



## A MESSAGE FROM THE BOARD

Greetings Lodge members and friends. We hope your start to 2023 has been healthy and happy, and that any resolutions you made are still top of mind! As a lodge we had a great first month, with our LEL installation dinner, the Education Foundation Crab feed, and several chances to volunteer in the broader community and help other non-profit organizations. Welcome to new Lodge Board members Genesis, Ingrid and Peter. And thank you to all the Board members returning to serve the lodge again.

In just a few days we will compete in the District 2 Ski Races, and this year we are also glad to be the host lodge! This could be your year to grab a medal or just join us for a fun day in the mountains. We have talked many times about the Nordic concept of friluftsliv, and this is another great chance to embrace open air living here in Washington! You will also have the chance to meet members of other lodges in the district and hear about what they are doing to keep members engaged and active.

We hope to see many of you at the lodge in the coming months, as the darkness of winter wears off and we all start planning our Spring and Summer adventures. Our Winter Denial party would be a great place to start, and of course our annual Heritage Day and 5k Fun Run will be here before we know it! As you read through this month's newsletter, you will see how many folks across the lodge contribute each month to keep you all informed on everything happening at Leif Erikson Lodge. Tusen Takk to all contributors, and thank you to all members for taking the time to read our updates and stay plugged in. If there is anything we can do to help you with your membership, please reach out to me or any of your lodge board members.

**SethMaristuen, Counselor, sethmaristuen@gmail.com**

To add to Seth's message, you may notice that Seth is no longer President of Leif Erikson Lodge. Seth actually went above and beyond his two-year term by extending his term by one year. Thank you, Seth for serving as our President for three years! The LEL Board will coordinate doing the things that the President normally does such as running the Board and membership meetings, appointing people as necessary.

Our Lodge continues to grow its membership, increasing our numbers by 119 in 2022. Leif Erikson Lodge is the second largest lodge in SON and is one of three lodges that continue to increase its membership numbers in the SON. Poulsbo and Everett also continue to increase their membership. While our numbers may be growing it is becoming more difficult to get members to step up into leadership roles as evidenced by the fact we do not have a President or Vice President at this time. It takes many people to put on the many Lodge events, activities, and to conduct basic Lodge operations. Our current Board has been stellar in their continued service to the Lodge, many having served for over 10 years. We hope and ask that other Lodge members will step up and take on a more active role and choose to serve on the LEL Board or help with events and activities. There are open Board positions for President, Vice President, Secretary and Auditor. Please contact Seth Maristuen or myself if you can help. Tusen takk!

**Gail Engler, Trustee, englergail32@gmail.com**

### INDIGENOUS LAND ACKNOWLEDGMENT

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

**OFFICERS**

President	Vacant
Vice President	Vacant
Counselor	<b>Seth Maristuen</b> sethmaristuen@gmail.com
Social Directors	<b>Ingrid Haugaard</b> ingrid.h@compass.com
	<b>Genesis McDermott</b> genesis.mcdermott@gmail.com
Secretary	Vacant
Asst. Secretary	<b>Wendy Forselius</b> wforselius@yahoo.com
Financial Secretary	<b>Ellen Beck</b> ebeckster@gmail.com
Treasurer	<b>Theresa Nilsen</b> pearcity@comcast.net
Cultural Director	<b>JoAnne Rudo</b> joannerudo@hotmail.com
Publicity Director	<b>Barbie Varnes</b> barbie@barbiehull.com
Musician/Sports Dir.	<b>Kathleen Lange</b> tatter59@me.com
Asst. Musician	<b>Beth Kolle</b> bethkolle@comcast.net
Co-Youth Directors	<b>Kari VanSanford</b> 206-915-8490 kari.vansanford@comcast.net
	<b>Evelyn Elliott</b> 206-755-2151 elliotttevelyn@yahoo.com
Librarian	<b>Ariane Westin-McCaw</b> arianewm@gmail.com
Historian	<b>Christine Anderson</b> 206-784-6181 cmadance@earthlink.net
Sunshine Committee	<b>Karen Abelsen</b> 206-783-5367.

