

Vikingen



God Valentinsdag! Happy Valentine's Day! 2026 Vinter / Winter | Leif Erikson Lodge 2-001 Sons of Norway | Seattle, WA

Hilsen fra presidenten

Tusen takk to all our members for your support in the past year.

I have enjoyed serving as your President and look forward to another year in this role. As I write this, we are preparing for the first meeting of the year, at which all new board members will be installed. This year, we are pleased to welcome Chris Hicks to perform the installation. Many of you know Chris from Bothell Lodge. Trollhaugen and as VP for Sons of Norway International. I am very fortunate that most of the board members will serve another year. The biggest change to the board is that Ken Bartanen is stepping down (but will remain on the board as a Marshall) and Diana Malone will be our new Vice President. I would like to extend a warm welcome to the new board and a heartfelt thank-you to those stepping down. All your hard work is so appreciated.

Planning for the coming year is already well underway, and there are lots of things to look forward to. As noted in our Cultural Director's publication, our calendar is filling up. The first major event will be our Heritage Day on March 28th, which also includes the Fun Run. This is a day to celebrate our heritage so I hope you will join us.

This year, the District 2 Convention will take place in Bremerton, May 28-31. We are awaiting the delegate allocation, but I expect to have those numbers by our next meeting.

Looking back on this past year, I realize we had many special events, especially in the Fall, including the very successful Crossings event, the Nordic Mixer, and the Swedish Exchange. We hope to host another Nordic Mixer in April, hosted by our Finnish friends. I think it is important to stay in touch with our Nordic partners; they are our neighbors, and we share much of the same culture and can always learn from each other.

I look forward to seeing you at our next event.

Anne-Lise Berger

President

Leif Erikson Lodge 2-001



Dinner / Membership Meeting for February 2026

11th of Feb. 2026 / Wednesday Social 5:30 PM / Dinner 6:00 PM

Program 6:30 PM Business Meeting 7:30 PM



Save the date for our next Membership meeting, the 11th of February!

Meny / Menu:

Risotto with Prawns; the vegetarian option is vegetarian meatballs with white gravy; Broccoli with Carrots and Cauliflower; Cabbage Apple Salad; Bread varieties; Cheesecake with Cherries. The vegetarian option is always available for anyone who prefers it. Please indicate if you would choose that when you sign up.

The price is \$30 for dinner, which reflects rising food costs and includes your choice of beverage, canned pop, or an adult beverage. Please **RSVP** by Monday, the 9th, at noon at 206-783-1274.

The special program will be ballroom dancing in full gown and tux by our own talented Theresa Nilsen and her partner, Gleb Makarov. Theresa has been dancing for 32 years and competing for the past 15 years. Her partner, Gleb, is Russian-born and trained, and is a 3-time national champion in all ten ballroom dances. He retired from the professional circuit in 2006 and now teaches students in his Kirkland studio.

In addition to their performance, Gleb will teach us all a simple Cha Cha and give us a Salsa lesson. A real treat to have a dance lesson from such an excellent, professional teacher!

Sheila Bartanen,
Social and Cultural Director

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.

Leif Erikson Lodge Officers 2026

President: Anne-Lise Berger / alberger49@gmail.com

Vice President: Diana Malone / maloned10@gmail.com

Counselor: JoAnne Rudo / joyfuldancer321@gmail.com

Social Director: Sheila Bartanen / sheilajrl14@hotmail.com

Secretary: Eva Phillips / evamariephillips@gmail.com

Asst. Secretary: Vacant

Treasurer: Theresa Nilsen / pearcity@comcast.net

Cultural Director: Sheila Bartanen

Publicity Director: Isabel Bartholomew

Membership Secretary: Wendy Forselius LEL.memberships@gmail.com

Musician/Sports Dir: Kathleen Lange / tatter59@me.com

Foundation Director: Jerry Thorsen - jthorthor@gmail.com

Asst. Musician: Beth Kollé / bethkolle@comcast.net

Youth Director: Vacant

Librarians:

An-Magrith Erlandsen / an.magrith@gmail.com

Diana Malone / maloned10@gmail.com

Historian: Christine Anderson 206-784-6181

Trustees:

Gail Engler

Sandra Conry

Chris Varnes

Other Divisions of Leif Erikson Lodge

Leif Erikson Lodge Building Association

President: Daniel Nye / danielnye@seanet.com

LEL Educational Foundation:

President: Heidi Ludeman

Secretary: Jessica Olsen - Apodaca

Treasure: Lorie Lind

Trustee: Christine Anderson

LEL Rep: Diane Malone

leleducationalfoundation@gmail.com

NORNA

Judy Gray & Chris Heins

LEIKARRINGEN

President: Paul Everitt

LERA - Norway Park Lodge Reps.

