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Hovedstad Posten

Volume 53, Issue 1

Hovedstad Lodge 2-094

January 2026



Board Meetings

Zoom Board Meeting

Third Tuesday at 6:30
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 up-
coming meeting or event?

Contact Jim This
360-870-5820
jthis@jthis.com

Next Meeting
Columbian Hall
Jan. 26, 2026
6:00 PM

Fra Presidenten

Godt Nytt år,

We've put together an exciting New Year line-up of activities, and we can't wait to share them with you.

At our regular meeting on Monday, January 26th Deirdre will make a presentation on Icelandic history and immigration. A light dinner will be served at 6:00 pm and the meeting will begin at 6:30 pm.

Please remember that we are striving to recruit ten new members this year. We have a two-part incentive in place:

For the person who recruits a new member – the Lodge will pay their dues when it comes for renewal in 2026.

For the new member – the Lodge will award them a \$25.00 Fred Meyer gift card. It's also time to start thinking about applying for the scholarships offered by the Lodge. Visit our website at www.olysonsofnorway.org to learn about the application process and download the forms you'll need.

I want to thank Betsy in advance for chairing the next few meetings. Sue and I are going to try a little "snow birding" this winter. Deirdre will, of course, coordinate some great programs for you.

Make sure Saturday, April 18th is on your calendar. It's Norway Day, and we're gearing up for a wonderful celebration. We'll need lots of help beforehand—baking treats, preparing materials, setting up, and supporting the activities throughout the day.

Tusen Takk,
Jim



Could a Scholarship help you reach your goals?

Hovedstad lodge offers scholarships for college or continuing education, for either **YOU** or your eligible grandchildren.

To qualify, all applicants must be a child or grandchild, of a current lodge member who has been active at least three of the past five years. For more details and application forms, contact :

Scholarship Chair, Ken Fialkowski—longlakeken@gmail.com

Hovedstad Lodge 2026

Executive Officers

President, James This
360-870-5820
jthis@jlthis.com

Vice President, Betsy Hagen
360-789-8607
ebunky@hotmail.com

Secretary, Sue Girsch
360-480-7971
sgirsch@jlthis.com

Treasurer, Joanne Gray
360-923-1242
joanne@moholtusa.com

Counselor, Linda Fialkowski
360-459-3982
norwaydreamer294@gmail.co m

Program Directors

Cultural/Social Director
Deirdre Bissonnette
deirdrepfundt@gmail.com

Foundation Director-
Joanne Gray

Support Directors

Marshals
David Lee and Terry Larson

Trustees
Kevan Hagen—3 Yr.
360-918-6588
Terry Larson—2 Yr.
360-688-1857
Mark Sterk—1 Yr.
208-298-7047

Hostess Coordinator
Patty Osier

Greeters
Barb Murphy and
Cameron Osier

Editor
Kevan Hagen

Yulefest Fun

The Hovedstad Lodge Yulefest in December was chock full of food, games, song, and community! The 2026 officers were installed with full pomp and circumstance. 40+ Sons and Daughters of Norway members enjoyed the fun!



Join Us for our January Meeting!

Every meeting this year we will have an inviting program or get-together! You are invited to join us on January 26th, when Deirdre Bissonnette will share her knowledge of Iceland! We will begin at 6:00, with dinner provided. Hope to see you there!

Iceland's Geothermal Swimming Culture: Community, Wellness, and Warmth

In Iceland, swimming isn't just a pastime—it's a way of life deeply rooted in the island's volcanic landscape. Thanks to abundant geothermal energy, nearly every town has its own heated swimming pool, often accompanied by hot pots, steam rooms, and saunas. These spaces serve as year-round gathering places where Icelanders relax, socialize, and reconnect with their community.



The tradition dates back centuries, when natural hot springs were used for bathing and washing. Over time, these warm waters became central to Icelandic wellness and social life. Today, geothermal pools are meticulously maintained public facilities, heated naturally by the earth's energy and kept at comfortable temperatures even in the depths of winter.

