

VIKINGEN



PRESIDENT'S GREETING



Hello fellow lodge members and friends! It feels like we have quickly settled right in to 2022. After a wonderful holiday season with family, we spent January trying to lay out plans for the year around the lodge. As you likely are aware, we moved our Installation Ceremony for the incoming Board to a virtual event in response to rising rates of covid infection in our area.

While it was disappointing not to have a party in the hall, we felt it was the prudent choice and worked to make the best of it online. Thank you to Jerry Erikson, District 2 President, for joining us to swear in the board. He has supported me greatly over the past two years and we appreciate everything Jerry does for Sons of Norway. Kathleen Lange treated us to lovely piano music, and her husband John led us in the singing of the national anthems. In addition to many board members staying on for another year, we were thrilled to welcome some new folks to the mix. Wendy Forselius is taking on the role of Assistant Secretary, and An-Magrith Erlandsen will be our newest representative to Norway Park. Lastly, returning to the LEL Board as one of our Greeters is Andrea Torland, the current Zone 3 Director who as you know is also a past LEL President and longtime leader of many groups and committees associated with Leif Erikson Lodge. I look forward to a great year working with such a talented group. Join me in thanking everyone who served in 2021, and those taking the reigns for this year.

This time of year, we tend to do a bit of reflecting on our successes and challenges from the year just ended, and one topic that often arises is our membership goals. I am proud to say that we brought on nearly 100 new members in 2021. Given the challenges we faced in meeting in person and holding events I think this is a wonderful achievement. Now we need to all work together to make our new members feel welcomed and comfortable at the lodge. Then I can start asking them to volunteer their time and energy towards an upcoming event or project (no time like the present!). Please take the time to talk with new members at the lodge and share what you cherish most about being a member.

One of the topics being worked on by your lodge board, which you will hear more about in the coming months, is Leif Erikson Lodge creating a Land Acknowledgement

Statement recognizing that the lodge presides on traditional land of the first people of Seattle. While I will look forward to talking and writing in more depth about this, for now the decision has been made by the board to move forward with drafting a statement that we will present to the membership.

I want to take a moment to recognize someone near and dear to our hearts, our hard-working caretaker Gary De Leon. Gary is always available and ready to help with whatever arises, and his continued service over the years is an inspiration to us all. As both Norway Park and Trollhaugen search for new caretakers, it reminds me how fortunate we are to have Gary and Susan. On a side note, they also became two of our newest members this month, and we will look forward to many years to come spending time with Gary and Susan.

Having just passed Martin Luther King Day, I will leave you with a quote from that great man. "If you can't fly then run, if you can't run then walk, if you can't walk then crawl, but whatever you do you have to keep moving forward."

As always, if there is anything we can do to help you get the most of your membership to Leif Erikson Lodge, please don't hesitate to reach out to me anytime.

Seth Maristuen, President Leif Erikson Lodge

Save the date for LEL Heritage Day!

Join us for this year's Heritage Day / Tastes of Norway at Leif Erikson Lodge. Saturday March 19th, 2022. We will start the day with our annual Leif to Leif run through Ballard, from the Lodge down to the waters of Shilshole bay and back. The run/walk will commence at 9am, with same day registration available opening at 8am. Awards presentation will take place approximately 10:15 am. Honor our namesake with us by joining in on the fun! This is a family friendly event for all ages. Ribbons and prizes will be awarded to top finishers, and a free treat from Kaffestua for all runners (along with a Norwegian flag!). A portion of the proceeds from the Leif-to-Leif 5k will be donated to the Ballard NW Senior Center. After the run, stick around for coffee, a simple Scandinavian menu of foods including desserts, and some live music and dancing! Full details and registration for the Fun Run will be printed in the March Vikingen, on the Leif Erikson Lodge Website Events page, and in your enews! If you would like to volunteer at Heritage Day, please send an email to leiferiksonlodge@gmail.com

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VIKINGEN

Leif Erikson Lodge No. 2-001

Sons of Norway

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Membership Meetings:

2nd 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

Greetings from the Kaffestua

We are so sorry to say that we have decided to close the Kaffestua for January and February 2022 due to the increasing spread of COVID and the related variant. Many of our Kaffestua volunteers also feel unsafe to work during this time leading us to this conclusion. In an abundance of caution for both our members and volunteers, we have changed the Kaffestua schedule as follows. Stay safe all!

