/IKINGEN

APRIL 2023

MESSAGE FROM THE VICE PRESIDENT

We hope that April showers bring May flowers! It's time for the long, cold, gray doldrums of winter to go away. Sunshine is a good motivator and energizer. What are your plans for Spring? Travelling near or far, getting outside and practicing friluftsliv ? Exercise more? Well, two out of three is good! You can always exercise tomorrow.

At the Lodge we are getting excited for the Spring Tea and Concert on April 2nd at 2:00pm. We hope many of you will attend. Our Cultural Director, JoAnne Rudo, has organized some wonderful events during her tenure and this will be a delightful afternoon. Local talent and Lodge member, Laura Loge, will sing beautiful Norwegian songs about Spring and pianist Steven Luksan will accompany Laura.

The April membership program will feature one of our favorite Vikings, Seth Tufteland, from the Land of Bothell. Seth is taking time off from his usual Viking duties to educate and inform us about Viking life. In addition, the Educational Foundation will announce who the new Lodge Royalty will be. Thank you so much to Karissa Stevens and Freya Knuteson for being our Lodge Queen and Princess this past year ! We were essentially still in the pandemic and dealing with the effects of COVID this past year so we weren't as fully engaged with some of our activities.

Norway Park celebrates its 60th Anniversary this year. Plans are in the works to celebrate in June. Work parties are being organized by LERA members, to spiff things up and refurbish things a bit. Stay tuned for dates and details as to how you can help. Remember, the lower park is for the use of all LEL members. It does require periodic maintenance and TLC to keep it looking nice and appealing to use. The LERA Board and residents of Norway Park have put a lot of TLC and hard work over the years!

Next month is already Syttende Mai. Since it falls on a weekday the parade will start at 6:00pm. The Lodge will probably have an Open House but as of this writing we are still madly planning and preparing for Heritage Day so haven't had a chance to plan for for Syttende Mai. As always, we invite Lodge members to join our contingent in the parade!! We strongly encourage members to volunteer for Open House activities also. Hipp hipp hurra for Syttende Mai!

My aim this year is to welcome and train new event chairs/co-chairs for our major events. New worker bees are also welcome! A number of the same hard-working, dedicated people have been chairing these events such as Heritage Day and the Bazaar, for many years. Others are known for their lefse and krumkake making skills or baking Norwegian cakes, tatting or nål binding. Eventually time marches on and we need to replace our fearless leaders and worker bees. Amazingly, the Lodge has successfully passed on our traditional events and shared our Norwegian culture and heritage through the years, since the lodge was founded in 1905. Now it's time to pass on the torch to the next generation. Please join us! Vennligst bli med oss! And finally, many thanks to all those members and non-members who have donated towards the new roof fund, generously matched by an anonymous friend of the Lodge. We couldn't do it without your generosity ! Mange takk!

Gail Engler, Vice President Leif Erikson Lodge

MEMBER DINNER RSVP REMINDER

A reminder to make your dinner reservations no later than April 10, Monday at 5:00pm. Sign the list on the bulletin board, reserve online or call the Lodge: (206) 783-1274.

INDIGENOUS LAND ACKNOWLEDGMENT

Leif Erikson Lodge acknowledges our lodge stands on the traditional land of the first people of Seattle, the Duwamish people past and present, and honors with gratitude the land itself and the Duwamish people.

OFFICERS

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Deadline for Vikingen is Saturday following Membership meeting. Vikingeneditor@gmail.com

The Vikingen has been published since 1945. Leif Erikson Lodge was founded on May 13, 1903 HRAFNGARDR VIKINGS ARE COMING! APRIL 12, MEMBERSHIP MEETING 5:30 SOCIAL, DINNER 6:00, PROGRAM 6:45



Seth Tufteland, also known as his Viking name, Jarl Olaf, has been involved in Norse Living History for many years. He formed Hrafngardr Vikings and is part of the Northwest Viking Alliance with the intent to increase the understanding of Nordic life during the Viking Age rather than the Hollywood impressions that often emphasizes blood and gore. Seth is well versed in Viking everyday life but focuses on the life of a Viking warrior. Joining Seth with be Alan Andris (Alanus) and Pat Reed (Jorunn) who have also been involved in Viking Culture and have worked with Viking museums in the Nordic countries. Jorunn focuses on Viking cooking and nalbinding (a type of knitting style). Alanus's Viking role is as a merchant and an expert in Viking navigation. Alanus and Jorunn own Nordic Trader that makes many wonderful museum recreations of actual artifacts.