A visit to an Icelandic pool is as much about conversation as it is about swimming. Friends meet in

the hot pots to catch up on news, families unwind together after school or work, and travelers quickly discover that these pools are among the best places to experience everyday Icelandic culture. The atmosphere is relaxed, welcoming, and refreshingly unpretentious.

Whether it's the famous Blue Lagoon, the historic Sundhöllin in Reykjavík, or a small-town pool tucked between mountains, Iceland's geothermal swimming culture reflects the country's unique blend of nature, community, and well-being. It's a tradition that warms both body and spirit—no matter how cold the weather outside may be. Contributed by Jim This

VP's Corner



Greetings! I am Betsy Hagen, your 2026 Vice President. I'll be offering information about membership in each of our newsletters. One of the board's goals this year is to add at least ten new members. We'd love each and every one of you to help too. Please invite your friends, neighbors, and family members to join. As part of our 2026 membership drive, each member can earn their next year's membership fee (one per family) if you invite a guest and they join. The new member will receive a \$25 Fred Meyer gift card. Yes, that's right, your dues will be paid for by the lodge when your anniversary date comes up. It's a great way to share our fun with others who wish to learn more about Norway, Sweden, Denmark, Iceland, and Finland. Our members are a wealth of information and I'm so happy they share their heritage stories with all of us. Next month, we will chat with lodge member Jon Halvorson about his heritage. You are invited to join us for conversation and coffee (or tea, cocoa, etc.). You're welcome to bring a friend too. Let me know if you are planning to attend so I can arrange our table. 360.789.8607

Å Snakke Sammen "chat" with Jon Halvorson
Tuesday, February 10
10:00 a.m. – 11:30 p.m.
Fog and Fern Coffee House
4219 6th Ave SE, Lacey

SoN Dues Information

To be a Sons of Norway member, there are annual dues that you pay. What are the dues currently? What do your dues go towards? Here are the answers:

Dues Rates—Effective 1 July 2024

	International	District	Local	Annual
Heritage (ages 0-15)	Free			
Juvenile (ages 0-21 with Juvenile Insurance)	Free			

Individual Rates

Regular	\$54	\$15	\$15	\$84
Golden **	\$26	\$15	\$13	\$54
Lifetime	\$0	\$0	\$0	\$0

Family Rates (2 or more individuals in same household)

Regular (2 or more)	\$87	\$27	\$30	\$144
Both Golden **	\$50	\$27	\$16	\$93
One Golden **/One Regular	\$64	\$27	\$23	\$114
One Golden **/One Lifetime	\$26	\$15	\$13	\$54
One Regular/One Lifetime	\$54	\$15	\$15	\$84
Both Lifetime	\$0	\$0	\$0	\$0

Affiliate Dues

\$15

Note: ** Half price dues for a Golden Member only apply if the member was 65 or older and a 30-year member before 1 Jan 2028.

Sons of Norway dues support a variety of activities and benefits, including:

- **Cultural experiences:** Access to cultural resources, events, and tours
- **Financial products:** Affordable life insurance plans and other financial products
- **Educational opportunities:** College scholarships, financial aid, and tuition grants for youth summer camps and local schools
- **Philanthropic endeavors:** Support for cancer patients and charitable groups
- **Social activities:** Participation in lodge activities
- **Recreation facilities:** Access to regional recreation facilities and camps
- **Membership magazine:** The monthly Viking magazine, which is published exclusively for members
- **Heritage membership:** Free Heritage membership for children and grandchildren of SoN members who are 15 years and under
- **Promoting Norwegian culture:** Promoting and preserving the heritage and culture of Norway

What is Your Hovedstad Lodge - “Why?”

By Vice President Betsy Hagen

We all have twenty-four hours in a day - and how do we choose to spend our time? It would be interesting to journal your hours in a day or even a week and see what brings you joy, satisfaction, and interest. Inter-twined into my time is learning more about the world we live in, specifically the Scandinavian countries. While my husband, Kevan is pretty much half Norwegian and half Swedish, I have recently learned that I’m about a third Danish. Yes, me! I was so surprised and happy!