We will be closed all of January after our last day of January 14th. We will be closed all of February. We will reopen Fridays only starting on March 4th

Hilsen and Tusen Takk,
Lisa og Laurie

This is a tough time for all and we encourage you to laugh until we can see you again for coffee, waffles and wonderful fellowship!

For a good laugh.....

Ole was in trouble. He forgot his wedding anniversary. His wife, Lena, was really angry. She told him, "Tomorrow morning, I expect to find a gift in the driveway that goes from 0 to 200 PRETTY DARN FAST! The next morning Ole got up early and left for work. When Lena woke up, she looked out the window and sure enough there was a gift-wrapped box in the middle of the driveway. Confused, Lena put on her robe and ran out to the driveway and brought the box back in the house. She opened it and found a brand new bathroom scale. Ole has been missing since Friday.



Kaffestua Visitors Trym and Mia



Odd Tangen with Magne Erga and Laurie Lund-Gonzalez

February Membership Meeting Goes Virtual

Our Membership Meeting will be virtual on Wednesday, February 9 with the meeting starting at 7:00pm. We're sorry to have to postpone the Winter Denial Party but due to the increased cases of the Omnicron variant we felt it was best to err on the side of caution.

You can still wear your brightest Hawaiian shirt as there may still be a reward for most colorful outfit. Please join us for the February business meeting which will include more details about Heritage Day and the Leif to Leif Run/Walk.

Hopefully by March we will be back in person. Stay tuned to the Vikingen, E-News, Facebook and our Website for the most current information.

Use the information below to log in on Wednesday, Feb. 9th at 7:00 pm.

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

Meeting ID: 915 582 1189

Dial in by Phone:

(253) 215-8782

JoAnne Hardt Rudo
Cultural Director

SPORTS NEWS

Hopefully by this newsletter publication, we will be enjoying more manageable weather! As I write this, this weekend all passes in Western WA closed, meaning only 2 ski resorts within a day trip of Seattle were open! I tried to get up to Mount Baker, but spent an hour cruising the parking lot waiting for someone to leave. So I went snowshoeing, but even the Sno Park was full!

Trollhaugen does not currently have a caretaker on site. **So, if you want to go up to Trollhaugen either call or email to find out if a volunteer will be up there to open the building.** There is plenty of snow, so this is a great year for snow sports. The D2 ski races are "virtual" this year. **For the month of February, if you go Nordic skiing be sure to track your miles/kilometers. If you email me your kilometers I can send in the info. If you send in yourself, be sure to note you are from Leif Erikson Lodge.**

Despite all that is going on this week, I am hoping for an in-person Fun Run March 19th. Keep up the walking and running!

Kathleen Lange, Sports Director
Tatter59@me.com

Contact information

Trollhaugen: trollhau@outlook.com 509-656-9997
trollhaugensofn.com

D2 Sports Director - Laurie Berg
laurieberg.lb@gmail.com

Please help us spread the word about 14 Days of Friluftsliv! This challenge is to get people outside for at least half of the days of February--for physical activity, to enjoy nature, or both.

As a fervent hiker, Henrik Ibsen gave name to a concept already deeply rooted in the Norwegian psyche: *friluftsliv* (free-loofts-leave). Roughly translated as "life in the free air," the idea is to immerse yourself in nature, resulting in benefits to mind, body and spirit.

Being the shortest month, February is the perfect time for folks to try and get outside every other day. Encourage lodge members to experience *friluftsliv* on at least half of the days in February. Challenge members to post photos and anecdotes on [Facebook](#), [Twitter](#) or [Instagram](#) with the hashtags #14dagerfriluftsliv #14daysoffriluftsliv #sonsofnorway – people can give this a go, wherever they are! There's no need for stopwatches or competition—in fact, the simpler you go, the better.