**NORNA**

**Judy Gray/Diane Adams** 206-783-1274

**LEIKARRINGEN**

**Sheila Bartanen.** President 206-859-0640

**LEIF ERIKSON BUILDING ASSOC.**

**Ozzie Kvithammer** President  
ozziekvithammer@gmail.com

**LERA**

LERAPresident@norwaypark.net

**SON Lodge-Financial Benefits Counselor**

**Bill Nelson** 425-785-6433

**Building Caretaker**

**Gary DeLeon**

**VIKINGEN**

Leif Erikson Lodge No. 2-001  
Sons of Norway  
2245 NW 57th Street, Seattle, WA 98107-3134

**Business Manager:** Gail Engler

**Editor:** Gail Engler

**Phone:** (206) 783-1274

**Webpage:** www.LeifEriksonLodge.org

**Email:** leiferiksonlodge@qwestoffice.net

**Email:** LEBARentals@qwestoffice.net

**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

**WINTER DENIAL PARTY**  
**WEDNESDAY, FEBRUARY 8, 2023**  
**SOCIAL 5:30, DINNER 6:00**  
**LIVE HAWAIIAN MUSIC 6:30**



Are gray skies, rain, puddles, cold and lack of sun and blue skies getting you down. You may have the Winter Blahs. Have we got the answer to perk you up! No need to buy an expensive airline ticket. Come to The Winter Denial Party and enjoy the talents of Kory and Kermet as they transport us to the tropics with their music.

Kermet Apiu is a native born Hawaiian and keeps his culture close to him though his music. Kermet plays throughout the Northwest and each year at Folklife. His singing will remind you of swaying palm trees and warm tropical breezes.

Kory Tideman plays many instruments including the slack key guitar. Kory has been active with the hula halau (schools) in preserving Hawaiian music. He was featured on a CD with Gary Kalei Mediros and the CD was nominated for an award in Hawaii.

Don't forget to wear your brightest and loudest tropical clothes as you may be awarded the sought-after pineapples. The Winter Denial party is a good time to invite your friends and introduce them to the lodge.

Ed and Sandi Conry will be setting up the bar featuring Mai Tais and Bahama Breeze drinks complete with the required paper umbrella. Malin has designed a tropical dinner with mango chicken and coconut rice, Hawaiian coleslaw along with a pineapple coconut cake.

**Remember to make your reservations by Monday, February 6 and let us know if you prefer a vegetarian dish. Reserve by calling the lodge, 206-783-1274, online or on the bulletin board. Aloha! Late signups may be charged \$25.00 and will only be accommodated if there is enough food prepared.**

*JoAnne Rudo, Cultural Director.*



## GREETINGS FROM THE KAFFESTUA

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

We will be open all Wednesdays and Fridays in February, in addition to the First Saturday Kaffestua on February 4th; also from 10am-2pm, barring any problems getting volunteers to serve.

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

*Hilsen fra Laurie og Lisa*

## YOUTH ACTIVITIES



Happy Valentine's Day! It's going to be an action-packed month for the Youth Group. Our first event will be February 4th at the Trollhaugen Lodge in Easton, WA. This is one of our favorite events of the year. We will be participating in the cross-country ski races. Parents will need to drive their children over to Easton or make plans to carpool with other members. Easton is about 1 hour and 15 minutes East of Seattle. Sign up starts at 9:00 a.m. All ski gear is provided at no cost for the children. Adults will need to rent their gear. It's very affordable about \$10.00 for ski rentals and a ride in the snowcat to the lodge. If you are driving yourself you will need a Discovery Pass and a Sno-Park Permit to park in the parking lot. Our second event of the month will be a Rosemaling class. Our very talented Pat Smaaladen will be teaching this class. It will be on February 8th from 5:30-7:30 p.m. If you have always wanted to learn how to do this beautiful art form take advantage of this free beginner's class. Please give me a call at (206) 850-8212 and I will sign you up for this class. These events are multigenerational, and we strongly encourage Parents and Grandparents to join us.

Take a Sneak Peek at our line-up of events for the next few months.

