

VIKINGEN



Volume 74 Issue 2

Leif Erikson Lodge 2-001 • Sons of Norway • Seattle, WA

FEBRUARY 2019

PRESIDENT'S MESSAGE



Hilsen fra Presidenten. We had a lovely evening for our LEL Board Installation. The Sølje Sisters provided beautiful music; some traditional and familiar Scandinavian tunes, a few classics such as Yellow Bird, and two modern ballads by composer Jay Unger. The latter songs you would recognize if you have watched the Ken Burns

Civil War series on PBS. The finale was a vocal arrangement of Den Minste Stjerne or The Littlest Star. There was a hush as the audience grew quiet and listened attentively to this beautiful song. The Soelje Sisters also helped lead us in singing the Table Prayer. The Sølje Sisters are Juanita Holmes, Joanna Elizondo, Barbie Rostad and Nancy Hiraoka. Nancy's mother, Sissel Peterson, is the inspiration behind the formation of the group about 20 years ago. Although Sissel doesn't play her accordion anymore, it is because of her that this group is carrying on her inspiration. We then enjoyed a delicious dinner of crab-stuffed cod, Larry's famous homemade dinner rolls and almond cake for dessert. Oh yes, we had salad and vegies also. After dinner, District 2 President, Jerry Erickson, conducted the installation of Board Officers. We are lucky to have such talented and hard working people on our Board.

Our new Vice President, Seth Maristuen, will welcome new members for an orientation on February 9th. His focus this year as VP will be on membership retention and recruitment. District 2 President Erickson announced at our installation that we had exceeded our 9% new member goal – 134 new members in all! Outstanding job by our Lodge recruiters considering that at the end of November we were at a net growth of minus 6.

The Board is working on adding some additional lodge events and activities to the calendar, including more community involvement. If there is something you would like us to offer, please let us know. As our membership grows we want to make sure we are providing events and activities of interest to our members and keep you engaged and active.

We are preparing once again for Heritage Day on March 23, from 10:00-3:00. Anyone wishing to volunteer and especially if you are a new member wanting to get involved, please email our Cultural Director Ariane Westin McCaw at arianewm@gmail.com, or call the LEL office and leave a message.

As District 2 President Jerry Erickson mentioned in

his address to our Lodge, it is not only the Board who is responsible for making things happen, it is the members who have a responsibility to contribute and participate. We need your feedback and active participation to make our Lodge thrive and grow. We look forward to hearing from you! *Til vi møtes igjen.*

Fraternally, **Gail Engler**, President, Leif Erikson Lodge

As we settle in to 2019, I wanted to take one last chance to thank our amazing members who dedicated time, energy and financial support toward making 2018 such a great year at Leif Erikson Lodge. As D-2 President Jerry Erickson informed us just this week, we have the largest membership of any lodge across Sons of Norway. With new members joining every month, we feel very fortunate to have such an exceptional pool of talented and hardworking folks supporting the lodge. Keep up the good work! Remember you can change your individual membership into a family membership and add the rest of your household to the lodge ranks anytime. As the weather improves and the days get longer, don't forget to keep working on your sports medals! We continue our challenge with Poulsbo Lodge through the Spring and Summer, and there are many ways to work towards your medals. Now is a great time to start training for the annual Leif to Leif 5k Fun Run/Walk, which will kick off Heritage Day on March 23rd. All ages are welcome, come join us! Maybe skiing is more your style, or you feel best in a pair of snowshoes. Head up to Trollhaugen and hit the trails. Just one of the many perks of your Sons of Norway membership. Haven't been to the lodge in a while? Join us Wednesday February 13th for a delicious dinner and learn about the Sámi, the indigenous people of northern Norway, Sweden, Finland, and the Kola Peninsula of Russia. **RSVP to the office by February 11th.** If you are new to the lodge, please join us for a new member orientation Saturday February 9th at 4:00pm in the Norna Room. Learn more about the lodge and Sons of Norway while meeting other new members and many of our current board members. We will also be sharing some new opportunities to represent the lodge in service projects outside LEL in the greater Seattle community. Stay tuned for those projects or reach out to me for more info. If there is anything we on the Board can do to help you get the most from Leif Erikson Lodge, don't hesitate to let us know. Ha det bra !