Find ideas at sofn.com/friluftsliv

From the SON Leadership Resource Newsletter

YOUTH ACTIVITIES



Happy Valentine's Day! What a fun month it will be. The Youth Group will be taking a field trip to the National Nordic Heritage Museum. The museum is located at 2655 NW Market Street Seattle, WA, 98107. This is a multigenerational event and we strongly encourage Parents and Grandparents to join us. We will meet at the entrance of the museum on February 12, 2022 at 10:00a.m. As usual the lodge will be paying for the Children's tickets. All adults will need to purchase a ticket at the door for \$20.00 each. The National Nordic Museum follows the King County mandates on Covid-19 vaccinations. All visitors 12 years or older must show their vaccination card to get inside. If you have not been vaccinated, you can also show proof of a negative Covid-19 test. The test must be taken within 72 hours before visiting the museum. Take a Sneak Peek at our line-up of events for the next few months, Covid-19 permitting.

February 12, 2022 Visit The National Nordic Heritage Museum 10:00 a.m.-12:00p.m.

March 19, 2022 Heritage Day Leif to Leif 5K Walk or Run.

April 24, 2022 Visit Chihuly Garden Exhibit 12:00p.m.-2:00p.m.

Don't forget to visit the Son website for the latest edition of Viking for Kids. Check out the

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
Elliotttevelyn@yahoo.com

LODGE OFFICE HOURS

The Lodge office will continue to be staffed on Wednesdays and Fridays from 10:00-3:00 pm, even though Kaffestua is closed and Lodge activities are paused during February.

Fitness classes will also be held on Wednesdays and Fridays.

Also, remember If the Seattle School District cancels school due to bad weather, then Leif Erikson Lodge will also be closed. Please see the Seattle Public Schools website for current closures. Please check the news before you come to the Lodge during bad weather

HISTORY IN THE NEWS

This afternoon in my leisurely read through the Seattle Times on a Sunday, there were several articles and obituaries that brought up memories of history projects or events I have been involved with during my 41 years of membership in Leif Erikson Lodge 2-001.

First was the announcement of Lowell Skoog's new book, *Written in the Snows: Across Time on Skis in the Pacific Northwest*. Published by Mountaineers Books (the group that bought Norway Center from us). The 336 pages are filled with stories of the Norwegians and Swedes skiing adventures plus others. Lowell would ski with his father at Kongsberger Ski Club across I-90 from Trollhaugen Lodge. This was one of the places that had an active ski jump in those days of the 1950s and 1960s. Lowell contacted me many years ago when he started writing his tome. Many of our members and relatives of members are at least listed in his website. I am hoping they made it into his book. Skiing and ski jumping were very popular in those early days of the 1900s for both men and women. Unfortunately, ski jumping has long since passed into history around here due to the technological advances away from simple wooden structures and maybe we just don't have the courage anymore to do it! Member Reidar Gjølme was considered the "Father of Skiing" in this area. He was born in 1879 in Vadsø, Finnmark. He made his way to Seattle via Japan. He was the first president of The Seattle Ski Club. The club eventually bought 20 acres on Beaver Lake which included the "A Hill." Other early members of Leif Erikson Lodge who participated in the advancement in skiing include: Olav Ulland (some of you may remember the sports stores bearing his name — Osborn & Ulland), Ole Tverdal, Martin Tverdal, Birger Rian, Ole Hatlemark, Victor Larsen, Howard Dalsbo, Roy Nerland, Adolph Dahl, Sverre Fjeldheim, Wilhelm Gundersen, and more (From: *The Viking*, 50th Anniversary edition in 1953) Though not a member of LEL, Jody Grage's father, Hans Grage is mentioned. For more info go to: Alpenglow.org.