LERABoard@NorwayPark.net

LEL Lodge Rep: An-Magrith Erlandsen

LEL Lodge Rep: Erik-Bjarne Witzøe

LEL Lodge Rep: Doug Warne

SON Lodge-Financial Benefits Counselor: Bill Nelson / 425-784-6433



NORNA Ladies Meeting

Happy New Year!!! We will be holding our first meeting of 2026 on Tuesday, February 17, from 11:30 to 1:00-ish in Kaffestua. We will have a potluck* lunch and celebrate Post-Valentine's Day. Bring a wrapped gift (\$10 value) to exchange with other Norna sisters.

We will also discuss our plans to participate in the Lodge's Heritage Day in March. *Potluck Note: please bring a lunch item to share with others (salad, hot dish, dessert, an appetizer, etc. - enough for 6 to 8 people). RSVP to me at jdygry@comcast.net - so we can plan for appropriate seating.

*Cheers,
Judy Gray*

New Phone Number, Email, or Address?

Let us know! Email Wendy at LEL.memberships@gmail.com. Or go to the SON website - www.sofn.com and update your Member profile. Please remember to forward your mail if you are gone for an extended period.

Vikingen

Leif Erikson Lodge No. 2-001 Sons of Norway 2245 NW 57th Street, Seattle, WA 98107-3134 **Business Manager:** Gail Engler **Co-Editors:** An-Magrith Erlandsen an.Magrith@gmail.com and Erik Bjarne Witzøe Erik.Bjarne@gmail.com **Phone:** 206-783-1274. **Email:** an.magrith@gmail.com & erik.Bjarne@gmail.com. The submission deadline for Vikingen is **the 14th of each month**. Please send articles or calendar items to both editors. The Vikingen has been published since 1945. Leif Erikson Lodge was founded on May 13, 1903.

You can sign up to receive the Vikingen via email. If you prefer to receive a hard-copy newsletter, let us know at Erik.Bjarne@gmail.com or englergail32@gmail.com or call the LEL office and leave a message at 206-783-1274.

Sons of Norway Cultural Mission:

Promoting and preserving the heritage and culture of Norway and other Nordic countries. Leif Erikson Lodge is committed to complying with this mission in all that we do.



Please join us **Wednesdays and Fridays** from **10am-2pm** during the month of February
 (We are **NOT open on Friday, February 6**)

JOIN US

Saturday Kaffestua on February 21st from 10am-2pm

ANNOUNCEMENT:

We will no longer be offering a Sunday Kaffestua, but instead we are adding a third Saturday Kaffestua which will be open regular Kaffestua hours of 10am-2pm.

IN MEMORIAM

A LAST FAREWELL FOR JANUARY 2026

Harold Fremmerlid, Jr. was born January 10, 1936, to Erna and Harold Fremmerlid, Sr. who came to the United States in 1949 with their children: June Steves, Sylvia Baskins, Harold, Jr., and Norman. Harold was uncle to Rick Steves, well known for his travels throughout Europe. He joined Leif Erikson Lodge in August 1978 and was a golden member when he passed away recently. Rest in peace. Memorial will go to the LEL Educational Foundation. More details to follow.



Harold Nygaard passed away recently. Many of you may remember him playing accordion in Kaffestua and other places. He was one of 12 children in his family that also included LEL members, Margit Varnes and Bjorg Johnson. Harold was born on May 6, 1929, and joined our lodge in October 1967. He immigrated from Norway to Seattle in 1947 at the young age of 18! He went to Butte, Montana, after being in the US Army, where he met Pauline who became his wife in 1957. Since he loved playing the accordion, he started up an accordion studio there, too! He was back in Seattle with Pauline in 1960 and became a commercial halibut fisherman and accordion teacher! He is survived by children, grandchildren, and great-grandchildren. His extended family includes members, Chris Varnes (Barbie) and Asbjorg Hartung (Mike). They also recently experienced the passings of Magni Hinsee (daughter of Margit and sister of Bjarne Varnes) and Jesse Farrens, son of Ruth Farrens (also a lodge member) who was a sister to Magni. Their brother, John, who was not a member, also passed away this past month. Their losses have been challenging in just the last six months. A memorial will go to the LEL Educational Foundation.