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

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VIKINGEN

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Membership Meetings:

2nd Wednesday beginning at 7:30 pm
(or as announced)

The **Vikingen** has been published since 1945
by Leif Erikson Lodge No. 2-001
Sons of Norway. LEL
was founded on May 13, 1903.

Leif Erikson Lodge Presents:

FEBRUARY 13 MONTHLY MEMBERS MEETING

Join us for our monthly membership meeting and dinner. We will begin with social hour at 5:30 followed by dinner at 6:00. This month's dinner will be Medisterkake, served with mashed potatoes, roasted Brussels sprouts and of course homemade rolls! Enjoy a Black Forest cake for dessert. Dinner and beverages for \$15, all proceeds to Leif Erikson Lodge.

We are delighted to welcome Julie Whitehorn to the lodge for our February program. Julie will be joining us from the Pacific Sámi Searvi, a local nonprofit cultural association where she is President. February 6th is Sámi National Day. Learn more about the group and their mission at www.pacificsamisearvi.org.

Youth activity for February will be a Waffle Making Party from 6:30 to 8:00.

We hope to see you there!

Call the office or RSVP to LeifEriksonLodge@qwestoffice.net
by Monday February 11th.



February Dinner & Members Meeting

Social 5:30 pm
Dinner 6:00 pm

Pacific Sámi Searvi

Business Meeting
7:30 pm

Youth Waffle Making
6:30 pm

SONS OF NORWAY LEIF ERIKSON LODGE

2245 NW 57th Street
Seattle, WA 98107
206-783-1274

www.leiferiksonlodge.org

NEW MEMBERS

- Kent Bakke
- Kristine Sara Ekman
- Mary Ann
- Richard Allen Ekman
- John Lange
- Gary David Olsen
- Theo E. Roe
- Margie L. Roe
- Fergus E. Roe
- Margret F. Roe
- Lars F. Roe
- Dale Roodzant
- Jacob Woodruff

REINSTATED MEMBERS

- Susan Clare Forseth
- Renee Lund
- Helga Moen
- Ryan Kennedy Richardson
- Gayle Carleen Solberg
- Cody Woodruff
- Nicole Woodruff

KAFFESTUA KROKEN

Happy 2019!! No better time to make a new resolution and come in and join your friends in Kaffestua! The café is open and welcoming, and we're happy to serve you Monday, Wednesday and Friday from 10:00 am to 2:30 pm. For a donation of only \$5.00, it still remains the best place in Ballard to get a wonderful lunch, along with friendly conversation -- and live music, usually on Fridays. There's always a fresh pot of coffee brewing, with great traditional open-face sandwiches, heart waffles and yummy sweets to be had. If you're interested in volunteering with us, please contact Diane Aronsen, who is looking forward to hearing from you. Please call her at 206.783.4491 if you have any spare time to help, or if you could be available on-call. Thanks!

Visitors

Visitors from Lynnwood and Olympia stopped in for some friendly conversation and lunch.

Volunteers Over the Past Couple of Months at Kaffestua Include:

Magni Hinsee, Valborg Nordbo, Janet Tofting, Linda Pye, Inger Persson, Beth Kolle, Gail Engler, Molly Thompson, Reidun Totland, Irene Kleiveland, Marilyn Fuller, Ellen Beck, Karen Sheldahl, Diane Aronsen, Magne Erga, Helga Moen, Lisa Greenough, Gunn Marit McArthur, Connie Hofstad, and Laurie Lund Gonzales.

Tusen takk to all volunteers!

People Who Recently Donated Food Items and Whose Names Were Listed in the Book:

Inger Persson, Lisa Greenough, Vidar Warness, Pat Bjorkelo, Louise Medhagh, Janet Tofting, Vagn Jensen, Laurie Lund Gonzales, Diane Aronsen, Karen Abelson, Nancy Hiraoka, Diana Ericksen, Magni Hinsee, Irene Kleiveland, Reidun Totland, Valborg Nordbo, Ellen Beck, Karen Sheldahl, Gail Engler and Marilyn Fuller.

Many thanks to all of you for your generosity!

Music makes a difference. Thank you so much!

