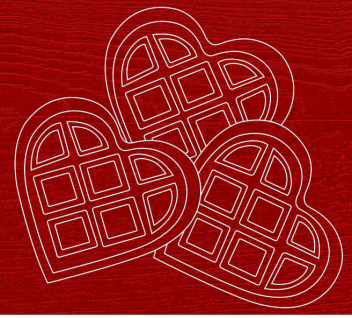




Vikingen



Sons of Norway | Leif Erikson Lodge No. 2-001

A Message From the Vice President

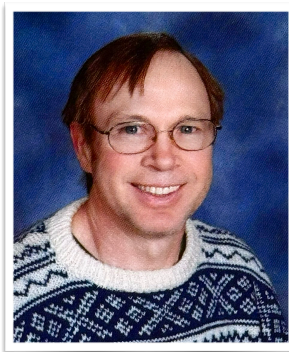
It is a great honor to me to be your new Vice President. Jerry Erickson, the District 2 President, presided over the installation of the officers and we all thank the new officers and returning Board members for stepping up. Since the November lodge elections three more new officers are Beth Kolle, Secretary, Wendy Forselius, Membership Coordinator and myself. We are also grateful to the officers whose terms were up and stepped down after serving the Lodge so well. Your work has been amazing. Personally, Gail and Seth have helped me so much in learning about the Vice President office and have assured me and all of us of their support as we progress in our new roles. Thank you.

I am planning to learn my job as VP and getting to know our membership much better. Leif Erikson Lodge has been important to me. I have been a member since 2006 and was sponsored by Trygve Bjørndal who used to play the accordion in Kaffestua while I played the harmonica. Good times. I have also danced with Leikarringen since that year as well as trained with Obert and Marietta Ronnestad to make the rømmegrøt every year since about 2007. I have enjoyed years of kitchen duty, washing dishes, setting up and taking down for many lodge events and look forward to continuing that good work. These have also been great opportunities to get to know lodge members. I was born and raised in Ballard, living here all my life and appreciate and love the Sons of Norway Lodge.

My job description is to recruit and retain members in our lodge. I have many ideas and am working with Wendy as we form a committee to do this work. We are looking for members to assist us in this important task so please feel free to contact us if you are interested in helping with even a small part. The mission to promote, preserve and cherish a lasting appreciation of Norwegian heritage and culture is what we are about. Please join us.

There are many fun events coming up. The Vikingen is a great reference for them. We also have a web page with an events section. Thanks to the new editors who have made the Vikingen great to access and read with the addition of colorful artwork. It was nice to sit with Kathy Buholm, the new Cultural Director of our lodge and other officials from the Sons of Norway District 2 on Wednesday night and get to know them. We are all looking forward to the future.

Tusen Takk.
Ken Bartanen
 Vice President
 Leif Erikson Lodge



Membership Meeting

Wed. February 14, 2024 Mini-Talent Show
5:30 PM SOCIAL, 6:00 PM DINNER, PROGRAM 6:45 PM

Our talent show in November was incomplete so we are asking Theresa Nilsen to return this month, this time with her dancing partner.

The dance will feature Theresa Nilsen, our talented Treasurer, and her professional ballroom dance partner as they twirl around the floor. One of the dances will feature the always elegant Viennese Waltz. Theresa will be wearing a beautiful gown, glittering with beads and crystals.

Malin, our chef, is also a talented lodge member. She has planned a delicious *Valentine's Day* menu: Marry-Me Chicken with potatoes and vegetables, salad, bread and butter chips and for dessert a Norwegian take on red velvet cake. Let us know if you prefer a vegetarian main dish. Please make your reservations no later than **Monday, February 12, 2024 at 5:00PM** by calling the lodge, (206) 783-1274, sign up on the bulletin board list or online in the e-news. Please sign up early so the chef has an accurate headcount. Entertainment, a great dinner and even greater company, all for \$25.00! Yes, prices have gone up as we warned you last month. One glass of wine or a beer is included in the dinner price; suggested donation of \$5.00 for additional wine or beer. Thank you for your understanding.

Kathy Buholm
 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.