February 4, 2023	Cross Country Ski Races at 9:00-5:00 p.m. Trollhaugen Lodge
February 8, 2023	Rosemaling class. 5:30-7:30 p.m.
March 25, 2023	Heritage Day Leif To Leif 5k 9:00 a.m.
April 16, 2023	Bjarneleikarringen Dance Class 1:00-3:00 p.m.
May 17, 2023	Syttende Mai Parade 4:30 p.m. @ NW 62nd & 24th NW

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/](https://www.sofn.com/member_benefits/viking-for-kids/). As always, if you have any questions please call or email us.

**Evelyn Elliott**  
(206) 850-8212  
Elliotttevelyn@yahoo.com

**Kari VanSanford**  
lelyouthseattle@gmail.com

*Tusen Takk,  
Your Co-Youth Directors  
Evelyn and Kari*

## SPORTS NEWS

**D2 Crosscountry Ski Race:** Crosscountry ski races are Saturday, February 4. At Trollhaugen. Registration is from 8:30-10:00, race starts at 10:30 and lunch to follow. If you are interested in a ride up to Trollhaugen lodge to ski, snowshoe or just relax in the lodge contact Kathleen. We are hoping to have a van if there is enough interest. Leif Erikson Lodge is the host this year. If you are able to help out with setting up the lunch and clean-up afterwards, let me know. Check out trollhaugensofn.org for up-to-date information. Trollhaugen is just off I-90, Exit 62, Stampede Pass Road. A Sno park pass is required if you drive up on your own.

**Sports Medals:** I often get asked about sports besides walking, swimming, bicycling and skiing. For other sports, points are earned for every 10 minutes of an activity. For example, if you are in Leikarringen and you go to a 2 hour dance class every week for 4 weeks you will have earned 288 points. If you are 60 years old, you would be almost a third of the way to the 1050 points needed for a Bronze medal. Walking is measured in miles. If this same 60-year-old goes for a 5 mile walk 3 times a week for 120 miles at the end of the month the Bronze medal (105 miles would be earned, and 15 miles towards the Silver medal (210 miles). Here are some other sports (there are more listed on the cards) and points per 10 minutes. If your sport is not here, let me know and I'll determine how many points per 10 minutes. Golf: 5 points per 10min; Kayaking: 12 points per 10min; Soccer: 15 points per 10 min. More information on Sports Medals is available at SOFN.com.

Contact **Kathleen Lange, Sports Director, at tatter59@me.com to get more information.**

## Leif Erikson Lodge Trivia Night



WEDNESDAY FEBRUARY 15TH 7PM  
ZOOM MEETING  
915 582 1189

SUGGESTED DONATION: \$5

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

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

## NORWEGIAN GREETING

Hei Allesammen! Håper at alle har det bare bra i 2023 og at hele familien deres og venner har det bare bra også. Vi skal ha februars møte den åttende februar. Håper dere kan komme og bli med venner og andre medlemmer.

Har dere planer for 2023? Skal dere gjøre noe hjemme eller reise bort til et sted hvor dere har familie eller et sted dere har tenkt på lenge og reise til?

Ha det, Allesammen!! Hilsen fra Ellen Margrethe Hi Everyone! I hope that everyone is well in 2023 and that your whole family and friends are also doing well too! We will have February's meeting on the 8th of February. I hope you can come and be with your friends and other members!

Have you plans for 2023? Are you going to do something at home or travel to a place you have family or travel to a place you have long wanted to visit? Have it well, everyone!

*Greetings from Ellen Margrethe*

## VELKOMMEN TIL NEW MEMBERS

Please welcome the following new members to the Lodge:

Marie Coventry Merwin and David John Merwin, and Peter Jacob Larios.

Reinstated Member: Elliot James Larios.

Please get to know your fellow Lodge members by joining us in the many lodge activities during the year and perhaps volunteering at an event. Contact Ellen Beck or Seth Maristuen (sethmaristuen@gmail.com).

Current members, please renew your membership and pay dues as soon as you receive your notice from SON. Norway Park residents must always maintain current LEL membership as a condition of their residing at Norway Park.