This should be a very special evening so remember to make your dinner reservations. Malin will be serving a Viking inspired dinner: Barley porridge with pork stew, kale and rocket salad, rye bread/butter and for dessert, skyr yogurt with blueberry compote. This fun and interesting program will be a perfect time to get out your Viking costumes. Please RSVP by Monday, April 10 by calling the lodge 206 783-1274, sign-up online or on the bulletin board.

JoAnne Rudo, Cultural Director

GREETINGS FROM THE KAFFESTUA

We are open Wednesdays and Fridays 10am-2pm. APRIL DATES

We will be open all Wednesdays and Fridays in April except Friday, April 7th in recognition of Easter weekend. We will also have First Saturday Kaffestua on April 1st.

We are actively seeking new volunteers for the Kaffestua. If you know of anyone that would like to help once a month, please call or text Laurie Lund Gonzalez at 206-409-0153. We would greatly appreciate it!



As we are in flu and cold season, please stay home if you feel ill or have been exposed to someone who has been sick. Mask wearing is optional in the Kaffestua currently, but we respect those who feel more comfortable wearing a mask.

EDUCATIONAL FOUNDATION

At our April 12 meeting the LEL Educational Foundation is announcing the scholarship recipients and the Lodge Queen or King for 2023. Many thanks to Karissa Stevens for being our queen this past year and Freya Knuteson for being our princess! Hopefully both of them will be able to attend the meeting to pass on their sashes to the next royalty! We will also be showing the story of the Educational Foundation and showing the many young people we have supported over the years.

Again, thanks so much for your support of our crab feed and our goal of raising \$160,000 for our endowed scholarship fund. *Christine Anderson, LELEF Trustee*

VELKOMMEN TIL NEW MEMBERS

Please welcome the following new members to the Lodge: Barry Bartlett, Anne Bloom, Jason Bloom, Marit Bloom, Keller Fjortoff, Noel Gilbrough, Chris Hoke, Terry Kraft, Griffin McGibbon, Natalie McGibbon, Christian Olaguez, Timothy Overlund, Hanna Petros, Oscar Overlund, and Kendall Wall.

Reinstated Members: Laura S. Cooper, Willard A. E. Larson and Brian Williams.

Please get to know your fellow Lodge members by joining us in the many lodge activities during the year and perhaps volunteering at an event. Contact Ellen Beck or Seth Maristuen (sethmaristuen@gmail.com). Current members, please renew your membership and pay dues as soon as you receive your notice from SON. Norway Park residents must always maintain current LEL membership as a condition of their residing at Norway Park. *Ellen Beck, Membership Coordinator/Financial Secretary, ebeckster@gmail.com*

CELEBRATE SPRING WITH A MUSICAL NORWEGIAN TEA

Sunday, April 2 at 2:00 p.m. Leif Erikson Lodge 2245 NW 57th St., Ballard Leif Erikson Lodge along with the Northwest Edvard Grieg Society presents "Welcome Spring" on April 2 at 2:00 p.m. Enjoy various kinds of tea, coffee, delicious Norwegian desserts and Norwegian songs about the arrival of spring featuring soprano, Laura Loge and pianist Steven Luksan. The price for this musical afternoon is \$25. Tickets will be available at the door or for reservations, call the lodge: (206) 783-1274.

Soprano Laura Loge has been hailed for her "luminous stage presence" and versatile voice. She has been the soloist in various symphonies and specializes in Nordic songs and chamber music. Laura is artistic director of the Nordic Chamber Music, former artistic director of the Mostly Nordic Chamber Music series at the National Nordic Museum and founder and President of the NW Grieg Society.