- Bernie Bowers

SECOND SATURDAY KAFFESTUA

January's 2nd Saturday Kaffestua got 2019 off to a good start. It included a busy lunch time, a Heritage Day planning meeting with President Gail Engler, and a get together/business meeting of the Ditt og Datt Team. Knut and Freya stopped by in the morning, on their way to doing some bouldering. Knut and Sports Director Kathleen Lange talked about how bouldering (a type of rock climbing) could earn points towards a sports medal. Volunteers Kathleen Lange and Claire Sagen were happy to welcome new volunteer, Pat Jolin, to the Kaffestua family. Pat jumped right in to learning sandwich making, creating beautiful egg salad, shrimp and pickled herring smørbrød. Thank you Nancy Hiraoka, for stopping by to play a set of accordion songs - her repertoire is expanding nicely! Nancy is also the 2nd Saturday Volunteer Coordinator. Call her at (206) 498-9693, to talk about volunteering. You can learn on the job. Beste hilsener.

- Claire Sagen

FROM THE CULTURAL DIRECTOR

I hope to see many of you at our membership meeting on February 13th. Sámi National Day is celebrated on February 6 across Sweden, Norway, Finland, and Russia. For those of you who don't already know, the Sámi people are the traditional indigenous people from Northern Finland, Norway, Sweden, and Russia. They are most well known for reindeer herding. Sámi National Day is a relatively new holiday, and has been celebrated since 1993. Sámi people celebrate by, among other things, wearing traditional clothing, attending cultural demonstrations, flying the Sámi flag and singing the Sámi national anthem. February 6 commemorates the first Sámi congress, held February 6, 1917 in Trondheim. For our February meeting I have invited Julie Whitehorn, President of the Board of Directors of Pacific Sámi Searvi, a local Sámi organization. She will give a talk about Sami National Day and share information about Pacific Sámi Searvi. We're also planning on incorporating the Sámi National Anthem into her presentation. This is a great opportunity to learn about this local group. We are lucky in Washington State to have so many Cultural organizations, and I'm thrilled to hear about Pacific Sámi Searvi. See you in February!

Don't forget that Heritage Day is fast approaching on Saturday, March 23rd from 10:00-3:00pm. Volunteers are needed in many areas. Please email me to sign up at arianewm@gmail.com. Thank you!

- Ariane Westin McCaw, Cultural Director

NORWEGIAN GREETING FOR FEBRUARY

Hei Allesammen!

Jeg håper at dere har det bare bra. Hvis dere jobber i byen, håper jeg at det er mulig for dere å jobbe hjemme eller ta noen ferie dager! Uff da! Det er synd at det tar tre uker før tunnelen er ferdig og at før det må folk som må komme forbi byen kjøre på gatene eller I-5 med så mange andre biler og lastebiler. Jeg er glad at jeg er pensjonist!

Hilsen fra Ellen

Hi Everyone!

I hope that everyone is doing well. If you work in the city, I hope that it is possible for you to work from home or take some vacation days. Oh, my gosh! It is a shame that it takes three weeks for the tunnel to be completed and that before that people, who must get past downtown, have to drive on streets or I-5 with so many other cars and trucks. I am glad that I am retired!

Greetings from Ellen

NORNA LADIES ACTIVITIES

Please join us on **February 12, for our annual Valentine Party**. We will have a potluck lunch and exchange Valentine Cards. We gather at 12 noon in the Norna Room. Bring a favorite lunch dish to share, a friend, and a card – one per person – which we will exchange in a drawing.

We did not have a regular meeting in January, but we enjoyed a “day at the theatre” on Sunday, January 6. Twelve of us met at the Lodge and carpoled to the 5th Avenue Theatre to enjoy the original movie Sound of Music with Julie Andrews, Christopher Plummer, and all the adorable Von Trapp children. The movie was released in 1965, and it remains as fabulous as ever. This special screening was the “sing-along” version – which we all participated in with great excitement and beautiful voices. We truly enjoyed a wonderful day together.

All Ladies of the Lodge are welcome to join Norna. Please contact Judy to join in the fun!

- **Judy Gray** (jdygry@comcast.net), **Diane Adams**

Norna Co-Presidents



Members celebrating their January Birthdays

Synnove Dragoy, Ellen Beck, Theresa Nilsen and Barbie Hull. Not pictured is Member Nancy Hiraoka-a member of the Soelje Sisters. Also not pictured is Einar Johansen who turned 90 on January 10th.

