

# VIKINGEN



## PRESIDENT'S GREETING



Hello friends, so nice to be writing to you again! I hope you have had a wonderful summer so far; it sure seems like we have some warm weather in store for us yet. It's been a wild year for weather, with so much rain and then our couple of summer heat waves, I had to triple check we were still in Seattle. But we made it through, and my family had a great time enjoying the outdoors all over Washington, Idaho, and Montana. While the lodge has been on break from most events, that does not mean we have been resting on our laurels!

We were thrilled to see the Ballard Seafood Fest come back in full force this year, thank you again to all the volunteers who helped staff the lodge booth. It was a blast getting to talk with folks about what we do and why Sons of Norway exists, it's still surprising to me how many people in the community haven't ever heard of our organization or our mission. We even got to see a lutefisk eating contest; I would not have landed on the podium for that event! In addition, our lodge members participated in many events around the district, celebrating the 50th anniversary of Trollhaugen and playing in the D2 Golf Tournament to name a few. There are so many interesting lodges around the district, if you have a chance to visit another lodge, I will always so go for it!

As we ramp things back up heading into the fall, it's a good time to remember why we spend our time and efforts in and around Leif Erikson Lodge. Preserving and promoting the heritage and culture of Norway are our mission, but, for me it's all about you, the members of LEL. I have had a chance to meet so many amazing folks, from here to Norway, and the generosity and kindness I have been shown from day 1 inspires me every day.

Speaking of upcoming events.... JoAnne Rudo, our beloved Cultural Director, has put together an amazing lineup of programs for our member's meetings in the coming months, and well into 2023! I wanted to take a moment to thank JoAnne for her tireless dedication to the lodge and the greater Seattle community. Outside those meetings, as you likely recall the fall tends to be quite active around the lodge. You will be hearing a lot from us about our annual Bazaar, this year to be held October 22-23. It's our biggest

fundraiser of the year, and we hope you are able to participate and enjoy the event with us. Ramping back up will also be our monthly trivia nights, held via Zoom on the 3rd Wednesday of the month. It's a riot and there are fun prizes for top teams. Log on and test out your knowledge in a friendly game with us. In addition, our LEL Movie Matinee series returns on 2nd Saturdays, come up to Norna and enjoy a film with us while having some popcorn and seeing some fellow lodge members.

This month, we have a large group of new members being voted into Leif Erikson Lodge, which is always fantastic to see. We hope you help us welcome them warmly to Sons of Norway. Unfortunately, we have also seen a different trend arise that worries us. The number of members whose membership has expired has been ticking up over time, and while most all do renew, the lag time in doing so causes a lot of extra work for volunteers here in Seattle, as well as at the SON Office in Minnesota. When you get a renewal notice, please take some time to think about why you enjoy being a member of Leif Erikson Lodge and we hope you stay with us for many years to come. Take care,

**-Seth Maristuen**  
**President, LEL President**

## LEL MEMBERSHIP MEETING ZOOM INFORMATION

Please join us for our September 14, 2022 LEL Business meeting, to be held this month in person and also via Zoom. Use the information below to log in on Wednesday, September 14th at 6:30 for the program with Lee Thomas discussing climate change. Meeting at 7:30pm.

<https://us04web.zoom.us/j/9155821189>

Meeting ID: 915 582 1189

**Dial in by Phone: (253) 215-8782.**

## 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.

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**VIKINGEN**

Leif Erikson Lodge No. 2-001

Sons of Norway

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**Membership Meetings:**

2<sup>nd</sup> Wednesday beginning at 7:30 pm

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

**MEMBERSHIP MEETING**

**WEDNESDAY, SEPTEMBER 14, 2022**

**SOCIAL 5:30, DINNER 6:00, PROGRAM 6:45**

**BALLROOM DANCE DEMONSTRATION AND**

**CLIMATE CHANGE IN THE PACIFIC NW & HOW YOU  
CAN MAKE A DIFFERENCE**



Welcome back to the lodge! We begin our fall program with our lodge Treasurer, Theresa Nilsen, who does more than keeping the lodge financial records in order. Theresa is also a ballroom dancer and often makes her own fancy dance gowns. She and her professional instructor will give a short demonstration of some traditional ballroom dances. Don't expect Theresa to be wearing a wool bunad but something with spangles.