Steven Luksan is a composer, pianist and educator. He is a frequent performer of solo piano music, art songs and chamber music. Steven is a teaching artist at the Seattle Opera and accompanist for the Seattle Norwegian Male Chorus, and staff accompanist at the Music Center of the NW. Steven is also the founder and director of the Saltwater Music series. When he is not performing his own compositions, he likes to play pieces by composers whose works are not often heard, especially by Scandinavian and women composers.

This Spring Tea would be a perfect present for anyone who enjoys music and, of course, a buffet of homemade Norwegian desserts! When we had the tea, pre-Covid, it was quite popular, so make your reservations. If you have a group, we will have a table reserved for you. WELCOME SPRING! For more information: joyfuldancer321@gmail. com; 206 329-1443.

JoAnne Rudo, Cultural Director

NORWEGIAN GREETING

Hei Allesammen! Jeg håper at alle familiene har det bare bra og kan komme til møtet vi skal ha den 12.april. Vi mistet flere av dere i Mars på grunn av helse og andre ting! Så håper at dere kommer denne gangen! Håper også at det gikkgreit i Mars når vi måtte skifte over til dag-lys sparing tid-en time fremuver! Det er mye som henner i april. Vi ser frem til påske og mange andre dager! Ha det, Allesammen!! Hilsen fra Ellen Margrethe

Hi Everyone! I hope that everyone is well and can come to the meeting we will have on the 12th of April. We missed several of you in March because of health and other things. So we hope that you come this time. Hope it went well also in March when we changed our clocks because of daylights saving time-one hour forward! There is lots that happens in April. We look forward to Easter and many other days. Have it well!

Greetings from Ellen Margrethe

THE NORWEGIAN LADIES CHORUS OF SEATTLE Under the Direction of Joseph To Accompanied on Piano by Zhanhong Kuang

INVITES YOU TO

A SPRING CONCERT An Ode to Nature

With Special Guest Artists Zhanhong Kuang, Piano Jakob Bean, Accordion

Dessert Reception Follows



Sunday, April 16, 2023 at 3:00 p.m. Our Redeemer's Lutheran Church 2400 NW 85th Street, Ballard Suggested Donation \$15 at the door

NORWEGIAN LADIES CHORUS OF SEATTLE SPRING CONCERT

The Norwegian Ladies Chorus of Seattle invites you to join them for their annual Spring Concert on Sunday, April 16, at 3 pm. This year's concert will be in the lovely sanctuary of Our Redeemer's Lutheran Church, located at 2400 NW 85th Street in Ballard. Following the concert, there will be a reception with dessert in the social hall.

This concert is titled "An Ode to Nature." The chorus will perform a variety of songs celebrating Norway's inspiring scenery, idyllic farm life, and friluftsliv. Director Joseph To has been assiduous in guiding the chorus toward more sonorous and lyrical interpretations of the repertoire.

Jakob Bean and Zhanhong Kuang will be appearing as guest artists on the program. Mr. Bean is a talented accordion player. He recently performed at The Day of the Accordion. Ms.Kuang is a gifted pianist, who operates a private piano studio, as well as accompanying a variety of local choirs, including the Norwegian Ladies Chorus.

The Norwegian Ladies Chorus is planning a trip to Norway in 2024. The chorus is a non-audition choir and welcomes new members. Rehearsals are held on Tuesdays at 7:15 at the lodge.

Juanita Holmes

NORNA LADIES

We enjoyed two gatherings in March: Our potluck lunch and planning meeting on March 14, and staffing our booth at the Lodge's annual Heritage Day on March 25. We offered our handiwork for sale: dish towels, potholders, aprons, wine sacks, knit wear, and other items.

Our next meeting is on Tuesday, April 14, at 11:30 in the Norna Room. Bring a lunch item that will serve 6-8 for our potluck; it can be a main dish (hot or cold), salad, fruit, bread/rolls, or dessert. We will provide coffee and tea, and perhaps a cold beverage.

Please RSVP to let us know if you will be attending the meeting (jdygry@comcast.net). Our cheers to you.