Just a little bit about member Olav Ulland. He ... "won a number of championships in the early 1930s and earned a spot in ski-jumping history as the first to break the 100-meter barrier, soaring 103-½ meters — 339 feet — at Ponte di Legno, Italy, in 1935. Later Mr. Ulland turned to coaching, taking the Italian team to the 1936 Olympics in Germany. He came to the United States in 1937 to coach Seattle Ski Club jumpers and decided he didn't want to leave. Mr. Ulland later coached the U.S. team at the 1956 Olympics in Italy and the 1958 World Championships in Finland. He also served as chief of jumping competitions at the 1960 Olympics in California, as a measurer at the 1980 Olympics in Lake Placid, N.Y., and an International Ski Federation jumping judge. Mr. Ulland was inducted into the U.S. National Ski Hall of Fame in 1981. (From his obituary by Mira Oberman, in the Seattle Times. He passed away on June 16, 2003).

Of course, one of our current members is the colorful Asbjørn Nordheim (it must be that Hallingdal bunad that brings it out), also with a book, *The Odyssey of Asbjørn O. Nordheim* by William Blades and video about Ozzie. I met Ozzie because of his involvement in Leikarringen. He was the one who did the lively halling which I am sure came in handy for the limbernes needed when he did a demonstration ski jump off what is now the Climate Pledge Arena roof. They

brought in 40 tons of crushed ice to bring that off in the summer of 1965! You can still see Ozzie up cross country skiing at Trollhaugen during the ski races and generally winning in his age group!

Then in the obituaries, I see the names of Olav Ruud and Marie-Louise Dietrichson. Olav was the son of Randi Ruud and the father of Bjørn Ruud, owner of Scan Specialties. I didn't know Olav, but Randi was involved with the Daughters of Norway and an active participant in the Norwegian Seventeenth of May Committee when I was on the committee in the 1980s and 1990s. She was a strong believer in the celebration and doing what was right to keep the tradition going. Marie-Louise was married to Paul Dietrichson who passed away several years ago. Paul was part of my video production in 1995, 50 years remembered: Norway to the Puget Sound. He had fascinating stories to tell as a member of the Norwegian resistance during WWII—trying to keep alive and get people in and out of Norway during the war. I'll take a look at his recording again to refresh my memories of the stories!

Who knew just in one Sunday paper so many good memories could be brought to the forefront of my mind.

Christine Anderson
LEL Historian

LEBA DONATION THANK YOU'S

The following donations were recently received. We thank everyone for their donations to the Lodge and LEBA. With this help we are able to keep our Lodge going during these trying times.

Odd Moen in memory of Reidar Olson
Kjell Myras

Looking for missing photos of past Lodge Queens

I am looking forward to completing our collection of photos of all our past queens for the Lodge. Here's the list of queens for which we have no photo:

1954 Sylvia Sather (Miller)
1957 Helen Arnessen
1958 Esther Sanne (possibly Sannes)
1959 Unni Leth (possibly Brith) Olsen
1960 Kristin Freeman (not related to Fred Freeman)
1970 Karin Richmond (Steele)

It is possible many of them went to Ballard High School or Queen Anne High School. Maybe you have a yearbook with a picture of one of them? Let me know by contacting me at LeifEriksonLodge@qwestoffice.net or by calling 206-783-1274. I can scan the photo and return the book to you. Thanks for the help!

Christine Anderson
Historian

NORWAY PARK NEWS

A belated God Jul og Godt Nyttår 2021! This article was inadvertently left out of the January Vikingen so we are editing it and including it this month. Our December meeting was held in the Pavilion in the lower park. The crackling fire in the Pavilion's fireplace kept those in attendance, feeling more cozy during this cold streak; that nice woolen Norwegian sweater also became your needed friend.

A larger turnout of shareholders required a bigger space, as many had questions about the caretaker situation, as Josh Hickman our former caretaker, moves forward to other endeavors. LERA Board members wished him well and thanked him. The search for a new replacement continues, as shareholders volunteer to maintain needed tasks.

A shortened caretaker job description is included at the end of this article.

General concerns from aging machinery maintaining the park grass fields, etc., temporarily being repaired, until a new tractor will hopefully be approved or purchase, by the next Shareholders meeting. Other concerns, such as escape routes around Norway Park are being worked on, as possible future threats from natural disasters, such as forest fires could become reality.