Lodge Officers

President: Vacant

Vice President: Kenneth Bartanen

Counselor: Seth Maristuen / sethmaristuen@gmail.com

Social Directors: Vacant

Secretary Beth Kollé / bethkolle@comcast.net

Asst. Secretary: Wendy Forselius / wforselius@yahoo.com

Financial Secretary: Ellen Beck / 206-619-6680 ebeckster@gmail.com

Treasurer: Theresa Nilsen / 206-362-6837 pearcity@comcast.net

Cultural Director: Kathy Buholm / kathy.buholm@gmail.com

Publicity Director: Barbie Hull / barbie@barbiehull.com

Membership Coordinator: Wendy Forselius /

LEL.memberships@gmail.com

Musician/Sports Dir: Kathleen Lange / 206-354-7029

tatter59@me.com

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

Co-Youth Directors:

Kari VanSanford / 206-915-8490 kari.vansanford@comcast.net

Evelyn Elliott / 206-755-2151 elliottevelyn@yahoo.com

Librarians:

Ariane Westin-McCaw / arianewm@gmail.com

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

Historian: Christin Anderson 206-784-6181 - cmadance@earthlink.net

Sunshine Committee: Karen Abelsen / 206-783-5367.

NORNA

Judy Gray & Diane Adams 206-783-1274

LEIKARRINGEN

President Sheila Bartanen. 206-859-0640

LEIF ERIKSON BUILDING ASSOC,

President Daniel Nye / danielnye@seanet.com

LERA - Norway Park

LERABoard@NorwayPark.net

President: Doug Warne

Vice President: Bjørn Larsen

Secretary: Madeline DeLia

Treasure: Arne Voi

Financial Secretary: Linda Willup

LEL Lodge Rep. An-Magrith Erlandsen

LEL Lodge Rep. Erik-Bjarne Witzøe

LEL Lodge Rep. Doug Warne

Board Member: Greg Rasmussen

Board Member: Ralph Sørensen

Office Manager: Berit Smith OfficeManager@NorwayPark.net

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

Vikingen

Nordic Style - Wood Carving with Mark Olsen



Woodcarving classes continue in the Norma Room on Wednesdays!
February 7, 14, 28, 10:30 - 1:30 pm

For both New and Continuing Students!

Go to Mark's Brown Paper Tickets page to sign up:

NEW STUDENTS

<https://www.brownpapertickets.com/event/6229922>

CONTINUING STUDENTS

<https://www.brownpapertickets.com/event/6232260>



February 2024 Dates

We will be open all Wednesdays and Fridays in February.

Our hours are 10 AM - 2 PM

We also will have the first Saturday Kaffestua on the 3rd of Feb.

More Volunteers are needed in Kaffestua. Please contact

Laurie Lund Gonzalez if you can help out.

Laurielg40@hotmail.com

Vikingen

Leif Erikson Lodge No. 2001 Sons of Norway 2245 NW 57th Street, Seattle, WA 981073134 **Business Manager:** Gail Engler **Co-Editors:** An-Magrith Erlandsen and Erik Bjarne Witzøe **Phone:** 206-783-1274 **Web page:** www.LeifEriksonLodge.org **Email:** leiferiksonlodge@qwestoffice.net **Email:** LEBArentals@qwestoffice.net **Membership Meetings:** 2nd Wednesday beginning at 7:30 pm Deadline for Vikingen is Saturday following Membership meeting. 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 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



Hilsen fra Norway Park! The challenges of winter have recently happened the 9th of January when high winds knocked out power, also canceling the LERA Board meeting at Bekkestua, delaying the meeting by one week. Adverse weather also left tree carnage which damaged some structures in the park. We are anxiously awaiting spring next month, when nature awakens with its seasonal beauty and less severe weather conditions.

Our annual February Stockholder’s Meeting will be held on the 10th of February, Saturday at Leif Erikson Lodge, doors at 12 noon, meeting in session at 1:00 PM - 4:00 PM. Proposals of the 2024 budget, the Water Works Project, Bylaw updates and the Berg Pavilion interior project, etc. New candidates are being sought for outgoing LERA Board members, full three year terms and remaining time left by those who’ve resigned. Also, new officers for 2024 will be recommended and voted on for the LERA Board at the monthly board meeting the 13th.