**Ellen Beck, Membership Coordinator/Financial Secretary ebeckster@gmail.com**

## NORNA LADIES

It's a new year – and a new start to our activities. Our first potluck lunch will be special: Tuesday, February 14, at 11:30am in the Norna Room.

We will be celebrating Valentine's Day with our Norna Sisters. Bring a lunch item that will serve 6-8 for our potluck; it can be a main dish (hot or cold), salad, fruit, bread/rolls, or dessert. We will provide coffee and tea, and perhaps a cold beverage.

Also bring a signed Valentine's Day card to participate in our traditional "card exchange." Please RSVP to let us know for our setup. (jdygry@comcast.net). Stay safe and warm,

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

## FEBRUARY 2023 HAPPY HOUR

A nice social function is planned for Happy Hour on the 2nd Saturday of February in Kaffestua, February 11. We have volunteers to help out but could use 2 more. Come and volunteer for an hour shift. The event runs from 5:00 to 8:00 pm and for only \$5 each member and guest gets a lite supper and two drinks. The drink choices include pop, beer, wine or regular spirits. As usual there will be a raffle with prizes valued around \$175. Raffle tickets are \$1 each. An additional raffle is held with tickets awarded as a thank you to those who bring added finger food snacks for the buffet table. The events are usually well attended and are a lot of fun. Besides, where can you go out and get supper and two drinks for only \$5? No reservations needed.

## Leif Erikson Lodge Movie Night



JOIN US IN WATCHING

# Off Track

Saturday

February

11<sup>th</sup>

3 pm

Norna Room



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



## NORWAY PARK NEWS

Godt Nytt År 2023! New Year's Greetings from Norway Park, a landscape of winters touch, waiting for Springs glorious arrival. It's also a special year for Norway Park that is turning 60 years, more information to come.

While the hectic Jul time has come and gone, the biannual Stockholder's Meeting will be happening at Leif Erikson Lodge in Ballard the 5th of February, starting at 1 PM.

Many items will be presented from clarifications of bylaws to the approval of color-schemes presented, window treatment and light fixtures updated in the Berg Pavilion.

It has been many decades since it was last painted, unfortunately the colour-schemes, though well intended, were mismatched with the natural wood. The updated look was drafted by knowledgeable trained members, and creates a unified and cozy atmosphere, keeping the Norwegian elements and image. Our goal is to restore and preserve our Norwegian culture, throughout the Leif Erikson Recreation area, that is what our core mission calls for and forefather's vision. Painting and updates would be part of the Work Party to do.

The Stockholder's packet of information will be given to all who qualify, covering all listed proposals to approve or reject. Any questions should be addressed to the LERA Board. An updated proxy sheet will be provided in lieu of those who cannot be present, however, the form must be completely and correctly filled out, or it will be null and void, any clarifications should be addressed to those issuing the proxies. Also, it is a good reminder to make sure you're in good standing with current Sons of Norway (LEL) memberships.

**LERA Lodge Reps., Erik-Bjarne Witzøe, An-Magrih Erlandsen, Doug Warne**

## HERITAGE DAY

Join us for this year's Heritage Day/Tastes of Norway at Leif Erikson Lodge, Saturday March 25th, 2023. 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 in the March Vikingen, on the Leif Erikson Lodge Website Events page, and in your e-news! Sign up now for the Fun Run at [RunSignUp.com](http://RunSignUp.com); search for Leif.



*Happy Birthday*



*Happy Birthday*



*Happy Birthday*

Happy Birthday to all our members with February birthdays. Celebrants include Aaron A., Rosemary A., Barbara D., Synnove D., Alexis C., Farid C., Evelyn E., Sigmund E., Derek F., Kristine L., Laurie L-G., Marit M., Desiree O., JoAnne R., Arnie V., Linda W.

Special greetings to those who turn 90-something including Asbjorn B.

Our youngest members include Josiah D., 7; Gavin D., 12; Lina L.-4; William W., 5; Kendrick B.-12

Our most senior member for February is Margie C. who is 108! Wow! Gratulerer!