My “why” in being an active participant in our lodge, is being a life-long learner and enjoying all of the stories, history, and fellowship our members share. We joined fairly recently (2021) and were instantly appreciative of Linda Fialkowski’s leadership and the creative program offerings that she created. These continue now under Jim’s leadership and Deidre’s creativity and interest in all of the planned 2026 programs.

Hovedstad Lodge 2-094 Sons of Norway

Our commitment: Protecting your privacy

Member Privacy Promise

Hovedstad Lodge respects your privacy. Your information is personal, and we promise to keep it confidential. We want you to understand what personal information we collect, how we use it, and how we protect it.

Information We Collect

Hovedstad Lodge may collect nonpublic personal information about you from your applications or other forms, such as name, age, address, and marital status.

What Information We Share

We share your information within **Sons of Norway** so that we may provide you with membership services or financial products, and to administer to the lodge system and the Sons of Norway Foundation. We disclose information as required by law.

Security & Confidentiality Safeguards

Hovedstad Lodge has administrative, technical, and physical safeguards to protect your information. Our safeguards include policies and procedures on handling your information, restricted access to only those who need it in order to provide you service, restricted computer access, technical controls, confidentiality requirements with our outside organizations, ongoing review of our procedures, and staff training to respect and guard your information.

Accuracy & Your Access to Information

We strive to keep your records accurate. If you see any inaccuracy, please contact the current Hovedstad Lodge President. You may request access to and correction of your information at any time, by emailing **Hovedstad Lodge President: jthis@jlthis.com**.

Hovedstad Lodge may change our privacy policy to conform to changes in the law and in our business practices. You will be informed of these changes.

We will inform all members of our Privacy Policy at the beginning of our business relationship and annually after that by publishing it in the **Hovedstad Posten**.

Revised: 12/2023

Sons of Norway Financial Products



As members of a Sons of Norway Lodge, we learn about and enjoy the heritage and culture of Norway, and members also have access to discounts when shopping or traveling. There are financial products available—Term and Permanent Insurances, along with Annuities. If you are in the market for life insurance, get information about the products that Sons of Norway offers here:

https://www.sofn.com/financial_products/products_we_offer/

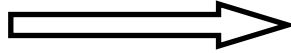
Contact our local SON financial planner, Marti Brown, at 253-227-4586, or mbrown@planmembersec.com

Mark Your Calendar



Hovedstad Lodge Winter 2026

Jan 26 - 6:00 - Light Meal/Regular Meeting



Jan 26-Feb 2 - Northern Lights Festival in Tromsø

Feb 6 - Sami National Day



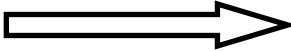
Feb 8 - Norwegian Mother's Day

Feb 10 - Conversation & Coffee w/Jon Halvorson

Feb 14 - Happy Valentine's Day

Feb 17 - 6:30 - ZOOM Board Meeting

Feb 23 - 6:00 - Light Meal/Regular Meeting



January 26, 2026: Presenting Iceland

Deirdre Bissonnette offers a presentation on Icelandic history and immigration. Recommended book giveaway: Woman, Captain, Rebel by Margaret Willson

Dinner Provided: Served at 6pm, Meeting begins at 6:30



February 23, 2026: Hands on Olympics

Celebrate the 2026 Olympics Hovedstad style! Small groups compete in fun games, relays, and trivia. Winners receive delicious Nordic Candy and treats.



Potluck: February is a potluck, please bring a dish to share!

Last names A-P - Entree or Side

Last names Q-Z - Dessert



March 23, 2026: Hands on Baking

Lefse, krumkake, waffles! Try your hand making Scandinavian favorites. Let us know if you could demonstrate a Scandinavian food item or craft.

Dinner Provided: Served at 6pm, Meeting begins at 6:30

Unless otherwise noted, Hovedstad Lodge convenes at
Columbia Hall, 6794 Martin Way E, Lacey, WA 98516
All are welcome



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

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