The Berg Pavilion Update

Lodge Officers Serving LEL for 2024

OFFICER POSITION NAME

- PRESIDENT** VACANT
- VICE PRESIDENT** Kenneth Bartanen
- COUNSELOR** Seth Maristuen
- SECRETARY** Beth Kolle
- ASST. SECRETARY** Wendy Forselius
- FINANCIAL SECRETARY** Ellen Beck
- TREASURER** Theresa Nilsen
- MEMBERSHIP COORDINATOR** Wendy Forselius
- PUBLICITY DIRECTOR** Barbie Hull
- CULTURAL DIRECTOR** Kathy Buholm
- SOCIAL DIRECTOR** VACANT
- MARSHAL** Peter Nestingen
- ASST. MARSHAL** Bernie Bowers
- GREETER** Andrea Torland
- GREETER** Knut-Sigurd Knuteson
- TRUSTEE 1 YEAR** Chris Varnes
- TRUSTEE 2 YEAR** Gail Engler
- TRUSTEE 3 YEAR** Sandi Conry
- HISTORIAN** Christine Anderson
- AUDITOR** APPOINTED
- AUDITOR** APPOINTED
- AUDITOR** APPOINTED
- LIBRARIAN** Ariane Westin-McCaw
- CO-LIBRARIAN** An-Magrith Erlandsen
- SPORTS DIRECTOR** Kathleen Lange
- YOUTH DIRECTOR** Kari VanSanford
- YOUTH DIRECTOR** Evelyn Elliott
- FOUNDATION DIRECTOR** VACANT
- MUSICIAN** Kathleen Lange
- ASST. MUSICIAN** Beth Kolle
- NORWAY PARK REP** Erik-Bjarne Witzøe
- NORWAY PARK REP** An-Magrith Erlandsen
- NORWAY PARK REP** Doug Warne

Greetings from the Norna Ladies!

Our February meeting is one of our special gatherings during the year. We celebrate Valentine’s Day with a potluck lunch, yummy desserts, and sharing special Valentine Day cards. We will meet Tuesday, February 13, at 11:30am, in the Norna Room.

*The world is very different.
Who knows what comes next?
But we’ve still got each other,
Through messages, calls, and texts!
They say that love rewards the hopeful
And comforts the dreamers.
Be our Valentine and make our hopes
And dreams come true.*

Best wishes from the Norna Ladies
Judy Gray & Chris Heins, Co-Presidents

Norwegian Greetings!



Hallo Alle Sammen!

Denne måneden hadde vi en

Installasjon, og en sjanse til å se de nye offiserene i Leif Erikson Lodge! Vi hadde et herlig måltid med kjøttboller og poteter sammen med en veldig velsmakende dessert. Jerry Erickson, vår Distrikt 2-president, kalte offiserene frem til seremonien. Vi var til og med i stand til å få tatt et bilde av offiserene. Det var en kald kveld ute og mange ventet snø. Håper neste måned er varmere så vi får se deg!



Little Princes and Princesses



It is a baby boom among our Queen Alexis Chouery prince Weston in June. (2013) had this smiling baby September. Queen Kristine princess Ajabella born in to Mormor Lorie and Morfar Mark Lind and to Mormor Bernice and Morfar Farid Chouery, and all the parents of this sweet group! What a delightful



former Leif Erikson queens! Walker (2006) had little Queen Robyn Emery Pryor prince Christopher in Lind (2007) shows off little December. Congratulations

welcome baby bunch to Leif Erikson family.
- Christine Anderson, LEL Educational Foundation trustee



Queen Alexis with little Prince Weston



Little Princess Ajabella with parents Yoel and Queen Kristine Lind



Baby Prince Christopher

New Leif Erikson Lodge Members

Heather Van Nuys, Suzanne Blanchard
Julia Torgelson & LeClaire Torgelson



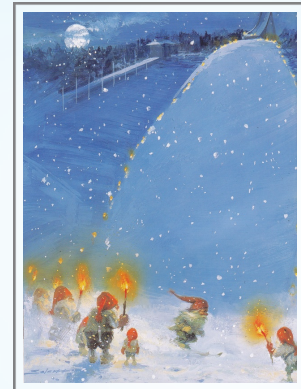
Sports Director

Looking forward to hearing about the ski races at **Trollhaugen** this year!

There should be LOTS of snow (if this weather holds).

Be sure to share pictures of the event and good times at **Trollhaugen lodge**. Remember the lodge is open all winter to enjoy cross country skiing or snowshoe trails. Start training for the **Leif to Leif Fun Run** during **Heritage Day March 23**. Thinking of possibly adding a 5K extender

This event people from community, spend time after the supporting with food purchases. looking for the day of experience Jobs include guard at one crossing, water cups at the turn around and helping with timing and determining the winners.



- we'll see. draws in t h e who often in the lodge e v e n t the lodge and other I'll be volunteers the run - no required. crossing arterial

Don't forget Sports Pins!