Marilyn Tangen from the Sunshine Committee, shared how the committee has created a contest of Christmas lights and display for those residing in Norway Park. There are categories to judge from, for those participating, showing their creative abilities. Last year it went from 20 plus to over 30 plus, as interest is up.

An-Magrith Erlandsen, who spent much time at Norway Park throughout her life and is currently a cabin owner, was introduced to shareholders and the board as a new lodge rep. to LERA. An-Magrith will be installed in February, we extend a "Velkommen" to her. Heidi Koren, has resigned from the board and we wish her well and thank her for the wonderful job, during her time on the board.

A little about An-Magrith Erlandsen: An-Magrith's parents, Knut-Erik and Åsta, and her older brother Espen immigrated from Oslo, Norway to Seattle in 1966. An-Magrith's father was in the hotel business. Her parents only spoke Norwegian to Espen and An-Magrith when they were growing up (and to this day) so they are both bi-lingual. Her parents purchased a cabin in Norway Park in 1972 and An-Magrith grew up spending wonderful summers at the cabin. An-Magrith and her husband Poul recently purchased a cabin of their own. They live in the Ballard area and have a thirteen-year-old daughter, Anastassia, who also speaks Norwegian. An-Magrith has carried on the tradition of keeping the native language, and with the grandparent's help! An-Magrith has a BFA from Cornish College of the Arts and is a skilled painter, videographer, video editor, teacher and producer.

Submitted by Lodge Rep. Erik Bjarne Witzøe. Our other Reps are An-Magrith Erlandsen and Doug Warne.

IN MEMORIAM

We recently learned that **Helen L. Luvaas** passed away on June 14, 2013, at age 95. She joined the Lodge in September of 1955. She was a Life Member of the Lodge. In her later years, she lived in Kirkland. The Memorial will go to the Leif Erikson Educational Foundation.

Our sympathy to member Esther Sunde and her brothers Jan (Ellen) and Thor, sister Lisa Rygh (Mark) for the loss of their mother **Else Sunde** on January 5, 2020 at age 93. Else was born in Stavanger and emigrated to the U.S. in 1957. She had a long life and enjoyed having family around her, including nine grandchildren (Emilie Steed (Jeremiah), Sven, Jakob (Eleah), Bjorn (Elena), Krista, Sofie, Hanna, Jonas and Emma) and five great grand-children (Eva, Jesse, Jonathan, Carmen and Mateo). She is also survived by many other relatives here and in Norway, Germany and Scotland. She was preceded in death by her beloved husband of 50 years, Karl.

Leikarringen Liaisons

Leikarringen voted to retain all our current officers at the end of 2021. All are in agreement that while coping with a pandemic is not the best time to change leadership. Officers are: President: Sheila Bartanen; Vice-President: Noel Wannebo; Secretary: Wendy Forselius; Treasurer: Paul Everitt; Styremedlem: Ken Bartanen; Dance Director: Larry Reinert. At our January 4th business meeting we voted to not begin in-person dancing yet due to the big spike of the Covid Omicron variance. We will evaluate each month and are hoping that we can safely begin soon. When that time happens we will still have our dance practice on Tuesdays and voted to trial a 5pm-7pm time.

Meanwhile we continue to enjoy our community and friendships at our every other week zoom meetings. It has been a conduit to keep in touch and support one another. We are all grateful to our webmaster Elaine Everitt who facilitates this important event in our isolated lives. The craft committee is going to meet virtually in less than a month to discuss our plans to prepare the items which we make and donate to support the Lodge at the October Bazaar. Since handmade items take time it is never too early to start. We are thankful for the expert knowledge and teaching from coordinator Joe van Wassenhove. We look forward to seeing everyone at the Lodge when it is deemed safe. Until then we wish health and safety to all. We do miss everyone.