Judy Gray & Diane Adams Co-Presidents

APRIL 2023

ppy Birthday

LEIKARRINGEN LIAISONS

It was with great joy that Leikarringen returned to more performances this month. We danced at the Ethnic Heritage Festival in the new Mt Si High School Performing Arts Center and were warmly welcomed. These young people also told us how much they liked our dancing and were enthusiastic in their applause. It was fun to be part of this festival and talk with such nice young people. Then on Wednesday, we danced for the March meeting of Leif Erikson Lodge and again truly enjoyed sharing the wonderful Norwegian cultural heritage of dance, music, song dancing and folk dress. Two of our newest members, Lydia and Egle, performed with us for the first time. Additionally, our new dance director, Beth Kolle, also danced with us for the first time. Many have told us how much this performance was enjoyed.

We now are preparing for May 17th, Poulsbo Viking Days and Skandia Midsommar. Who knows? There may even be some other opportunities that come up. We will be ready.

Leikarringen supports LEL for many Lodge events as well as showcasing this great Norwegian music and dance tradition in the broader Seattle area. The Lodge supports Leikarringen by providing a wonderful dance space and floor in addition to a yearly stipend. We are grateful to the lodge for this help and could not share a cherished Norwegian tradition without this support. Respectively submitted,

Sheila Bartanen, President

NORWAY PARK NEWS

God vår! Happy spring! Hilsen fra Norway Park, as it turns 60 this month. On the 17th of March 1963, LEL purchased land which now is known as Norway Park (Leif Erikson Recreation Association) Lake McMurray, Mount Vernon. A full dedication was held in April of 1963, with leaders and future stockholders in the park at the steps of the original Rød Stua (Red House) and a commemorative pin with the original structure will be on the pin design. Whether it's restoration or a planned picnic this Summer, we will be making announcements soon. Lodge Rep. Erik-Bjarne Witzøe Lodge Rep. An-Magrith Erlandsen Lodge Rep. - LERA President Doug Warne



Happy Birthday to all our members with April birthdays. Celebrants include

Alyssa A., Elisa A., Brad L., Gary L., Knut-Sigurd K., Valborg N., Heidi L., Bjorn L., Anne Marie N., Torleif S., Karissa S., Henry B., Sheila B. Mar Karissa S., Henry B., Sheila B., Martin

B., Daniel B., Sandra C., Janet C. Special greetings to those who

turn 90-something including Valborg N., Norma L.

Our youngest members include Abigail B.-2; Ari E.-12; Garrett H.-9; Skylar L.- 12;

Freya K.-15; Else L.-10.

Our most senior member for April is Norma L. Gratulerer!



Gratulerer med dagen!

Happy Birthday



SPORTS NEWS

Time to start training for Heritage Day Fun Run March 25th. 3.5 miles from the Leif Erikson statue outside the lodge the Leif Erikson Statue at Shilshole bay. Run, walk, stroll - there is something for everyone! This event starts Heritage Day; registration at 8:00am and run/walk at 9:00am. There are ribbons for first, second and third place by age group. Sign up online.

Don't forget about exercise classes in the lodge on Wednesdays and Fridays. The classes are free for lodge members, and are conveniently scheduled on the days Kaffestua is open! See page 8 of Vikingen for class days and times. Burn some calories then replace the calories in Kaffestua.

Hopefully the days will warm up and get longer. Time to check out hikes and bike rides. Don't discount skiing yet - there is still a lot of snow up at Trollhaugen. Be sure to track more miles and hours of exercise to earn sports medals. For more information: Kathleen Lange tatter59@me.com Sports Director

FUND RAISING COMMITTEE

Thank you to the many members who read our last letter and donated enough so that we were able to access the matching grant and finish paying for the roof. It no longer leaks and it has been fixed because of your donations to keep our home dry. To replace the roof, stop the leaks and put us in better shape for the future, the cost is \$129,000. Tusen takk for all!

Fund Raising Committee



(206) 850-8212

Email Kari VanSanford lelyouthseattle@gmail.com TUSEN TAKK!

No prior experience necessary - all dances are taught! Dances are geared for everyone ages 5 and up.

Snacks and refreshments will be served!