Ole John Varnes was born on February 13, 1945, in Dryna, More og Romsdal, Norway. In 1957, he immigrated to Seattle with his parents and four siblings. He graduated from Ballard High School in 1964. John has a career as a Union Sheet Metal Worker and devoted more than 40 years to his trade as a member of SMWIA Local 66. He also served in the National Guard. In 1968, John married the love of his life, Judy. Together they shared over 5 years of marriage and raised two sons, Jonathan and Jared. They built and managed renta properties and mobile home parks, he loved the Seattle Seahawks, and was known as "the handiest man on earth" as was his brother, Bjarne. John is survived by wife, Judy; his sons and grandchildren. John passed away on December 22, 2025. For more info: <https://obituaries.seattletimes.com/>



2026 Sons of Norway District 2 Cross Country Ski Tournament !!!

Where? **Trollhaugen Lodge**

When? **Saturday, February 7, 2026**

Registration is 9 AM to 10 AM and Racing
begins at 10 AM. Followed by an award luncheon
\$10 for the day and lunch.

All cross country ski enthusiasts are encouraged to join
our annual tournament at **Trollhaugen Lodge**. This is a family
friendly event and children are encouraged to race!
There are skis available to rent at **Trollhaugen Lodge**.

Trollhaugen Lodge

is located about 10 miles east
of Snoqualmie Pass at
Stampede Pass Highway,
about 1 mile from I-90 at exit 62.
We welcome your questions and
participation!



Please call **Trollhaugen** to make your reservations
and stay the night to maximize the fun!

<https://www.trollhaugenofn.com> call: 509-656-9997
Email: trollhau@outlook.com

Contact Alisha Anunson for more information:
alishaanunson@gmail.com

Snow park parking information

<https://parks.wa.gov/passes-permits/permits/sno-park-permits>



SAVE THE DATE FOR LEL HERITAGE DAY!

Join us for this year's Heritage Day/Tastes of Norway at Leif Erikson Lodge, Saturday, March 28, 2026, from 9:30 AM - 3:00 PM. We will start the day with our annual Leif to Leif 5km Run/Walk through Ballard, from the Lodge, down to the waters of Shilshole Bay, and back. Honor our lodge namesake with us by joining in the fun! This is a family-friendly event for all ages. Prizes will be awarded to top finishers. Sign-up for the Fun Run is now available at RunSignUp.com. Search for LeiftoLeif5kFunRunWalk.

Stick around after the run for our Tastes of Norway and enjoy live Scandinavian music and other Nordic Heritage demonstrations. Norwegian dishes such as pea soup, smørbrød, and rømmegrøt are on the menu. And check out the bake sale -Verden's Bestekake, Bløtkake, Norwegian cookies - oh my!

Entertainment, so far, includes Leikarringen, Barneleikarringen, and the famous Bunad Parade. Demonstrations of rosemaling, woodcarving, weaving, Viking jewelry, vaffler, goro, Kransekake, and more. Children's activities will also be available. And don't forget the Aquavit tasting! Free parking at Banner Bank for event attendees. Volunteers are wanted for all aspects of the event! Call the LEL office to volunteer. 206-783-1274. See the Leif Erikson Lodge Website Events page -leiferiksonlodge.org, Vikingen, and your e-news! See you there!

Gail Engler
Heritage Day Chairperson



Leif to Leif 5K Fun Run

Starts and ends at Leif Erikson Lodge | Registration: \$20-adult \$10-age 13-18
Register & Check in begins at 8:00 AM, Run at 9:00 AM, Awards Ceremony - 10:15 AM
Register Online - www.RunSignUp.com

Leif Erikson Lodge - 2-001 | Sons of Norway, 2245 NW 57th Street. NW Seattle, WA 98107
PH 206.783.1274 | www.LeifEriksonLodge.com

Norsk Hilsen



THE FJORDS

Norges fjorder er dramatiske, isbreformede havviker med bratte klipper, som den berømte **Geirangerfjorden** (*bildet nedenfor*) Nærøyfjorden, Sognefjorden og Lysefjorden, og tilbyr fantastisk natur, fotturer og båtturer. Over 1700 fjorder finnes langs kysten, spesielt på Vestlandet. Disse UNESCO-beskyttede dypvannsdalene er dannet av gammel isbreaktivitet, og skaper ikoniske landskap med fossefall og unike mikroklimaer for frukthager, noe som gjør dem til viktige naturattraksjoner å utforske med båt eller til fots.