Last January, Lee Thomas, gave a talk at the Swedish Club on how we can make a difference in curbing climate change that is affecting our world. Kristine Leander, Executive Director of the Swedish Club and a member of Leif Erikson Lodge, contacted me and said that Lee's presentation was one of the best she has heard regarding climate change and encouraged the lodge to engage him. I am happy to say, that Lee will be at our September membership meeting. Lee worked on the East Coast for the US Environmental Protection Agency for 34 Years and three and a half years for the EPA office in Seattle. Lee is also part of the Climate Reality Leadership Corps led by Al Gore and renowned scientists. His talk will explain what climate change is, how it is impacting the Pacific NW, what to expect in future, and what we can, as individuals, do about it.

Chef Malin has designed a lovely menu: Chicken, mushroom pie with goat cheese, salad with fresh berries, homemade dark rye bread and rhubarb cake with vanilla whipped cream. **Call the lodge, 206-783-1274, sign-up online or at the lodge to RSVP, no later than Monday, September 12. Smoke signals are discouraged as it causes unnecessary air pollution!**

**-JoAnne Hardt Rudo,  
joannerudo@hotmail.com, Cultural Director**

## GREETINGS FROM KAFFESTUA



We are open Wednesdays and Fridays now and through the summer (see below for closure dates). This is, of course, is dependent on being able to fill our schedule with volunteers. If, for some reason, we have to close a day, we will attempt to get notice out as soon as possible via a sign on the front door of the lodge, email blast etc.

### Closure Dates

September 2nd in observance of Labor Day  
Stay tuned for lefse class in October. Second Saturday Kaffestua will also resume starting September 10th. Closed in December.

**-Hilsen fra Laurie og Lisa**

## YOUTH ACTIVITIES



Velkommen til bake, just in time for the Autumn Equinox. This is one of the most beautiful seasons of the year. I think everyone loves colorful leaves, cooler weather and Pumpkin Spice everything. We are excited to be back at the Lodge and working on our new line up for this year. You will notice that we added some new events and brought back a few favorites. So, who knows how to make Krumkake? Yes, those delicious, rolled waffle cookies. We will be teaching a class on making and eating them on September 14th. This is a multigenerational event and we strongly encourage Parents and Grandparents to join us. We look forward to seeing everyone at our Krumkake class

Take a Sneak Peek at our line-up of events for the next few months, Covid-19 permitting.  
September 14, 2022 Krumkake class.  
October 12, 2022 Pizza and Pumpkin Carving

Don't forget to visit the Son website for the latest edition of Viking for Kids. Check out [https://www.sofn.com/member\\_benefits/viking-for-kids/](https://www.sofn.com/member_benefits/viking-for-kids/).

As always, if you have any questions please call or email us.

Evelyn Elliott Kari VanSanford  
(206) 850-8212 lelyouthseattle@gmail.com  
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Tusen Takk,

**Your Co-Youth Directors**

**-Evelyn and Kari**

## MOVIE NIGHT

### Leif Erikson Lodge Movie Matinee



JOIN US IN WATCHING

### Margrete - Queen of the North

Saturday  
September  
10<sup>th</sup>  
3 pm

Norna Room  
3rd Floor



Feel free to  
bring a snack  
or drink to  
share and  
come enjoy  
the film!

## HAPPY HOUR RETURNS

After a long summer absence, Happy Hour at Leif Erikson Hall has returned. Join us Saturday, September 10 for the opening of Second Saturday Happy Hour for a good time from 5:00 until 8:00 pm. Score some tickets from the first drawing at about 6:00 pm. by bringing something to share on the snack table. Entry price is still only five dollars for snacks and two drinks. Regular Raffle tickets are a dollar and we have some very interesting things including some delicious high stakes special Spicy Novels". Hope to see you all from 5 to 8 pm.

Some Volunteer helpers have already called in, but we still need one helper for food setup at 4:30 and two helpful bartenders for a short shift each. Call Doug Warne at 206- 291-4330 to volunteer.

**-Doug Warne, Happy Hour Manager**

## LEIKARRINGEN LIAISONS

The biggest news is that our wonderful and loved dance director Larry Reinert has moved to Ft. Dodge, Iowa this summer. He taught and directed our dancing from 1995-2022 and we will miss his instruction and friendship. We gave him our thanks and best wishes for success and happiness as well as a financial gift and a rosemaling plate which has his name and dance director dates to be delivered in October. Two Leikarringen members are visiting him in August and another two in October.

