have a Facebook page, but now the Hovedstad Lodge is **online!** Visit us at <https://www.olympiasonsofnorway.org> to engage with us and stay current and involved!

Hovedstad Lodge 2024

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Join us for our September Lodge Meeting!



Sons of Norway

It is the 200th anniversary of the sailing of the ship Restauration, bringing Norwegian immigrants to America looking for a better life. Join us at our September Lodge meeting, where we will view a presentation about the Restauration and the anniversary. We will also get a report from Zoe Bissonnette about her attendance at Camp Trollhaugen this past summer. Before the program and business meeting, we will welcome each other back with a meal of pizza, salad, and dessert. So, bring your appetite, your curiosity, and friends that may find this program of interest, and join us for our September Lodge meeting, Monday, September 22, 6:30 pm, at the Columbian Hall, 6794 Martin Way E, Olympia, WA 98516



The Sons of Norway Foundation's purpose is to celebrate Nordic culture and heritage through scholarships and grants to our members and communities. Since 1966, staying true to this purpose, the Foundation has been supporting members through scholarships and cultural exchange opportunities, providing disaster relief to members in need, and funding community programs that celebrate Norwegian heritage and culture.

The Sons of Norway Foundation awards approximately 25 scholarships to promising students each year. These programs promote cultural exchange and support higher education to help students follow their dreams.

The Sons of Norway Foundation offers six categories of grants that provide funding for Norwegian themed programming. Learn more about these opportunities, as well as how the Foundation partners with lodges in their community efforts.

Watch for the "Together We Are The Future" campaign beginning in October and see how you, as a member, can help support the Foundation.

Joanne Gray

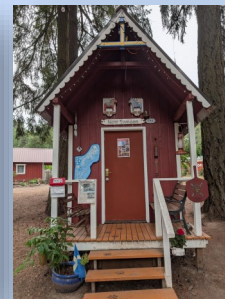
D2 Foundation Director

We Found Ole Bolle—and Other Great Discoveries!



On a recent short holiday to the McMenamin's Grand Lodge at Forest Grove, Oregon, Betsy and I decided to find the Oregon Troll—Ole Bolle—before we ventured back to Tumwater. We found him—but we also found a fantastic collection of buildings on the grounds, along with the wonderful Nordia House, which hosts all kinds of Scandinavian cultural events throughout the year. It also has a fabulous café with many traditional Scandinavian dishes on the menu. After visiting Ole Bolle we toured the grounds, which housed a variety of buildings of Scandinavian design. They included Fogelbo, a log house built in Swedish style between 1938 and 1940 by Henry Steiner, who built Timberline Lodge on Mount Hood, for Swede Oscar Olson. Later, the house was owned by Chales and Jessie Fogelquist, and is currently occupied by their son, Ross. Later, we ventured into Nordia House to look at the displays, browse the gift shop, and sit down to a very filling brunch. The whole property is managed by Nordic Northwest. If you haven't had the opportunity to experience this Scandinavian cultural jewel, we highly recommend a day trip to explore it for yourself!

Contributed by Kevan Hagen



Ole Bolle is spying into one of the buildings on the grounds. Other buildings evoke traditional Scandinavian abodes, including Fogelbo, the Swedish-style log house.



The Nordic Northwest Campus is located at 8800 SW Oleson Rd, Portland, OR 97223. Check out their website [here](https://www.nordicnorthwest.com/).

Nordia House is a utilitarian structure that houses cultural displays, space for cultural events, the Broder Söder café, and the Nordic Finn Ware gift shop. The front doors to Nordia House are inspired by Viking dwellings. Our visit to the café satiated our breakfast hunger with a variety of traditional Scandinavian treats.

The Viking Banquet needs your help!

For our anniversary celebration on
October 27th,

Hovedstad Lodge will host a Viking banquet! We'd love your **help** and **good ideas**
creating decorations

as well as your **assistance with food prep.**

If you'd like to help, follow the link below:

<https://forms.cloud.microsoft/r/Ht1Ve7VkFQ>



"Restauration leaving Stavanger" by Benjamin Blessum (1877-1954). Painted in 1914.

