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Hovedstad Lodge 2-094

April 2026



Hovedstad Posten



Board Meetings

Third Tuesday at 6:30
Zoom Board Meeting
All members are invited

Regular Meetings

September – May
4th Monday each
month at 6:00 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

Next Meeting
Columbian Hall
April 27, 2026
6:00 PM

Fra Presidenten



Hei Hei:

Norway Day is just around the corner on Saturday, April 18th. We'll be at the Thurston County Fairgrounds as usual, with public opening at 10:00 a.m. We need a lot of helpers to bake, set-up, staff the event and tear down. Please contact Joanne (joanne@moholtusa.com) to let her know how you can help. Please volunteer—this is a major project, and we truly need everyone's help.

As you drive on College Street near the Lacey City Hall look for our new banner. Hopefully it will encourage our neighbors to attend.

Mark your calendars for Monday, May 18th. We will be celebrating Norway's National Day—Syttende Mai—with a no-host cocktail hour and dinner beginning at 6:00 p.m. at the Talon Grill, located at the Golf Courses at Hawks Prairie, 8383 Vicwood Lane in Lacey.

In addition to dinner, we will enjoy a performance by local artists Anna Abraham and Leslie Foley, both playing the nyckelharpa.

To help cover the cost of the meal, current members will be charged \$10.00 per person. Please give your cash or check to Joanne by April 27th.

Our next regular membership meeting will be held on Monday, April 27th at 6:00 p.m. The guest speaker will be Ted Fosberg, a fellow Sons of Norway member from the Mercer Island lodge. Ted will share the remarkable work of Danish artist Thomas Dambo, who has created six large-scale Troll sculptures here in the Pacific Northwest—and more than 100 others around the world. We'll learn how this global project has captured the imagination of visitors everywhere, the joy these Trolls bring to communities, and the universal themes behind their creation. Ted will also share a special fairytale told by the Trolls themselves, revealing how their stories highlight an underlying environmental message and celebrate the cultural connections between Coastal Salish Tribal communities and Scandinavian traditions.

See you at Norway Day!

Tusen takk,
Jim

**Hovedstad Lodge
2026
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Support Directors
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Mark Sterk—1 Yr.
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Hostess Coordinator
Patty Osier
Greeters
Barb Murphy and
Cameron Osier
Editor
Kevan Hagen



**Sons of Norway, Hovedstad Lodge
Membership Meeting Minutes
March 23, 2026 - 6:00 p.m.**

The business meeting was called to order at 6:05 pm. by Vice President, Betsy Hagen.

There were 26 members and four guests were present.

The Pledge of Allegiance was led by Terry Larson, and the three anthems were sung accompanied by Ron Fialkowski.

The minutes of the previous meeting were reviewed and approved unanimously.

Vice President – \$1,000 was donated for books by Nordic authors to Timberland Libraries. Will update everyone when they have all arrived.

Treasurer Joanne Gray provided the financial report and Trustee Kevan Hagen the investment report. These reports were approved unanimously.

Cultural – Deirdre Bissonnette shared that April's meeting will feature a presentation about the trolls produced by Danish artist, Thomas Dambo. An evening meal will also be offered.

Scholarship – Linda Fialkowski reported on the Scholarships that were available and that April 27 was the due date for submitting applications.

Norway Day, April 18 – Joanne provided an update for this annual event. Bakers are needed. Please contact Joanne directly if you can help with baking or on the day of the event.

May 17th Celebration will take place on Monday, May 18 at the Talon Grill. \$10.00 per person (check or cash) to Joanne by April 27.

Linda brought greetings from Derrick Singleton and Alf Herigstad former Hovedstad members. They were in Olympia recently and presented at the Daughter's Meeting on what it's like as an American living in Norway.

Our next membership meeting will be Monday, April 27 at 6:00 p.m.

Our Counselor, Linda, gave the closing message, and the meeting was adjourned at 6:25 pm.

Our gathering continued with a shared meal and tastings of lefse, waffles w/ lingonberry jam, krumkake, and a demonstration of two Inkle looms.