The good news is that our lodge member Beth Kollé has generously agreed to teach us and will work with Elaine Everitt to co-share the teaching and dancing. A big thank you to them both for helping to keep our dance traditions alive and thriving. Thankfully our group has maintained our membership, enthusiasm and we even have two new members starting.

Our first dance practice will be Tuesday, September 13 from 5-7pm. This will be a nice time to meet and get re-acquainted with Beth. We decided to continue to trial this time through December of this year. September 10th will be our business meeting which will be on zoom and not in the lodge. Then on September 27 we resume dance practices in the lodge hall.

We always warmly welcome new and returning dancers. If you are new to Nordic folk dancing we will all help make your beginning accessible, fun and not stressful.

This summer the craft committee met to decide what to make and how we can best support the Lodge Bazaar in October. When making nice hand-made items the earlier the better. We look forward to starting again in September and will be following the recommended Lodge and CDC Covid guidelines.

**Sheila Bartanen,**  
**Leikarringen President**

## SAVE THE DATE FOR OUR ANNUAL BAZAAR

We are planning for on an in-person bazaar this year, October 22-23, 2022. Modifications for COVID will be in place. Hours are 10-4 on Saturday and 11-4 on Sunday. Please join us in the hall for the return of some of your fall favorites!

There will be an online auction of experiences and unique items. We already have a donation of a weekend at the beach, a weekend in a mountain cabin, and some time with fjord horses! We are looking for several more items such as dinners for four, six, or eight; a crabbing expedition on a boat for say two or four people, etc. We need to have the items committed by October 1 so they can be added to our auction site on bidding owl. We are also looking for unique, antique, vintage, new items for our in-house silent auction. The best day to bring items to the hall is on Wednesdays from 10-2PM or email us at leiferiksonlodge@qwestoffice.net for pickup from your home. Tusen takk!

In addition, you will have the chance to enter our raffle, with tickets being mailed out soon to previous entrants. Tickets will also be available to purchase at lodge events and from the lodge office. The main raffle will take place Sunday, October 23, around 4pm.

Mark your calendar to join us on the 22nd and 23rd for delicious Nordic foods and visit many of your favorite vendors! Volunteers are needed for all areas of the Bazaar, please let us know if you can help. Call the office at 206-783-1274 and let them you want to volunteer. Looking forward to seeing everyone in person again! Stay tuned to your e-news and the October Vikingen for more details on this year's event.

*Happy Birthday*

Happy Birthday to all our members with July, August and September birthdays. Celebrants include Dale P., Kirsten and Kent Q., Mark Q., Anita P., Olav E., Cortney and Erik G., Jody and Paul K., Deborah L., Korey L., Perdis J., Thea M-B, Timothy H., Bernice C., Gerhard F., Judy G., Wendy F., Marilyn M., Erik W.

Special greetings to those who turn 90-something including Olav E., Randi A., Reidar G., Svea K., Robert F., Petter M., Gertrude M.

Our most senior member for July-Olav E., for August- September is Harry Solheim who turns 101!

Our youngest members include Tyler G.-11; Sasha H.- 5; Theodore L.-4; Mark and Eden K.- 6; Ezra K.-3  
Sorry there isn't more room to list all our Birthday celebrants!

**Gratulerer med dagen!**

*Happy Birthday*

## BUNAD PRESENTATION SAT. SEPTEMBER 17, 1:00 P.M. LEIF ERIKSON LODGE



Gina Nylund, owner of Bunad Creations, will be giving a PowerPoint presentation regarding the bunads of Norway and their history. Bunad Creations was established in 2019 and is located in Spokane. Gina Nylund has traveled to Norway many times to take classes in bunad making for professionals and to purchase products so that people can make their own bunads. Bring information regarding where your family is from in Norway and she will help you locate which bunad your ancestors would have worn.

Bunad Creations has classes in embroidery and the making of bunads. The business carries fabrics, shoes, shirts, silver, silk scarves, trims and everything that may be needed to make an authentic national bunad. Shoes, silver, ready-made bunad cotton shirts, scarves, practice embroidery kits, fabric samples, aprons, underskirts will be some of the many things for sale at the presentation. Since Bunad Creations has established accounts with the main suppliers in Norway, supplies can be ordered or even arrange for a bunad to be made. There is no charge for the presentation, however, if you would like to purchase any supplies, checks, cash, Venmo and credit cards are accepted.