Skiing, Swimming, Walking/Hiking and a category of lots of activities from Badminton to Dancing.

Contact me for more information:

Kathleen Lange tatter59@me.com 206-354-7029

For information about **Sno Park passes**:

<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 23, 2024. 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. Ribbons and prizes will be awarded to top finishers, and a free treat from Kaffestua for all runners. Stick around after the run for our Tastes of Norway and enjoy live Scandinavian music and other Nordic Heritage demonstrations. Coffee and Scandinavian foods and desserts will be served, volunteers will be needed for all aspects of the event! Full details on cultural programming and event schedule will be the March Vikingen, on the Leif Erikson Lodge Website page , and in your e-news! Sign up for the Fun Run, will available soon at RunSignUp.com -search for Leif.

Youth Group

Trollhaugen or bust!

It's time to dust off your skis and head over to **Trollhaugen Lodge** in beautiful **Easton, WA.**



The Youth Group will be participating in the ski race on February 3, 2024. Registration is from 8:30-10:00 a.m. and the race starts at 10:30. This is a District 2 sponsored event. Children ski for free. Adults will need to pay a \$10.00 day use fee. If you need to rent your skis, they are available for \$5.00 at the Trollhaugen lodge. Lunch will be served for a small donation between \$5.00-\$10.00. I heard they are making Split Pea soup and hot dogs. Baby it's cold outside so bundle up. You will need a warm jacket, hat, gloves and waterproof or ski pants. Please join us for a fun filled day in the mountains.

Take a peek at our upcoming events for the next few months:

February 3, 2024. Cross Country Ski Races @ **Trollhaugen Lodge.** From 9:00 am on.

March 23, 2024. Heritage Day and the Leif-to-Leif 5K From 9:00 a.m. on @ LEL

May 17, 2024. Syttende Mai Parade 5:00 p.m. @ 62nd & 24th NW

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

Evelyn Elliott (206) 850-8212

Kari VanSanford leryouthseattle@gmail.com

Tusen Takk,
Your Co-Youth Directors
Evelyn and Kari



Leikarringen Liaisons

We ended 2023 with our performance at the Norse Home, one of our favorite events of the year that we all look forward to. We followed this with our annual Christmas end of the year party, beautifully hosted by Bill and Gina Boyd in their home. We started out 2024 with a special dance and lesson event. Outstanding and well known Skandia dance instructors, Judy Patterson and Jerry Walsh, taught us the basics of a Norwegian dance "Valdresspringar" ably assisted by our fiddler Bill Boyd. We invited folks from the Skandia dance community to join us and we had 21 dancers gather to learn and practice. We also hosted our guests to treats as this was our first of the month party night. They told us how much they enjoyed this event and it was also special to us to share our wonderful dance floor and Lodge. After our zoom business meeting January 16th, we resume our regular practices in the Lodge on Tuesday January 23rd from 5-7pm. Our dance director Elaine, and dance coach Beth, help us continue to learn new dances, retain previous dances and polish our skills for our upcoming performances. As we come into our busy performing part of our dance year we look forward to sharing the music and dance of Norwegian culture with the greater Seattle community. We also have fun doing this. **Remember, anyone interested in learning these dances is welcome to join us!**

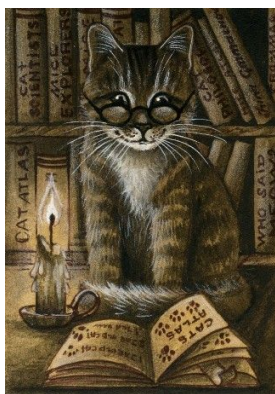
- Sheila Bartanen, President



Library - Bibliotek News

This month I added several books to the library collection. One highlight is **"Ballard's First Cookbook: 90 Years of Scandinavian Heritage"** originally published by the Ballard First Lutheran Church. The library has several cookbooks, both in Norwegian and English. I have often thought it would be fun to make the same recipe from different cookbooks and see how they are different.

"One Family, Two Continents The Story of the Swasands and Aleutian Spray Fisheries, Inc" by Fred F. Poyner IV and **"Pacific Fisherman, Inc. 150 Years of Norwegian Heritage Shipbuilding"** by Fred F. Poyner IV & Dixon are the library. are both edition print library is a to find other local resources.



Finally, the published **Hans Heg and Norwegian Experience"** by Odd S. Lovoll is now on the shelves with our biographies. If you aren't familiar with Colonel Heg, or need any other reading material, feel free to stop by the library, Friday February 2 11 - 2.