Sheila Bartanen, President

Caretaker/Groundskeeper needed at Norway Park

A private residential and recreation community close to Mt. Vernon, WA seeks a full time Caretaker/Groundskeeper. The successful candidate must be personable with good people and communication skills, trustworthy and self-starting. The work includes, but is not limited to; general grounds keeping (landscaping) and building maintenance (handy person skills), light equipment maintenance, general labor, restroom cleaning, security and light office work. The candidate(s) must be detailed oriented, able to take direction, able to lift at least 50 pounds, have a valid drivers license and work well in a team environment. The position is directly supervised by a Manager who will direct and coordinate the work schedule.

We will consider a single person or two individuals who will be considered a working team. The position is full time Wednesday through Sunday in the spring and summer and Tuesday through Saturday in the fall and winter months and will require emergency and calls after hours. Candidates must provide references, pass drug test and background check including employment history, SSN verification, criminal history, etc.

Compensation is commensurate with experience and includes a private residence with electrical utilities. Candidates must apply with résumé and contact info to: norwayparkboard@gmail.com

Norna Ladies

Oh my! Snow, cold, ice, rain, wind.... a few more reasons to keep us in our homes. And of course, we continue to face possible Covid infections. Hopefully, vaccines and boosters are helping us stay safe and healthy.

We were hopeful in anticipating a get-together for lunch in February. As I write this today (in mid-January), we are still waiting to see a path through to safe gathering space. When we make a decision, we will send emails and make phone calls to let you know the date and time. Otherwise, we will look toward March for a Happy St. Patrick's Day celebration – Norwegian style, of course.

In the meantime, Happy Valentine's Day to each of you and those you love and care about.

Stay safe and well,

Judy Gray & Diane Adams

Co-Presidents

VELKOMMEN TIL NEW MEMBERS

Please welcome the following people to our Lodge:

Maclyn Oliver Curley, Nial Preston Curley, Gary DeLeon, Susan Moral, Curt Kolar, Shelley Kolar, Ralph D. Marshall, Robert C.F. Schafer, Che-Ching Lam, Brady Witsoe, Samantha Johnson, Grace Hornsby.

Member transferred into LEL: Peder Digre

Ellen Beck, Membership Coordinator and Financial Secretary

From Your Friendly Librarian

Greetings from the Library! Library hours for February will be by appointment only. You can contact me via email or phone. 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. Vaccination and masks are required when coming to the lodge. I am hoping to find a way to make the catalog accessible electronically. In the meantime, feel free to contact me if you are looking for a specific book.

The library has now subscribed to the Norwegian American Weekly and we will make that available to Lodge members who do not have a subscription. It is currently in the Kaffestua. Tusen takk!

Ariane Westin-McCaw, LEL Librarian

arianewm@gmail.com



Happy Birthday



Happy Birthday

Happy Birthday to all our members with February birthdays. Celebrants include Rosemary A., Kristine L., Laurie L-G., Alexis C., Farid C., Barbara D., Lisbeth M., Desiree O., JoAnne R. and Evelyn E.

Special greetings to those who turn 90-something including Asbjorn B., Vagn J., Aud N., Ann R. and Rolf G.

Our most senior member this month is Margie Conover who turns 106! Gratulerer med dagen!

Our youngest members include Josiah D.-5; Clara H. -7; William W.-3.

Gratulerer med dagen!



Happy Birthday



NORWEGIAN GREETING

Hei Allesammen!

Nå er det februar og vi har Covid-19 enda! Jeg håper at alle har det bare bra og ikke kjenner folk som har Covid! Det er noe som er nytt for oss. Men dette viruset er like alle de andre som vi er kjent med. Dette er hva virusene gjør! De forandrer seg!! Så vi må være forsiktig og bruker masker og ikke blir noen sted hvor det er masse mennesker vi ikke kjenner!! Ha det bra, og jeg håper vi kan være sammen snart!

Hilsen fra Ellen Margrethe

Hi Everyone!

Now it is February and we still have Covid -19! I hope that everyone is well and that things are going well, and that no one knows anyone who has Covid! This is something that is new to us. But this virus is like all the others we are familiar with. This is what viruses do! They keep changing!! So, we must be careful and use masks and don't go places where there are big groups of people whom we don't know!! Take care of yourself, and I hope we can be together soon!