Sorry there isn't more room to list all our Birthday celebrants!

Gratulerer med dagen!



*Happy Birthday*



## LEIKARRINGEN LIAISONS

Leikarringen ended 2022 with two performances. We returned to dance at the Norse Home to a full house which is always very special and especially since it was the first return since 2019. Afterwards we had our Christmas party hosted by Bill and Gina Boyd, again a welcome return due to a 2019 hiatus. Additionally it was a joy and privilege to perform with the Norwegian Ladies choir at their Christmas concert. We are now looking forward to starting 2023 with new opportunities and vigor.

Our elected 2023 officers are: President: Sheila Bartanen; Vice-President and Performance Coordinator - Elaine Everett; Secretary - Wendy Forselius; Treasurer - Paul Everitt; Styremedlem - Ken Bartanen; Dance Director - Beth Kolle; Musician - Bill Boyd. We resumed our dance practices January 10th, and they will continue to be on Tuesdays from 5-7pm at this time. All are welcome. No previous experience needed as we have a wonderful teacher, and we all help each other learn and grow to preserve this wonderful Norwegian heritage. We already have two new dancers who are in addition to two new members who started last spring 2022. There is always room for more to join us and we look forward to welcoming you.

We next dance at the lodge for the March business meeting; participate in the May 17th and Poulsbo Viking Days performances and parades; hopefully our Folklife application will be approved and we always look forward to dancing at the Skandia Midsommarmfest. There may be some performances at local care facilities but all these good things do remain Covid dependent. Respectively submitted,

**Sheila Bartanen**

## IN MEMORIUM

**Georg Mikal Kjonsvik** passed away on January 6, 2023, at age 91. Born in Strinda, Norway to Gustav and Parsoini Marie Kjonsvik, Georg had two brothers, Odd and Harry. A couple of his uncles had emigrated to the US in previous years, so Georg followed suit, moving to the US in 1955 to pursue a new life in Seattle. Georg maintained close family ties, both with his cousins John and Ron in the US, while cherishing weekly phone calls with his brother Harry and making many return trips to Norway over the years. Following a brief time in the Norwegian Air Force, Georg joined the US Army. He was stationed at Fort Ord, CA from June 1956 to June 1958, including 18 months of overseas duty in Germany. Georg joined the Lodge in 1973 and became a Golden Member in 2003 and received a 45-year pin in 2018. He was one of the original volunteers who built Leif Erikson Lodge. Georg was active until he became ill in January of this year. He was a great member of the Lodge and knew a lot of members. He lost his wife Ella Louise in 2012, after 33 years of a very happy marriage. Georg will be missed. The Memorial will go to the Leif Erikson Educational Foundation. A Memorial will be held at Leif Erikson Lodge on January 21, 2023.

Former member **Sonja Jeanne Staley** passed away on November 24, 2022, at the age of 83. She became a member of the Lodge in 2007 and paid dues through 2021. She met her husband James T. Staley at age 13 and declared it love at first sight. Sonja earned her B.A. in Early Childhood Education in 1961 from Colorado State College, and pursued her passion teaching preschool, kindergarten, first, second and third grades. James proposed the night JFK was assassinated (November 22, 1963) and they married that December. Their son Greg was born in 1964 and their daughter Wendy in 1966. Sonja loved people and their stories, especially her family. She is survived by her husband James, daughter Wendy, grandson Jack, sisters Nancy and Jan, as well as brothers-in-law, a sister-in-law, nieces, nephews and cousins. A Cele-

bration of Life will be held January 15th from 2:00 to 4:00 p.m. at the Edmonds Yacht Club.

We learned recently that **Odd Isaksen** passed away on November 23, 2022 at the age of 97. Odd was a Life Member and joined the Lodge in 1962. When we obtain more information we will publish it.

## FROM YOUR FRIENDLY LIBRARIAN

Greetings from the Library! Library hours for February will be open on February 3 and Feb. 17th. You can also contact me via email or phone. Email is [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.