If you would like to donate a book to the library, please contact me and my co-Librarian An-Magrith. Generally we focus on local history and genealogical resources, but we're always happy to see what's being offered. For those of you following my reading progress on Kristin Lavransdatter, I'm about a third of the way through The Wreath. I'm enjoying it so far - it feels good to finally read something that is so highly regarded.

- Ariane Westin-McCaw

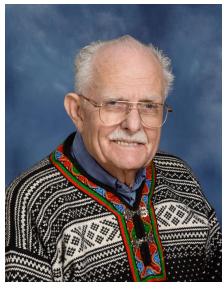
New Phone Number, Email or Address?

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

Please remember to forward your mail if you are gone for a longer time period.

If you have a new email, you can email the office at leiferiksonlodge@qwestoffice.net. Thank you for keeping the Lodge in the loop!

In Memoriam



Einar A. Johanson, age 94,

passed away peacefully on December 3rd. He was born in Ballard January 10th 1929 to Martha and Emil Johanson. Graduating from Ballard High School, the class of '47, Einar continued to commercially fish with his father, longshoring in the off season. In 1957 he started Einar Johanson Insulation which he owned and ran for 65 years with honesty and integrity. Einar joined Leif Erikson Lodge on March 14, 2001, and served on the Leif Erikson Building Association board from May 2009-2017. He is survived by his wife of 71 years, Anna Marie (Hansen), daughter Lynn, son Keith and grandson Lael, all of whom live close by. He is also survived by his youngest brother Stanley and his wife Gerrie of Austin, TX, as well as many well loved nieces and nephews. He was a proud member of the Norwegian Commercial Club and the Sons of Norway, Leif Erikson Lodge.

Lynn Dalthorp Durham Davidson



Born October 15, 1925. Passed away on October 26, 2023, at the age of 98. Joined on March 10, 1976. She was a Golden Member. Lynn was our Social Director from 1981-1983, Assistant Social Director in 1984, Social Director from 1986-1990, Auditor in 1985, Marshal from 1993-1994. Her husband Ross Davidson was president in 1994. Her sister, Jean Bennett, was also a member of Leif Erikson Lodge. She also represented Leif Erikson Lodge on the Norwegian Seventeenth of May Committee for many years

handling the publicity and the evening dances which were very popular back in the early 1980s. She loved ballroom dancing and participated for a short time in Leikarringen. Always dressed in sparkles and elegant dresses for the dances and special occasions! Ross and Lynn made a very handsome couple at these events. Lynn supported all her grandchildren in attending the District 2 Youth Camps. She felt it was very important for them to learn about their ancestry.

Jon Marvin ("Bobo") Jonsson



He was born in Seattle in the old Ballard Hospital on March 22, 1928. His parents Thorbjorn Jonsson and Brynhildur Erlendsdottir, who both immigrated from Iceland. Jon Marvin grew up in the Ballard neighborhood in Seattle. He spoke Icelandic at home, and did not learn English until elementary school. In 1946, Jon Marvin graduated from Ballard High School, and then spent two years in the US Marine Corps as a Private stationed at the Ewa Marine Air Station on Oahu, Hawaii. He graduated from University of Washington with a BA

in Business in 1950 (with the assistance of the GI Bill); and from the University of Washington Law School in 1954. Jon Marvin had a happy and successful career as a lawyer, practicing law as a solo practitioner in Ballard until his retirement in 2014. He a brief career in politics: in 1959, and was elected to a two-year team to the House of Representatives of the State of Washington, representing the 44th Legislative District. In 1968, Jon Marvin was appointed Consul for Iceland in Seattle, and was promoted to Consul General in 1990.

In Memoriam - continued

Per Helge Tonning, M.D.



passed away on November 3rd, 2023 at Swedish Hospital (Issaquah), surrounded by his wife and two daughters. Per was born in Stryn, Norway on June 26, 1932. He graduated from Firda Gymnas (high school) in Sandana, Norway. From ages 8 to 13, he lived through the invasion of his beloved country by Nazi Germany. He was the fourth of ten children (one of eight boys). In January 1954, he left Bergen, Norway on the Ocean Liner MS Oslofjord and arrived in New York. He attended Willamette University in