Gina Nylund grew up in Norway and became a member of Daughters of Norway-Freya Lodge in Spokane where she became enamored with the beauty and history of Norwegian bunads. She also learned that it was difficult and expensive to obtain an authentic bunad. With her help, you will learn how to make a bunad or find one ready-made and be prepared for next year's May 17th celebration. Refreshments (Norwegian, of course) will be served. For more information:

**JoAnne Rudo 206 329-1443 or**  
**Bernice Chouery 206 383-8872**

## IN MEMORIUM

**Ingeborg Herring** passed away on May 6, 2022, at age 89. She joined the Lodge in 1987 and was a member for 35 years and also a Golden Member. Ingeborg was born in Oppdal, Norway, and raised on a dairy farm. She had many stories about her child-hood, including the German occupation of her family's house during WWII. She attended nursing school in Everett and made lifelong friends. She was an active member of the Daughters of Norway Solveig Lodge in Burien, and contributed many batches of lefse for the annual bazaar over the years. Gentle and kind, Ingeborg filled her home with beautiful objects from Norway, her many travels, and Vashon artists. The memorial will go to the Vashon Senior Center.

**Ann Svendsen Mann** passed away on August 14, 2021, at age 78. She joined the Lodge in 1986 and became a Golden Member in 2016. Ann was born in Seattle but her family moved to Sitka and she felt very much an Alaskan! She graduated from PLU School of Nursing and worked as a nurse in Virginia, Washington and Alaska. The memorial will go to the Leif Erikson Educational Foundation.

Former member **Jean B. Hansen** passed away June 10, 2022, at age 95. She joined the Lodge in 1992, and remained a member until 2015. Jean was born in Seattle to parents Olaf Martin Haugen and Ragna Elisabet Starheim Haugen, who came from Norway, Jean and went to the University of Washington School of Nursing and graduated as a Registered Nurse in 1949. She worked at the Northgate General Hospital and later at Group Health Hospital. She married Arthur Norman Hansen and had three children. Jean and Arthur were both first generation Norwegian Americans. In the mid 1970's they traveled to Norway to meet their family for the first time. They joined the Lodge and Jean volunteered in Kaffestua and other Leif Erikson Lodge events; her specialty was making waffles.

Former member **Victoria Watt Warshaw** passed away June 28, 2022, at age 53 of cancer. She played the fiddle for Skandia dances and was often in Kaffestua. She leaves behind her children, Rachel, almost 22, a sister 18, and her mother. Rachel writes, "Thank you all for your luminous memories, and well wishes. I hope she finally gets

to rest. More news soon about a celebration of life (overflowing with baked goods and chock-a-block with music.)"

Former member **Bergliot Lie** passed away at age 96. She joined the Lodge in December 1986 and would have been a Golden Member in 2017.

## NORWAY PARK NEWS

As summer ends and our fall begins, we hope you've had a chance during the summer to enjoy your park and beach at Norway Park on Lake McMurray.

This is a reminder for this fall season that to use the park you need to bring your official Leif Erikson Lodge card to show the gatekeeper. Also, a reminder that Pavilion Drive, the road from Highway nine down to the beach area and pavilion, has a speed limit request of 10 mph. This road is shared by neighbors as well as Sons of Norway so we wish to be neighborly and support our neighbor's request for a general reminder to everyone that the speed limit on that road is 10 mph. The last NP work party will be Sept. 17th at 9:00am.

The late start of Summer weather didn't put a damper on the spirit of Midsommer – Sankt Hans. Though the bonfire was not quite the barn-burner, it took quite a few attempts to generate it's glory caused by layers of damp branches and debris from an extra wet season. Nonetheless, the games, bingo and cake walk were enjoyed by many attendees. Volunteers served up pølse med lompe (a Norwegian hot dog with potato lefse) served with an ice cold pop, of snacking.

Video Dj Andy Jensen, was back for year two, more choices and a bigger screen, entertaining from Nordic videos to requested choices. Andy also assisted Berit Smith with the annual raffle, as many donated various items and the much sought after Norsk genser (sweater). Andy returns for Juleboard 2022 at Norway Park, more announced soon.

Hope we will have some nice sunny September days during which you can enjoy the park and Lake McMurray. Please note that highway 9 has construction work adjacent to Norway Park that may have detours which will add some time to your commute.

**- Doug Warne, Erik Bjarne Witzoe, An-Magrith Erlandsen, Norway Park Lodge Representatives**

## NORNA LADIES

All ladies who are members of the Leif Erikson Lodge can become members of the Norna Ladies. We typically meet on the third Tuesday of the month (September through June) – usually at the Lodge in the Norna Room – for a potluck lunch and short business meeting. Our next lunch/meeting is Tuesday, September 20. Lunch will be provided. Please RSVP to Judy at [jdygry@comcast.net](mailto:jdygry@comcast.net).