Respectfully submitted
Betsy Hagen, Acting Secretary

Spring in Norway:

A Season of Awakening

Spring in Norway arrives like a long-awaited exhale. After months of deep winter, the country shifts—quietly at first, then all at once—into a season defined by light, renewal, and a kind of gentle optimism that feels uniquely Norwegian.



As March gives way to April, daylight stretches dramatically. What were once short, muted days suddenly lengthen by minutes each afternoon, and Norwegians feel the change in their bones. The return of sola—the sun—is more than a weather shift; it's a cultural event. People step outside simply to feel warmth on their faces again.

Nature responds just as enthusiastically. Snow retreats from the lowlands, revealing green fields and the first wildflowers pushing through the thawing earth. Birch trees unfurl their pale leaves, fjords sparkle under brighter skies, and migrating birds return to their nesting grounds. In the north, reindeer herds begin their traditional spring movements, a reminder of the deep rhythms that shape life in Sámi regions.

Spring is also a season of celebration. Easter brings mountain cabins, skiing in soft snow, and long, lazy afternoons on sunlit terraces. By May, Norway bursts into full festivity with Constitution Day—Syttende Mai—when bunads, children's parades, brass bands, and ice cream fill the streets from Oslo to Tromsø.

What makes Norwegian spring special is its sense of balance: winter still lingers in the mountains while coastal towns bloom; people ski in the morning and garden in the afternoon. It's a season that holds both worlds at once.

For Norwegians, spring isn't just a change in weather—it's a reminder of resilience, renewal, and the quiet joy of watching a landscape come back to life. *Contributed by Jim This*



18th Annual

NORWAY DAY

And Other Nordic Countries

April 18, 2026 10-4

Thurston Co. Fairgrounds, Olympia, WA

*There's SO MUCH more to Norway than
Lutefisk and lefse!*



Artwork courtesy of Sharon
Aamodt Decker
www.nordicfolklife.com
Sponsored by Sons of Norway,
Hovedstad Lodge &
Daughters of Norway.

*Music, Vikings,
Fjord Horses,
Norwegian Elkhounds,
Giftware, Nordic Café,
Bake Sale, Crafts, Artwork,
Genealogy,
& So Much More!*

*Bake Sale 10:00—Noon
Café 10:00—2:00*

*Admission \$9.00—
Children under 12, Free with adult
www.OlympiaNorwayDay.com*

Join us for a Celebration of Constitution Day!



Hovedstad Lodge will celebrate Norwegian Constitution Day this year with a dinner on **Monday, May 18th, at 6:00 pm, at the Talon Grill, the Golf Club of Hawks Prairie, 8383 Vicwood Lane in Lacey.** It will begin with a no-host cocktail hour, followed by a delicious dinner. Entertainment will be provided by Anna Abraham and Leslie Foley, playing the nyckelharpa. **We invite you to join us! The cost to Hovedstad members is only \$10, paid to Joanne Gray (joanne@moholtusa.com) by April 27th.**



THE GOLF CLUB AT
HAWKS PRAIRIE

March Baking Sampler



Folks gather around the inkle loom demonstration table



Ron Fialkowski and Terry Larson sample heart waffles



Deirdre Bissonnette, Joanne Gray, and Pam Jones showing their lefse-making skills



Laurel Backstrom invites Sharon Masters to try her hand at making Krumkake



Laurel Backstrom and Kevan Hagen waiting for lodge members to taste their wares



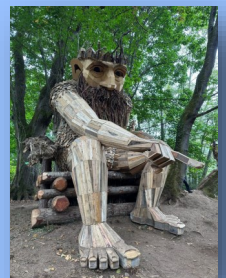
Cheryl Bivens was on hand to share her talents on the inkle loom

Our March meeting gave attendees a sampling of some Scandinavian treats and craft work. There were two lefse-making stations led by Linda Fialowski, Joanne Gray, and Deirdre Bissonnette; a Krumkake station led by guest Laurel Backstrom, and a Norwegian waffle station manned by Kevan Hagen. There was also a demonstration of the inkle loom by guest Cheryl Bivens.