Greetings from Ellen Margrethe

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.

Deadline for submitting articles to the Vikingen is the Saturday following the membership meeting.

Send articles to the Vikingen Editor at vikingeneditor@gmail.com

LEL COVID Policy

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

In accordance with Washington State mandates, masks must be worn at all times inside buildings when you are not eating or drinking. This includes all Lodge meetings, events and Kaffestua, regardless of your vaccination status. Proof of vaccination status will be requested by the Greeters at Lodge meetings (or proof of a negative COVID-19 test within 3 days prior to the event). Once you provide proof of your vaccination status, LEL will retain record, so you do not have to present it again. Please help us by doing your part and wearing your mask and providing vaccination status. Please do not attend lodge events if you are feeling ill. Thank you for your cooperation.

Seth Maristuen, President

Leif Erikson Lodge

Norwegian Ladies Chorus of Seattle



www.nlcofseattle.org
NEW SINGERS WELCOME

Rehearsals: Tuesdays 7:00 - 8:30pm
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

2022 DISTRICT TWO "DISTANCE" SKI EVENT



In lieu of the District 2 ski race

For the whole month of February, please record how many miles you cross country ski. This event is open to all ages and experience levels.

Send your miles to District Two Sports Director: Laurie Berg. Be sure to include your full name, age, and the lodge that you are a member of.

The cut-off date for submitting miles is March 15th. Once all miles have been submitted, they will be tallied, and Laurie Berg will disperse participation awards. Results will be printed in the Dynamic 2.

Miles can be tracked for all skiing, not just miles done at Trollhaugen.

Email mile submissions to:
Laurieberg.lb@gmail.com



SONS OF NORWAY

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. 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 will be 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!!

MEASURING OUR SUCCESS BY YOUR SUCCESS.



BALLARD 206.397.3110
2244 NW 56th St., Seattle, WA 98107

mp.bank
Member FDIC



Leif Erikson Lodge 2-001

2245 NW 57th Street
Seattle, WA 98107-3134

Address Service Requested

Non-Profit Org.
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Permit #672

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.

LEL CALENDAR - FEBRUARY/MARCH 2022

Feb 2 - LEL Board Meeting; 7:00pm (Zoom)
Feb 5 - D2 SON Crosscountry Ski Race is VIRTUAL
Feb 9 - LEL Membership meeting, 7:00pm (Zoom)
Feb 12 - Annual Stockholders Meeting, 12:00pm at LEL
Feb 12 - Bothell SON Drive through pancakes-8:00am-12:00pm
Feb 12 - Deadline for Vikingen
Feb 14 - Happy Valentine's Day!
Feb 16 - Trivia Night on Zoom at LEL
March 2 - LEL Board meeting, 7:00pm (Zoom)
March 4 - Kaffestua Reopens on Fridays in March
March 9 - LEL Membership meeting (Zoom or Virtual TBD)
March 12 - Second Saturday Kaffestua (10:00-2:00)
March 12 - Movie Night, 4:00pm in Norna
March 12 - Bothell SON Drive through pancakes-8:00am-12:00pm
March 12 - Deadline for Vikingen
March 16 - LEL Trivia on Zoom at LEL


Ballard Health Club Silver Sneakers class on Wednesdays from 10:00-11:00. LEL Members may attend for free. **
Exercise class lead by Audrey in main hall, Wednesdays, 11:00-12:00. Free for LEL Members. **


** Vaccination and masks are required.

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;
Facebook - <https://www.facebook.com/groups/LeifEriksonLodge>

Leif Erikson Lodge Trivia Night



 **WEDNESDAY FEBRUARY 16TH 7PM**
ZOOM MEETING
915 582 1189
SUGGESTED DONATION: \$10

**ARE YOU READY WITH YOUR
NORDIC KNOWLEDGE?**

PRIZES WILL BE AWARDED TO THE TOP SCORERS!
GRAB A CHAIR, GRAB A DRINK, AND JOIN US!