As a group, we participate in the annual Lodge Bazaar and Heritage Day. Our booth offers many “crafty” items for sale, including our famous embroidered dish towels, hand-knit children’s sweaters, socks, and mittens, those hard-to-find refrigerator towels, and our newest items – Swedish weave bottle holders and placemats (made by a Norwegian, of course).

Other activities we sometimes plan include gatherings at local nurseries, a trip to the Poulsbo Lodge for shopping and attending their Kaffestua, as well as an afternoon lunch and movie. Read future Vikings for announcements about our group and plan to join us. We are a fun family of Lodge ladies who would welcome new members like you.

**-Judy Gray & Diane Adams**  
**Co-Presidents**

## VELKOMMEN TIL NEW MEMBERS

Please welcome the following new members into our Lodge, voted on at the June membership meeting: Richard J. and Kayleen J. Blair and their children Katarina G; Blair, Robert V. Blair, Kendrick W. Blair, and Kari A. Blair; Olivia Remy Ellen Brey; Steven Jacob Borgman and Jamie Alicia Clarke, and Azlynn Ann Koesema; Sheilah M. Ferrell; Andrew David Jensen; Zac Thomas Reichert; and David Westgor.

Members Transferred into the Lodge are: Amy E. Berry; Andrew Issac Harvey.  
Reinstated Member: Donald G. Wick.

The next welcome ceremony for new members will be in October. If you are a new member and haven’t attended a ceremony previously you are welcome to do so.

## RENEWAL OF MEMBERSHIP DUES

Please renew your membership dues when you get your first notice. It is so much easier to renew and keep current than it is to let your membership slip away and then forget to renew until months have passed. Then you don’t have to question and stress about not having a current membership card when you want to go to Norway Park or Trollhaugen! You can renew online at [sofn.com](http://sofn.com) (have your SON Membership number handy) or mail a check made out to Sons of Norway. Mail checks to LEL, ATTN: Ellen Beck, 2245 NW 57th St., Seattle, WA 98107.

**-Ellen Beck, Membership Coordinator/Financial Secretary, [ebeckster@gmail.com](mailto:ebeckster@gmail.com)**

## SPORTS DIRECTOR NEWS

I’m looking forward to seeing everyone again in September! This year as a lodge we need to focus again on sports medals. Walking, swimming, bicycling, and general sports categories are all eligible for sports medals. I will have information at our lodge meeting.

Fall is the best weather in the Pacific NW! Don’t forget that Trollhaugen is open year round. Located just beyond Snoqualmie Pass there are many great hiking trails close by. Spend the day or a weekend hiking, mountain biking and then soaking in the hot tub OR just relax in the comfortable lodge with a double kitchen, deck and comfortable great room. For more information go to [www.trollhaugensofn.com](http://www.trollhaugensofn.com).

**-Kathleen Lange, Sports Director**  
**[tatter59@me.com](mailto:tatter59@me.com)**

## FROM YOUR FRIENDLY LIBRARIAN

Greetings from the Library! Library hours for September/October will be from 11:00-1:00pm. September 16, 30 and October 21 from 11:00-1:00pm. You can also contact me via email or phone. [arianewm@gmail.com](mailto: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.

The library has some free books and I will continue to make these available, perhaps putting them in the lobby or in Kaffestua. 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](mailto:arianewm@gmail.com)**

## 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](mailto: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](mailto: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.

Deadline for submitting articles to the Vikingen is the Saturday following the membership meeting. Send articles to the Vikingen Editor at [vikingeneditor@gmail.com](mailto:vikingeneditor@gmail.com).

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

If you have a new phone number or address let us know. Email Ellen at [ebeckster@gmail.com](mailto:ebeckster@gmail.com). You can also go to the SON website-[www.sofn.com](http://www.sofn.com)-log in and update your Member profile.

Please remember to forward your mail if you will be gone for a longer time period. If you have a new email, you can email the office at [leiferiksonlodge@qwestoffice.net](mailto:leiferiksonlodge@qwestoffice.net). Thank you for keeping the Lodge in the loop!!