Following a light hors d'oeuvre meal and a short business meeting, lodge members browsed the various stations, sampling freshly made goodies and trying their hands at making lefse and krumkake. Many members came back more than once for heart waffles topped with a choice of sour cream, lingonberry jam, and gjetost cheese.

Hear About the Dambo Trolls

At our next regular meeting on April 27th, 6:00 pm, at Columbian Hall in Lacey, we will hear from Mercer Island lodge member Ted Fosberg. Ted will share all about the Thomas Dambo trolls that can be found around the Pacific Northwest, and all around the world. We will begin with a light meal of hearty soup, rolls, and salad, and then learn about Thomas Dambo and his trolls! Mark your calendar and join us!



Friluftsliv: The Norwegian Soul's Open-Air Office

In Norway, there is a word that captures a philosophy far deeper than just "spending time outside." It's called **friluftsliv** (pronounced free-loofts-leev), which literally translates to "open-air life." Coined in the 1850s by playwright Henrik Ibsen, the term describes a spiritual and physical connection to the outdoors that is woven into the very fabric of Norwegian identity.

Unlike competitive sports or goal-oriented fitness, friluftsliv is about being, rather than doing. It's the simple act of heading into the woods, mountains, or coastlines to disconnect from the digital world and reconnect with nature. Whether it's a Sunday family stroll (søndagstur), picking berries, or sleeping under the stars, the focus is on appreciation and mindfulness.

Friluftsliv is a pillar of Norwegian society for several reasons:

The Right to Roam: Norway's Allemannsretten (the right to roam) is a traditional law that allows anyone to hike and camp nearly anywhere in the countryside. This legal freedom fosters a sense of shared ownership and responsibility for the land.

Mental and Physical Health: In a country with long, dark winters, getting outside is considered essential for beating the "winter blues." It is viewed as a basic human need, not a luxury.

Education from Birth: From a young age, Norwegian children attend "outdoor kindergartens," where they spend the majority of their day outside, regardless of the weather. There's a common local saying: "Det finnes ikke dårlig vær, bare dårlige klær" (There is no such thing as bad weather, only bad clothing).

Ultimately, friluftsliv is a reminder that humans are part of nature, not separate from it. It's a cultural commitment to slowing down, breathing deep, and finding home in the wild.

To hear another view of friluftsliv, check out the 15-minute Ted Talk by Lorelou Dejardins, author of "A Frog in the Fjord", which was reviewed in a previous edition of the Poston. Her talk can be viewed at <https://www.youtube.com/watch?v=E02N3A68IF8>

This article was composed with the assistance of AI.



Fjord Travel Norway



Poulsbo Viking Fest May 15-17

Stop by "Little Norway on the Fjord" - Poulsbo, as they hold their annual Viking Fest! Celebrating Norwegian Constitution Day, the Fest each year welcomes thousands of guests to enjoy "a festive parade, a lively carnival and street fair, and the timeless spirit of Norse tradition". It is three days of jam-packed activities, entertainment, and fun for all! Check out the details of the three-day celebration at

<https://vikingfest.org/>

Scholarships Still Available!



There are scholarship monies still available from our Lodge. Don't leave this money on the table!! Hovedstad offers scholarships for continuing education or vocational training, plus scholarships for our District 2 Youth Camps. For eligibility requirements and applications, contact Scholarship Chair, Ken Fialkowski, longlakeken@gmail.com, or visit our website,

olysonsofnorway.org

Deadline is April 27, 2026

Mark Your Calendar

April 18—10-4 **Norway Day**, Thurston County Fairgrounds

April 21—Zoom Board Meeting—6:30 pm

April 27— 6:00 General Meeting—Learn about the PNW Trolls!

May 15-17— Viking Fest in Poulsbo

May 17— **Hurra Syttende Mai!** 6PM Parade in Ballard

May 18—**Syttende Mai Dinner**, 6 PM Tallon Grill, Lacey, RSVP to Joanne by April 27

Check out our website! olysonsofnorway.org



www.facebook.com/Hovedstad Lodge #94, Sons of Norway

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