Member Margie Conover will celebrate her 104th Birthday on February 25th! Whoo hoo!

FROM THE SPORTS DIRECTOR

Trollhaugen Ski Races are February 2nd. This is a good opportunity to get some Nordic skiing mileage or add to your Indrettsmerke points. The ski races are for all ages and abilities. Even if you don't want to ski, there are snow shoes for rent and a great sledding hill. If there is enough interest we could carpool up in a van. Cost to rent a 12 passenger van (including sno park pass) is about \$17 per person. (A one day sno park pass plus the WA state Discover pass is \$30 per car). Keep working on your sports medals! We have made a good start in our Poulsbo Lodge challenge, and I know some of you are getting close to earning a medal. Don't forget to get cards to me - scan and email or see me at Lodge meetings.

- **Kathleen Lange**, tatter59@me.com

FROM NORWAY PARK

The Stockholders meeting is Saturday, February 23, 2019. Please make sure that your membership is up to date! If your membership is not up to date - you can not speak at the meeting nor can you vote. Please check your membership card to make sure that it is current!! Thank you. - **Norway Park Membership Committee**



2019 LEL Board Members



Soelje Sisters violinist Barbie Rostad



Carol Smith and JoAnne Rudo



Valborg Nordbo and Chris Varnes



*Knut and Freya enjoying
the Installation festivities*



*Soelje Sisters: Nancy Hiraoka, Joanna
Elizondo and Juanita Holmes provided
beautiful music for the Installation of
LEL Board Officers*



*District 2 President Jerry Erickson
and wife Deanna*

A SKI FOR LIGHT EXPERIENCE

In the late 80's while working at Department of Services for the Blind of Washington State I first met a fascinating woman named Svea Karlson. She asked to speak to our class of newly blinded adult students at the Orientation and Training Center. I coordinated that effort and all the recreation activities for the students at that time. That meeting was historic in that we became good friends and many students became involved members of Ski For Light. I as well signed up and became a member of Leif Erikson Lodge.

The trips to Trollhaugen were magical. Many of the OTC students had been depressed; some were not well socialized having little skills in participating in groups of outgoing people, they felt awkward and intimidated. What I observed after just one trip was stunning. All the volunteers were wired, it seemed to do the right things to draw the students out. Everyone from the cooks to the guides were a happy group who generously participated with and shared in each small victory the students enjoyed.

Personally, I had been a downhill skier for quite a number of years and had just a little difficulty transitioning to the cross country skis. It took me a while to realize that cross country was growing on me. I knew cross country had won me over when a radio interview opportunity came my way. The interviewer was an older woman who was rather condescending. She asked me why a blind person would bother skiing – what could a blind person possibly gain from the experience?

I was quite insulted by her question but remained calm and reasoned it out for her. My reply was that blind people are like anyone else– we are social and cross country skiing is a social experience... It is a pleasure to feel and hear the crunch of snow under our feet and feel the breeze on our face. The physical exertion of our limbs and muscles is invigorating and fluid and exciting. And the senses are alive with the scent of pine and other fragrances, the chatter of squirrels and songs of birds above us, so close in the trees we ski beside as we traverse the mountain land. We have the opportunity to stop and take it all in if we desire. Why cannot a blind person enjoy all of that? This is when cross country skiing replaced the downhill skiing for me.

People in the Ski for Light Program have contributed to the success of many blind individuals. To this day many are still my friends. Erling Berg, Roger Young, Svea Karlson. Kristian Berg was my first guide. And then Bjorn Gjolmesli who was also a tireless volunteer for Ski For Light. Oh, yes, he has been my husband for the past 21 years as well!

Thanks to all the Sons of Norway lodges who support this vital program. It's a win/win. It changes peoples' lives. It is transformative for those who do not think they can do anything...and discover differently. Ski For Light becomes a huge stepping stone to other major accomplishments in their lives – even employment. Think about it, if one has no self-confidence there is no way out of despair...who would think stepping into a set of skis could change all that?!