## LEL COVID POLICY

Leif Erikson Lodge policy on addressing COVID concerns is as follows:

In accordance with King County the mask mandate ended on March 12, 2022 in public indoor spaces. COVID cases have risen recently and wearing masks is highly recommended but optional. If you feel more comfortable wearing a mask you are welcome to do so. Please do not attend lodge events if you are feeling ill. There may be future surges or new variants that will lead us to reassess the need for additional masking recommendations and other measures to protect our community. Certain people may still want to wear masks. For this reason, the use of high-quality, well-fitting masks still makes sense for certain people, particularly in crowded indoor settings with poor ventilation. It is reasonable to continue to wear a mask in indoor public spaces if you are immunocompromised or at increased risk for severe disease, unvaccinated, or are in contact with someone at high risk. Some people may choose to wear a mask out of consideration for people who may be at high risk in public settings, or if they want to further reduce their own risk for any reason.

Thank you for your cooperation.

**Seth Maristuen, President**  
**Leif Erikson Lodge**

### Norwegian Ladies Chorus of Seattle



[www.nlcofseattle.org](http://www.nlcofseattle.org)  
**NEW SINGERS WELCOME**

Rehearsals: Tuesdays 7:15 - 8:45pm

At Leif Erikson Lodge, 2nd Floor

Zoom meetings led by Joseph To, Director

Contact: [norwegianladieschorus@gmail.com](mailto:norwegianladieschorus@gmail.com)

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### BROWN BEAR CAR WASH COUPONS

Please use this coupon to order car wash tickets and mail it to \_\_\_\_\_ office. Please indicate "CARWASH" on the envelope so it goes to the correct committee:

#### CARWASH COUPON REQUEST FORM

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I WOULD LIKE \_\_\_\_\_ CARWASH COUPONS MAILED TO ME.  
I HAVE ENCLOSED \$10 FOR EACH COUPON FOR A TOTAL OF \$ \_\_\_\_\_.  
*You may wish to donate \$1.00 total for postage, envelope, handling.*





Leif Erikson Lodge 2-001

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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 [ebeckster@gmail.com](mailto:ebeckster@gmail.com).

## LEL CALENDAR - SEPTEMBER/OCTOBER 2022

**September 7** - LEL Board Meeting – 7:00pm (via Zoom)  
**September 10** - Second Saturday Kaffestua (10:00-2:00pm); Movie – 3:00pm (Norna); Happy Hour- 5-8pm  
**September 10** - Bothell SON Drive through pancakes (8:00am-12:00pm)  
**September 10** - Stockholder meeting, 1:00pm, Norway Park pavilion  
**September 14** - Membership Meeting; Dinner -6:00; Program-6:30; Meeting-7:30 (In person and on Zoom)  
**September 16-18** – Adult Heritage Retreat, Trollhaugen  
**September 17** - Norway Park Work party, 9:00am (last one of the year)  
**September 17** - Bunad presentation- 2:00pm; Norna or Kaffestua  
**September 20** - Norna luncheon, 11:30- RSVP  
**September 21** - LEL Trivia, 7:00pm, on Zoom  
**October 5** - LEL Board Meeting – 7:00pm (via Zoom)  
**October 8** - Second Saturday Kaffestua (10:00-2:00pm); Movie - 3:00pm in Norna; Happy Hour-5-8pm  
**October 9** - Norwegian Exchange with Swedish Club, 3:00pm at LEL  
**October 9** - Leif Erikson Day  
**October 12** - Membership Meeting; Dinner - 6:00; Program-6:30; Meeting-7:30 (In person and on Zoom)  
**October 19** - LEL Trivia, 7:00pm, on Zoom  
**October 22-23** - LEL Bazaar  
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 Meetings via Zoom: <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](http://www.leiferiksonlodge.org);  
Facebook - <https://www.facebook.com/groups/LeifEriksonLodge>

BAZAAR  
2022

SONS OF NORWAY • LEIF ERIKSON LODGE 2-001 • THE 116TH ANNUAL BAZAAR

22 OCTOBER | SATURDAY  
10 AM – 4 PM  
23 OCTOBER | SUNDAY  
11 AM – 4 PM

SONS OF NORWAY | BALLARD: 2245 NW 57TH STREET NW, SEATTLE WA 98107  
PH 206.783.1274 | WWW.LEIFERIKSONLODGE.COM | LEIFERIKSONLODGE@QWESTOFFICE.NET

# Ski-For-Light Dinner Dance

Hosted by Bothell Sons of Norway Lodge  
23905 Bothell Everett Highway Bothell, WA 98042

Saturday, October 1<sup>st</sup>  
Happy half hour 6:00pm  
Dinner 6:30pm

*Salmon and Cod  
Cooked over an open fire*

**Live music and Lots of Free Parking**

Reservations requested by 20<sup>th</sup> September.  
E-mail: [Dinner@bothellsonsofnorway.org](mailto:Dinner@bothellsonsofnorway.org) or  
call the Lodge 425-485-9085 and leave a message.