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)

## DONATION THANK YOU'S

The following Memorial donations were recently received in memory of Mabel Rockness, a longtime member of Leif Erikson Lodge. Mabel worked in Kaffestua and helped bake for the Bazaar and Heritage Day. She was famous for her Werden's Bestekake! Odd and Helga Moen, Erik Wold.

Other donors include: Ellen Beck, Harold Drevecky, Karen Koon, Sandra Conry, Seth Maristuen, Barry Abrahamsen, Cortney Gjesfeld.

Remember, some very kind and generous person has promised to match donations up to \$30,000.00 for our roof fundraiser. Please be as generous as you can. 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. Tusen takk for hjelpen!

### 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.

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

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

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



# LEIF TO LEIF 5K FUN RUN

MAR 25

MAR 25

**Saturday, March 25th - 9am**

Starts and ends at Leif Erikson Lodge

Registration: \$20/adult, \$10/age 13-18

Registration/Check in Begins at 8:00 am

Awards Ceremony ~ 10:15 am



Register at  
[RunSignUp.com](http://RunSignUp.com)



### 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](mailto:norwegianladieschorus@gmail.com)

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[www.sonsofnorway.com](http://www.sonsofnorway.com)

Phone 425-785-6433

### 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**

NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

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  
 2245 NW 57th Street  
 Seattle, WA 98107-3134

Non-Profit Org.  
 U.S. Postage  
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 Seattle, WA  
 Permit #672

Address Service Requested

Please notify Ellen Beck of any changes in Name, Address, or Phone Numbers.  
 Please also let her know of a death of a family member [ebeckster@gmail.com](mailto:ebeckster@gmail.com).

## LEL CALENDAR - FEBRUARY/MARCH 2023

- February 1** - LEL Board Meeting – 7:00pm (ZOOM)
  - February 4** - First Saturday Kaffestua, 10-2:00 (New day!)
  - February 4** - LEL Youth Activity – D2 Ski Race, Trollhaugen
  - February 4** - D2 Ski Race at Trollhaugen, 9:00-4:00 pm
  - February 5** – LERA Annual Stockholders Meeting at LEL, 1:00pm
  - February 8** - Membership Meeting; Social-5:30; Dinner - 6:00; Program- 6:45; Meeting-7:30 (In person only, No Zoom)
  - February 8** - Youth Activities-Rosemaling, 5:30-7:30
  - February 11** - Second Saturday Events: Movie – 3:00pm (Norna); Happy Hour- 5-8pm
  - February 11** - Bothell Lodge 50th Anniversary Dinner, 6:00pm (RSVP by Feb. 1)
  - February 11** - **Vikingen Deadline**
  - February 14** - Valentine's Day
  - February 15** - LEL Trivia, 7:00pm, on Zoom
  - March 1** - LEL Board Meeting – 7:00pm (via Zoom)
  - March 4** - First Saturday Kaffestua, 10-2:00pm (New day!)
  - March 5** - Nordic Chamber Music Concert at Ballard First Lutheran, 2:00pm Finnish Fiddle quartet
  - March 8** - Membership Meeting; Social-5:30; Dinner 6:00; Program- 6:45; Meeting- 7:30pm
  - March 11** - Second Saturday Events: Movie - 3:00pm (Norna); Happy Hour- 5-8pm
  - March 11** - **Vikingen Deadline**
  - March 15** - LEL Trivia, 7:00pm, on Zoom
  - March 25** - Heritage Day/Taste of Norway/Leif to Leif 5km Run/Walk
  - March 25** - LEL Youth Activity-Leif to Leif 5km Run/Walk 9:00am
- Ballard Health Club Silver Sneakers class on Monday, Wednesday and Fridays from 10:00-11:00. LEL Members may attend for free. \*\* Exercise class led by Audrey Collins 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>

*Sons of Norway*

# DISTRICT 2 SKI RACES

**Hosted by  
Leif Erikson Lodge**

February 4th, 2022  
 Registration: 8:30 - 10:00  
 Races: 10:30  
 Lunch to Follow!

Trollhaugen Lodge  
 10 miles East of  
 Snoqualmie Summit