LEIF ERIKSON LODGE MEMORIALS

Did you know there is a way to remember our members and friends at Leif Erikson Hall! It started back in 1985 when the hall was built. Many donations were received as memorials. We have now updated the memorial board. Donations received as memorials to Leif Erikson Lodge, Kaffestua, or Leif Erikson Building Association are included to the best of our ability from the records of these organizations. If you would like to remember a loved one, member, or friends, a minimum donation in the person's name of \$100 or more will provide a plate mounted on the memorial board. The minimum amount may be made by a combination of various amounts from family and friends to achieve the minimum. Be sure to include "in memory of the name of the person" on the memo line. Donations may be mailed to:

Leif Erikson Lodge 2-001 OR to Kaffestua OR Leif Erikson Building Association,

2245 NW 57th Street, Seattle WA 98107

Donations may also be made with credit/debit/PayPal through the donations tab on our website: https://www. leiferiksonlodge.org/wa-donations

Please write a note in the space provided below the donation amount such as: In memory of (name). Thank you. Christine Anderson, Historian

DONATION THANK YOU'S

Lloyd Nilsen Mark & Janice Quam Ozzie Kvithammer/ Anne-Lise Berger Per Ostebo **Robert & Margot Ray** Maja Larson Scott Walker & Aidan Walker/Rene Vaughan Thomas & Deborah Schadt Timothy Jackins Vagn & Marian Jensen Valborg Nordbo Desiree Omdal Christopher Lincoln Kathleen Lange **Robert Loe** Ellen & Erik Bersas Richard Cuff Rosemary Antel Doug Warne F Luelle & Harold Dravecky Asbjorn & Joan Nordheim Leif & Cindy Manner Erik Abrahamson **Richard & Melinda** Trobera Karen Strand Lita & Gary Breiwick WJ & Debra Orsborn **Gregory Rasmussen** Dan Baines Keith & Eleanor Schubert Kristi Haines Kris Templin Albert Strom Robert & Nancy Sanvik Per & Laura Odegaard Judith and Dennis Hewit Bruce Hevly Farid and Bernice Chouery Patricia & Edward Kloth Randi Voldok **Betty & Gordon Jackins** Carol Lindgren & Ivan Reiten James & Tove Wilson Mark and Linda Johnson Joan and Kim Peterson Laurie Lund Gonzales Torun Parker Sally Reiguan/Abbie

Nelson Christine Carrs Samuelsen Properties Diane E. Baines Gunnar Unneland Henry Bjornsson Vivan and Christian Kirk Svein & Eva Nyhammer Vivian Kirk Greta Zylstra Michael and Susan Holberg John Edenholm Marilyn Molinari Nancy and Bjorn Larsen Arnold and Gail Anderon Ella and Bernt Haue **Malfrid Vintertun** Dennis C. and DS Johnson & Shannon Toolson Gretchen and Harold Mork **Carole Packard** Olav Esaiassen **Robert Erickson** Scott and Ijill Jacobson Kristine Rice Erik and Jane Johnston Philip and Reidun Kollen Mark and Inger Knudson Alan and Inger Haakenstad Peter Nestingen Judy Gray Barbara and Daniel Dougherty Patricia Jolin **Olang Holloway** Allison Firtzgerald Michael and Sara Ness Wayne and Clydene Wenzel Joruynn and Dennis Mayer Larry and Nancy Solheim Ralph Marshall **Kristian Berg** Mari-Ann Kind Jackson Arlene Templin

REMINDERS

You can sign up to receive the Vikingen via email. If you prefer to receive a hard copy newsletter let us know at leiferiksonlodge@ qwestoffice.net or call the LEL office and leave a message; 206-783-1274.

Not receiving the e-news? Sign up for e-news by emailing leiferiksonlodge@ qwestoffice.net. This email comes out several times a month and provides an update to Lodge events and activities, as well as links to the Vikingen, renewing your membership and volunteering at the Lodge.

DO YOU HAVE A NEW PHONE NUMBER, EMAIL OR ADDRESS ?

If you have a new phone number, email or address let us know. Email Ellen at ebeckster@gmail.com. You can also go to the SON website-www.sofn.com-log in and update your Member profile.