When making reservations please leave a name, phone # or e-mail address  
for confirmation.

We know that reservations are new, but it is important that you make  
reservations so that we have enough food for everyone!

**\$30.00 per person!!**

Puget Sound Ski-For-Light is your local blind and mobility impaired cross-country ski  
program that provides a pleasurable winter experience for blind and disabled individuals  
patterned on the original program in Norway.

## SONS OF NORWAY DISTRICT 2

**DOREEN J PARKER HERITAGE RETREAT  
SEPTEMBER 16-18<sup>TH</sup>, 2022**

For safety of all ~ 2022 All Campers and Staff must provide proof of Vaccination to attend.



Spend the weekend in the mountains at Trollhaugen Lodge, Learning about  
Trolls, and their secrets. A weekend of crafts, cooking, and fun.  
Some of the activities to choose from are Rosemaling, Woodcarving,  
Hardangersøm.  
Learn to sing some of those favorite Norwegian songs.

Registration fee of \$150.00 (\$160.00 after September 1st)  
per person

Includes room, all meals and class supplies.

Mail Checks made out to: Heritage Retreat to:

Paula Boerner, 201 29th St., Hoquiam, 98550

Bring your own bedding, shower towels and toiletries.

\* We will provide coffee break treats.

\*\* Masks will be required in Troll room for classes.

This is the only heritage & culture retreat this year  
We will have reduced number of beds and space available  
Your check will secure your place

For more information & registration contact:  
Chris Hicks (425) 672-0194 [ChrisD2SofN@outlook.com](mailto:ChrisD2SofN@outlook.com)  
Or Nancy Holter [d2.cultural@gmail.com](mailto:d2.cultural@gmail.com)

## Sons of Norway District 2

Doreen J Parker Cultural Heritage Retreat  
Application Form

**2022 All Campers and Staff must provide proof of Vaccination  
to attend. Please attach to this application.**

I. Please complete this application in full, and mail it with registration fee of \$150.00  
(\$160.00 after August 15<sup>th</sup>) per person to:  
Paula Boerner, 201 29<sup>th</sup> St., Hoquiam, 98550

For more info call: Chris Hicks (425) 672-0194

**PLEASE PRINT AS LEGIBLY AS POSSIBLE**

Name: \_\_\_\_\_ Sex: \_\_\_\_\_

Address: \_\_\_\_\_ Street \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Home / Cell # ( ) \_\_\_\_\_ E-Mail Address \_\_\_\_\_

Sons of Norway Lodge \_\_\_\_\_ Membership # \_\_\_\_\_  
Lodge Name & Number

II. Health problems or conditions which might interfere with participation in some of the programs  
(this information is important for planning & will remain confidential - Trollhaugen had lots of stairs):

Do you eat a Standard Diet? Yes \_\_\_\_\_ No \_\_\_\_\_ anything we should know to prepare for?

\* **The following is very important.** If you check that you can get in a top bunk or loft, you will be  
assigned to one or the other, saving the limited bottom bunks for people who are physically  
unable to get in a top bunk or loft.

1. Are you able to sleep in a top bunk? (Important) Yes \_\_\_\_\_ No \_\_\_\_\_
2. Are you able to sleep in a loft/Can you climb a ladder? (Important) Yes \_\_\_\_\_ No \_\_\_\_\_
3. Are you able to walk up multiple levels of stairs?
4. Who should be contacted in case of an emergency?

Name \_\_\_\_\_ Relationship \_\_\_\_\_

Area Code & Phone # \_\_\_\_\_

**PARTICIPANT'S SIGNATURE:** \_\_\_\_\_

2022 CHR Application

**PLEASE COMPLETE BOTH SIDES OF THE APPLICATION! THANK YOU**

## INTEREST SURVEY

As we plan the Trollhaugen Cultural Heritage Retreat it would be helpful to know about you and your  
interests. Please take a few minutes to complete this part of the application form.