The reenactment of the sailing of the Restauration began on July 4th, when it left from Stavanger, Norway. It will complete its three-month trip when it enters New York Harbor on October 9th. Learn more [here](#), before you join us at our September Lodge meeting for our program.

Famous Norwegians—Marit Bjørgen

Marit Bjørgen is a Norwegian cross-country skier who is considered the greatest female athlete in the sport, and has won the most medals in Olympic competition history—15, including eight golds.

Bjørgen grew up on a farm near Rognes, Norway, learning to ski as a child. She competed for the first time at the age of seven. She first competed in the World Cup in 1999, and won her first World Cup race in 2002. At the same time, she qualified for the Norwegian Olympic team, winning her first Olympic medal at the 2002 Salt Lake City games. Between 2002 and 2006, at the World Cup and World Championships, she secured four straight sprint titles, earned five medals, including three gold, securing the overall World Cup title and distance crown. She defended that title in 2006, and earned a silver medal in the 10-km event in the Turin Winter Olympics.

After a slump from 2007 to 2009, she became the most successful individual Olympian at the 2010 Vancouver Olympics, winning five total medals, three of them gold. She continued her dominance in World Cup and World Championships from 2011—2013, winning gold and silver medals, and World Cup titles. In the 2014 Olympics, Bjørgen won three gold medals, then continued her dominance in World Cup events through 2017, winning eight gold medals. At her last Olympics, 2018 in South Korea, she won two golds, a silver, and two bronze medals, giving her a total of 15 medals in her illustrious Olympic career, the most by any Winter Olympian. Marit announced her retirement from competitive skiing after that Olympic competition. Her cross-country career is unmatched in the history of the sport. Source—Encyclopedia Britannica



Britannica.com

Fall Recipe

Norway's National Dish—Fårikål



September weather is upon us, and it will be fall before we know it. Fall in Norway causes residents to think of their national dish, Fårikål (literal meaning—mutton in cabbage). Fårikål is a hearty stew of lamb or mutton, cabbage and whole black peppercorns, typically served with boiled potatoes. It is enjoyed after the sheep are rounded up in the autumn. It even has its own national day on the last Thursday of September. Here is a recipe for Fårikål from the blog Scandinavian Cookbook, by Silvia Lawrence.

Ingredients

US Customary – Metric

3 lb lamb, cut into pieces

1 head of white cabbage

5 tsp whole black peppercorns

3 tsp salt

1 and 1/2 cups water

4-5 tbsp flour (optional)

For serving

boiled potatoes

fresh parsley

Instructions

Cut the lamb into large pieces.

Slice the cabbage into large wedges, keeping the core attached.

Add a layer of lamb pieces to the bottom of a large pot, fatty side down. Sprinkle with peppercorns and salt.

Add a layer of cabbage wedges on top. Repeat with more layers of lamb, peppercorns, and cabbage, ending with cabbage on top.

Optional: Sprinkle a couple of tablespoons on top of the lamb for a thicker stew.

Add water to the pot and bring to a boil. Cover and reduce heat. Cook on low heat for 2 – 3 hours, until the lamb gently falls away from the bone.

Serve with boiled potatoes and fresh parsley, covering generously with the fårikål broth.

See the recipe, along with other Scandinavian delights, on the Scandinavian Cookbook blog, [here](#).

Mark Your Calendar

Sept 22 – Autumnal Equinox

Sept 22 – 6:30 meeting at Columbian Hall

Oct 11 – Edgewood Nordic Fest, 10-4, 3505 122nd Ave. E, Edgewood, WA

Oct 21— Zoom Board Meeting (see details on page one)

Oct 25 — Nordic Fair, 10-3, 6521 Pioneer Highway, Stanwood, WA

Oct 27— Hovedstad Lodge's Birthday celebration

Nov 8, 9— Viking Days, Normanna Hall, Tacoma, WA

Dec 13, 14—Scan Fair, Oregon Convention Center

Check out SON financial products at https://www.sofn.com/financial_products/



[www.facebook.com/Hovedstad Lodge #94](https://www.facebook.com/HovedstadLodge#94), Sons of Norway

And on the web at olympiasonsofnorway.org



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