(*English Summary: Description of Norway's majestic fjords protected by UNESCO, and the picture below is of Gerirangerfjorden.*)

- An-Magrit Erlandsen



Traditional Scandinavian Ornamental Woodcarving

1 class = \$70

3 classes = \$150

Materials provided!

Wed 9:30am-12:30pm

Dates:

January: 7, 14, 21, 28

February: 4, 11

You can enroll by

1. Calling 206-783-1274

2. Emailing

LEBArentals@qwestoffice.net



WWW.LEFERIKSONLODGE.COM

LEIF ERIKSON HALL | 2245 NW 57TH ST, SEATTLE, WA 98107



SECOND SATURDAY SOCIAL A VALENTINES DAY SPECIAL!

There will be lots of guests meeting and interacting with members old and new. We will have free **Get-Acquainted** activities, free **Competitive Games with Prizes** and even a free **Door Prize** with a **Valentines theme!**

Everyone can enjoy the full bar with spirits, wine, beer, pop and coffee (if requested.) Same price as last year: Lite supper from the buffet and two drinks from the bar only \$5.00. Really a nice way to celebrate **Valentines Day**.

Remember to bring some finger food snacks, bought or home-made, for the food table and receive some free raffle tickets for the “food-provider’s raffle” as a small thank you. Great prizes also for the main raffle only which cost \$1 each ticket.

The next Second Saturday will be
February 14th 5:00 to 8:00 pm

Hope to see you there, and why not bring a friend?

Hilsen Fra Leikarringen

Happy New Year from Leikarringen of Leif Erikson Lodge. I am Paul Everitt, and I will serve as Leikarringen President in 2026. I have been a member of Leif Erikson Lodge since 1992 and began dancing with the group in the Autumn of 1999. Love the exercise it gives me and the friendly, social nature of the members is certainly a large attraction that keeps me going.

We started off the New Year (and, coincidentally, the beginning of the second quarter of the 21st century) with our first practice on January 6. Shaking off the rust from our holiday hiatus and seeing friends again. But just like riding a bike, with a few practices, we'll be ready for our next scheduled performance on February 12 at Fairwoods Brittany Park in Woodinville.

We are delighted to accept new dancers to the group and are willing teachers and partners, realizing that we were all new at this at one time. Practices at the Lodge on Tuesdays from 5:00-7:00 P.M. (To join any performances is your option) and every first Tuesday of a month is pot luck treats party night. We would enjoy seeing you join us.

Paul Everitt - Leikarringen President

Bibliotek



The featured Norwegian author this month;

DAG SOLSTAD, 1941-2025.

Born in Sandefjord, Dag was a novelist, short-story writer and dramatist whose work has been translated into 20 languages. Solstad wrote nearly 30 books and received numerous esteemed awards. He was the only author to have received the **Norwegian Literary Critics' Award** *three times!* His books are written in an interesting style much influenced by Polish writer

Witold Gombrowicz as well as Franz Kafka, Thomas Mann, Marcel Proust, and Knut Hamsun. Notable books are "Shyness and Dignity" (Genanse og verdighet) for its deep dive into a teacher's existential crisis. Also, "Novel 11, Book 18" and "T. Singer" are regarded for their exploration of alienation and modern life, exploring marginalized male protagonists in contemporary Norway.

*Come visit the library at Leif Erikson Lodge!
The Library is open Fridays & Saturdays
10-2pm during Kaffestua!*

Shyness and Dignity
Dag Solstad



The Librarians; An-Magrith Erlandsen & Diana Malone

WOODCARVING

February 4th & 11th

Time: 9:30 am - 12:30 pm

Scandinavian Woodcarving classes
by Mark Olsen

www.leiferiksonlodge.org/events-calendar



Norwegian Ladies Chorus of Seattle



www.nlcseattle.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

Renewing and preserving our Norwegian Heritage
through song since 1936



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SEATTLE, WA 98107 • WWW.SEATLEMANNSKOR.ORG

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Troll Saga

Nyheter fra Norway Park February 2026

By Erik -Bjarne Witzøe
LERA LODGE REP.