1. Have you ever studied the Norwegian language before? Yes \_\_\_\_\_ No \_\_\_\_\_  
If yes, please rate your proficiency:  
Native Fluency: \_\_\_\_\_ Fluent in most subject areas: \_\_\_\_\_ Limited \_\_\_\_\_

2. Hobbies and special interests: \_\_\_\_\_

3. Give one interesting fact about yourself that no one in attendance would know:  
(Please answer- it will not be used against you.)

4. There are a variety of courses we may be teaching depending on instructor availability. Please rank  
which activities you would like to join if they are offered. (1=1<sup>st</sup> choice, 2 or 3 etc.)

Activities: Hardangersøm: \_\_\_\_\_ Klostersem: \_\_\_\_\_ Cardweaving: \_\_\_\_\_ Rosemaling: \_\_\_\_\_  
Cooking: \_\_\_\_\_ Runes: \_\_\_\_\_ Folklore: \_\_\_\_\_ Mythology: \_\_\_\_\_ Woodcarving: \_\_\_\_\_  
Tattooing: \_\_\_\_\_ Genealogy: \_\_\_\_\_ Spinning: \_\_\_\_\_ Language: \_\_\_\_\_ Swedish weaving: \_\_\_\_\_  
Other interests: \_\_\_\_\_

5. Any suggestions we should consider for future retreats?

**NOTE:** You will need to bring your own sleeping bags, towels and toiletry items, also  
bathing suits if you plan to use the hot tub. Remember, sleeping areas are dormitory  
style (If you think you need them bring ear plugs) and some will be asked to sleep in the  
lofts. Takk!

**PLEASE COMPLETE BOTH SIDES OF THE APPLICATION! THANK YOU**

2022 CHR Application

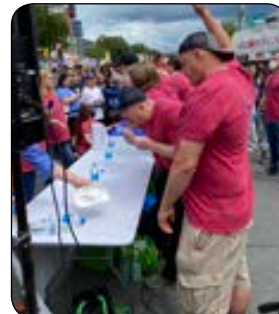
**PLEASE COMPLETE BOTH SIDES OF THE APPLICATION! THANK YOU**



LEL Members at Ballard  
Seafood Festival



LEL members staffing Ballard  
Seafood Festival booth



Lutfisk eating contest  
at Seafood Festival



Sankt Hans bonfire at  
Norway Park

# Ballard NW Senior Center

# Spring For Seniors

## Fall Edition

Fundraising  
Gala and Auction

Sunday October 16th  
5PM Leif Erikson Lodge  
Ballard

Join us for an evening of  
fun, delicious food, wine,  
and fabulous prizes.

[BallardSeniorCenter.Org](http://BallardSeniorCenter.Org)  
(206) 297-0403

## TUBFRIM

Thank you to all the lodges that collect stamps for Tubfrim, one of Norway's Special Projects that sells used postage stamps using the proceeds to help provide financial aid to help improve the quality of life for handicapped children and youth.

Clip the stamps off of envelopes or packages received in the mail, being careful to leave a ½ inch margin to protect the stamps. When you get a pound of stamps, write your name, address, phone number, lodge and lodge number on a 3" by 5" card and place it with the stamps into a zip lock bag. Or complete the Tubfrim form available in the office. Forever Stamps are acceptable. Please don't send stamps with damaged perforation, edges, etc. They will be thrown away. The cards are sent to the International Sons of Norway Office in Minneapolis and entered into a drawing.

The stamps will be delivered to Bothell Lodge to the Tubfrim coordinators for District 2, SON who will arrange to have them shipped to Norway with no cost to the district except for boxing materials. This is a simple and easy way to contribute to one of Sons of Norway charitable projects.

For Leif Erikson Lodge members, deliver your stamps to the LEL office. Gail Engler is the point of contact and will deliver your stamps to the Bothell Lodge. Call ahead to make sure someone is at the LEL office to accept the stamps. 206-783-1274. **Currently the LEL office is open on Wednesdays and Fridays from 10:00-3:00. Tusen takk!**

Gail Engler  
LEL Tubfrim Coordinator

## NORWEGIAN CALENDARS FOR SALE



Leif Erikson Lodge is selling special Norwegian calendars for 2023, just in time for the holidays. Price is \$14.00 plus \$5.00 for postage if you want it mailed to you. Mail a check, made out to Leif Erikson Lodge, ATTN: Calendars, 2245 NW 57th St., Seattle, WA 98107. Supplies are limited so order now! Email Gail at [vikingeneditor@gmail.com](mailto:vikingeneditor@gmail.com) if you wish to purchase a calendar.