Please remember to forward your mail if you are gone for a longer time period. If you have a new email, you can email the office at leiferiksonlodge@qwestoffice.net. Thank you for keeping the Lodge in the loop!!

Deadline for submitting articles to the Vikingen is the Saturday following the membership meeting. Send articles to the Vikingen Editor at vikingeneditor@gmail.com.

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If you have a new phone number, email or address let us know. Email Ellen at ebeckster@ gmail.com. You can also go to the SON website-www.sofn.com-log in and update your Member profile.

Please remember to forward your mail if you are gone for a longer time period. If you have a new email, you can email the office at leiferiksonlodge@qwestoffice.net. Thank you for keeping the Lodge in the loop!!

FROM YOUR FRIENDLY LIBRARIAN

Greetings from the Library! Library hours for April will be on April 21 from 11:00-1:00. You can also contact me via email or phone. Email is arianewm@gmail.com. Phone: 206 854-2930. I live very close to the lodge, so it is easy for me to open the library by appointment. I really do encourage people to either call or email me if they have donations or would like to check out a book.

Please check with me before donating books as we do have many duplicates and are running out of room to store books. Tusen takk!

Ariane Westin-McCaw, LEL Librarian arianewm@gmail.com





Leif Erikson Lodge 2-001 2245 NW 57th Street Seattle, WA 98107-3134

Address Service Requested

Please notify Ellen Beck of any changes in Name, Address, or Phone Numbers. Please also let her know of a death of a family member <u>ebeckster@gmail.com</u>.

LEL CALENDAR - APRIL/MAY 2023

April 1 - First Saturday Kaffestua, 10-2:00pm (New day!)

- April 2 Welcome Spring Tea and Concert, 2:00pm; LEL; Please RSVP
- April 5 LEL Board Meeting 7:00pm (ZOOM)
- April 8 Second Saturday Events: Movie 3:00pm (Norna); Happy Hour- 5-8pm

April 8 - Vikingen Deadline

April 8- Bothell Lodge Drive thru pancake breakfast-8am-12:00pm **April 9**- Happy Easter/God Påske

April 12 - Membership Meeting; Social-5:30; Dinner - 6:00;

Program-6:45; Meeting - 7:30 (In person only, No Zoom)

April 16 - Youth Activities-Barneleikarringen Dance Class, LEL, 1:00-3:00pm, LEL

- **April 16** Nordic Chamber Music Concert "Seriously Swedsih", 3:00pm, St. Stephen's Episcopal Church
- April 19 LEL Trivia, 7:00pm, on Zoom
- May 3 LEL Board Meeting 7:00pm (via Zoom)

May 6 - First Saturday Kaffestua, 10:00-2:00pm (New day!)

- May 10 Membership Meeting; Social-5:30; Dinner 6:00;
- Program- 6:45; Meeting- 7:30pm

May 13 - Second Saturday Events: Movie - 3:00pm (Norna); Happy Hour- 5-8pm May 13 - Vikingen Deadline

May 17 – Syttende Mai; Parade at 4:00pm

Ballard Health Club Silver Sneakers class on Monday, Wednesday and Fridays from 10:00-11:00. LEL Members may attend for free.

Exercise class lead by Audrey in main hall, Wednesdays, 11:15-12:00. 1st class free, \$5.00 after that.

LEL Zoom information: https://us04web.zoom.us/j/9155821189 Meeting ID: 915 582 1189; Dial in by Phone: 1 (253) 215-8782. Please check the LEL website, e-news and Facebook for updates to the Lodge calendar and activities. www. leiferiksonlodge.org;

Facebook - https://www.facebook.com/groups/LeifEriksonLodge

Welcome Spring!

A Musical Celebration & Norwegian Tea

Sunday, April 2 at 2:00 pm Leif Erikson Lodge

2245 NW 57th Street, Ballard Coffee, tea & Norwegian desserts will be served Tickets \$25 Available at the lodge in advance or at the door Reservations (206) 783-1274

Featuring Laura Loge, soprano Steven Luksan, piano

Sponsored by

Performing songs about spring by Edvard Grieg & other Norwegian composers.