Oregon graduating pre-med in 1958. He worked as a janitor while attending school and later as an x-ray and lab tech (with a stint also in Sun Valley as a ski instructor). He entered medical school at the University of Oregon Medical School and graduated in June of 1964. He then took an internship in Stockton, California at San Joaquin Hospital followed by a three-year residency in internal medicine at the U.S. Public Health Service Hospital in Seattle. He chose to focus on emergency medicine and ran the emergency department at St. Peter Hospital in Olympia, Washington until his retirement in 1998. Doctor Tonning joined Leif Erikson Lodge 2-001 on December 1, 1970, and was a golden member. as three brothers in Norway. He most recently lived in Snoqualmie, Washington after he and Betty raised their family on Mercer Island. He was known for his loyalty and great love of family. He will be deeply missed.

The family suggests remembrances to www.OHSUfoundation.org (his beloved medical school).

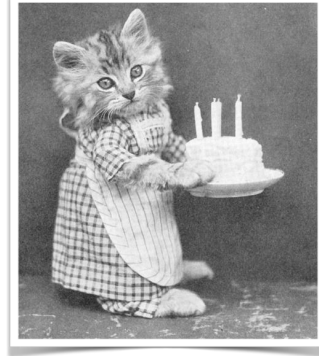


Birthday Greetings!

Happy Birthday to all our members with February birthdays!

Celebrants

- Rosemary A.,
- Alexis C., Farid
- Bill D., Evelyn
- Mary H.,
- Linda H.,
- K., Bill K.,
- Laurie L-G.,
- Desiree O.,



include:

- Aaron A.,
- C., Barbara D.,
- E., Derek F.,
- Kaethe H.,
- Elaine K., John
- Kristine L.,
- Susan M.,
- Arne V.

Special greetings to those who turn 90-something including:

Asbjørn Bjørg, Rolf G., Robert J., Aud N., Ann R., Bjarne S.

Our youngest members are:

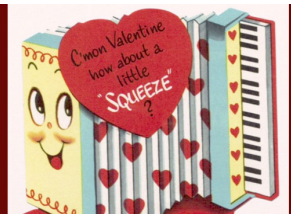
Gavin and Josiah D., Lina L., Pepper T., William W.,
Angelina V.

Our most senior member for February is:

Margie Conover who turns 108!

Gratulerer med dagen!

God Valentinsdag! Happy Valentine's Day!



Norwegian Ladies Chorus of Seattle



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

Renewing and preserving our Norwegian Heritage
through song since 1936



TENOR / BASS
VOICES

JOIN THE LONGEST-
STANDING CHORUS
IN SEATTLE

REHEARSALS
MONDAYS AT 7PM

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SEATTLE, WA 98107 • WWW.SEATTELEMANNSKOR.ORG

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98107-3134

Address Service Requested

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

Leif Erikson Lodge Calendar - February & March 2024

- February 2** - Library open 10:30 AM - 1:30 PM
- February 3** - Cross Country Ski Races @ Trollhaugen Lodge. Race begins at 10:00 AM
- February 3** - 1st Saturday Kaffestua, 10:00 AM - 2:00 PM
- February 6** - Sami National Day
- February 7** - Woodcarving classes begin with Mark Olsen | LEL Board Meeting 7 PM - Zoom
- February 10** - LERA Stockholders Meeting at Leif Erikson Lodge. Doors at 12 noon Meeting 1:00 PM - 4:00 PM
- February 13** - LERA - Norway Park Board Meeting at Leif Erikson Lodge 6:00 PM
- February 14** - LEL Membership meeting/Social 5:30 PM; LEL Dinner, 6:00 PM Entertainment 7:00 PM; Business Meeting - 7:30 PM
- February 21** - Trivia Night 7:00 PM (Zoom Meeting 915 582 1189) Suggested Donation \$5
- March 23** - Saturday |Leif to Leif Run & Walk | Norwegian Heritage Day 9:30 AM - 3:00 PM

Ballard Health Club Silver Sneakers class meets at LEL Mon, Wed and Friday, 10:00 AM 11:00 AM. Contact Marianne for details. marianne@ballardhealthclub.com
Exercise class lead by Audrey in main hall, Mon. Wed. & Fridays, 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>

2024 DISTRICT 2 SKI EVENTS

Yes, 2024 in-person ski race at Trollhaugen Feb. 3rd. Registration 8:30-10. Race at 10:30 AM



If you cannot make it to Trollhaugen on Feb 3rd, here is another way to participate! 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. Submission: Laurieberg.lb@gmail.com

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.