February is the month of love, celebrating Valentine's Day on the 14th. We love our park, Norway Park, and those who are involved with it show that love by spending countless hours volunteering for upkeep and social events throughout each season. Speaking of volunteers, we have a group of them to thank and greatly appreciate for assisting Berit Smith with the annual Julebord in December at the Berg Pavilion. Tony & Lisa Krause, Nealie Heineken, Bjørn & Nancy Larsen, Lisbeth Mathews, Toni Lockett, Marilyn Shearer, Mike & Christine Ness, Alyssa Small, Catherine Blair, and Lewis Force. These volunteers set up, cooked, served, cleaned up, and took down the post-event setup. Mange tusen takk til alle!

The day after Valentine's is the Annual LERA Stockholders Meeting, on the 15th of February. Sunday. As per protocol, the meeting will begin at 1 PM at the Leif Erikson Lodge and cover the 2026 Leif Erikson Recreation Association Budget and Bylaw proposals, for which stockholders will comment and vote. New candidates will be nominated for expiring terms and voted in to the LERA Board. Volunteers will be serving light refreshments at the LEL kitchen. Stockholders will or should receive a packet to review before the meeting by mail from the office manager, Berit. For inquiries, please email OfficeManager@NorwayPark.net.

Events coming up around the corner include the annual Fisherman's Breakfast at The Berg Pavilion at the end of April. More information coming in next edition.



Leif Erikson Recreation Association Contacts for 2026

LERA - Norway Park
22128 State Route 9 Lot 220
Mount Vernon, WA 98274
(Pavilion: 24020 Pavilion Drive)



Caretaker: Michael Kojetinsky 360-919-3473
Office Manager: Berit Smith OfficeManager@NorwayPark.net
Pavilion & Bekkestua Rental: Berit Smith 360-820-2625
President: Bjørn Lunde-Bjorn - Lunde@NorwayPark.net
Vice President: Greg Rasmussen - Greg.Rasmussen@NorwayPark.net
Secretary: An-Magrith Erlandsen - An-Magrith.Erlandsen@NorwayPark.net
Treasurer: Grace Schroder - Grace.Schroder@NorwayPark.net
Financial Sec: Charles Hinton - Charles.Hinton@NorwayPark.net
Caretaker Liaison: Tom Zabriskie - Tom.Zabriskie@NorwayPark.net
LEL Lodge Rep. An-Magrith Erlandsen - An-Magrith.Eriandsen@NorwayPark.net
LEL Lodge Rep. Erik-Bjarne Witzøe - Erik.Witzoe@NorwayPark.net
LEL Lodge Rep. Doug Warne - Doug.Warne@NorwayPark.net

LERA Stockholders' Meeting in 2025





SONS of NORWAY

LEIF ERIKSON LODGE 2-001

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Please notify Wendy Forselius of any changes in Name, Address, or Phone Numbers. Please also let her know of the death of a family member, LELmemberships@gmail.com

Leif Erikson Lodge Calendar February - March 2026

- 04 Feb Wed. Every Wednesday, Kaffestua 10 AM - 2 PM
- 06 Feb. Fri. Every Friday Kaffestua 10 AM - 2 PM
- 06 Feb. Fri. Every Friday Bibliotek | Library from 10 AM - 2 PM
- 07 Feb.- Sat. First & Third Saturday Kaffestua 10 AM - 2 PM
- 07 Feb. - Sat. First Saturday Bibliotek | Library from 10 AM - 2 PM
- 10 Feb. - Tue. LERA - Norway Park Board Meeting 7 PM -Bekkestua
- 14 Feb. - Sat. Valentine's Day - Second Saturday Social 5 PM - 8 PM
- 11 Feb. - Wed. Membership Dinner & Meeting, doors at 5:30 PM
- 15 Feb. - Sun. Norway Park (LERA) Stockholders' Meeting 1 PM at LEL
- 17 Feb. - Tue. NORNA Ladies Meeting 11:30 AM - 1 PM in Kaffestua.
- 28 Mar. - Sat. Leif to Leif 5 Kilometer Fun Run, 9 AM Start.
- 28 Mar. - Sat. Leif Erikson Lodge Norwegian Heritage Day 9:30 AM - 3 PM

Ballard Health Club Silver Fitness class meets at LEL Mon, Wed and Friday, 10:00 AM 11:00 AM. Contact Rachel for details.
marianne@ballardhealthclub.com

Exercise class lead by Audrey in main hall Wednesdays 11:15 AM - 12:00 PM. 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) 2158782.

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>