- Submitted by Susan Gjolmesli

DISTRICT 2 CROSS COUNTRY SKI RACE 2019



Saturday, February 2, 2019

HOSTED BY: EDMONDS LODGE

Trollhaugen Lodge - Stampede pass -Exit 62



Registration starts at 9:30 a.m.

Race Starts at 10:30 a.m.

Lunch: 12:00

Awards

Cost: Donation

Come young and old,
great skiers and
new skiers alike.

For more information contact:

Laurie Berg – District 2 Sports Director
206-235-5558 or laurieberg.lb@gmail.com

For overnight reservations call Trollhaugen Lodge Managers: 509-656-9997

JANUARY 2019 OBITUARIES

Georgene D. Lee died June 10, 2018, at age 96. She joined the Lodge in 1973, became a Golden Member in 2003, and in 2018 received her 45-year pin. In her career, she was the first and founding National President of the National Association of Professional Mortgage Women. She is remembered as a consummate professional full of dignity and grace and her legacy to women in the mortgage industry across the nation is now in its 54th year. She was an inspiration to many and will be missed. The Memorial will go to the Leif Erikson Lodge Educational Foundation.

Our sympathy to member Vibeke Parks on the loss of her mother, who died at age 76 on December 12, 2018. Our sympathy also to members Nikolas, Norah, and Frederik Parks on the loss of their grandmother.

REMINDER

Reminder to please RSVP for dinner for our membership meeting on the second Wednesday.

Our caterer needs to know whether to cook for 15 or 50 people.

Call the office at **206-783-1274** or sign up on the list posted on the Bulletin Board or in the office.

Sign up no later than Tuesday before the meeting.

You can also sign up via the e-news email that is sent out to members several times per month.

Not receiving the e-news ?

Sign up for e-news by emailing leiferiksonlodge@qwestoffice.net.

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

Send to Gail at cody24gracie@hotmail.com.

HELP WANTED

The Lodge needs people for the following positions:

- Volunteer Hour Coordinator-data input of LEL members' volunteer hours.
You can do this on your computer from home.

- Vikingen Editor and Business Manager

LEL Board positions:

- Auditor and Social Director- You must be a LEL member for these positions.

Contact Gail at cody24gracie@hotmail.com
if you are interested in any of the above positions.

Norwegian Ladies Chorus of Seattle



www.nlcoseattle.org

NEW SINGERS WELCOME

Rehearsals: Tues. 7:30 - 9:00 pm

At Leif Erikson Lodge Norna Room

Renewing and preserving our Norwegian Heritage
in song since "1936"

**Please join us for our Fishcake & Meatball dinner on
April 14, 2019 at 5:00pm at the Leif Erikson Lodge.**

FINANCIAL BENEFITS COUNSELOR



Bill Nelson
425-785-6433
ffhealth@gmail.com

Sons of Norway Financial has just raised the interest rates again! If you have money laying in a bank CD or other low interest rate bearing option, you need to take a look at these great solutions!

Total 1st Year Return:

\$2,000 - 9,999 * 1.95%	\$25,000 - 49,999 * 3.45%
\$10,000 - 24,999 * 3.25%	\$50,000 - 99,999 * 3.55%
Call me to review!	\$100,000 and over * 3.65%

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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:

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You may wish to donate \$1.00 total for postage, envelope, handling.



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Leif Erikson Lodge 2-001

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Please notify the Financial Secretary (Ellen Beck) of changes in Name, Address, or Phone Numbers.
Please also let her know of a death of a family member.

FEBRUARY/MARCH 2019 CALENDAR

FEBRUARY 2

District 2 Ski Race-Trollhaugen

FEBRUARY 6

LEL Board Meeting, 7:00 p.m.

FEBRUARY 9

Second Saturday Kaffestua, 10:00
New Member orientation, 4:00 p.m.
Happy Hour, 5:00 p.m.

FEBRUARY 13

LEL Membership meeting;
5:30 Social; 6:00, Dinner, 7:30-Meeting

MARCH 6

LEL Board Meeting, 7:00 p.m.

MARCH 13

LEL Membership meeting;
5:30 Social; 6:00, Dinner; 7:30, Meeting

MARCH 23

Heritage Day, 10:00am-3:00pm

LEIF TO LEIF RUN/WALK



23 MARCH 2019 | SATURDAY

Registration 8:00 AM in front of Leif Erikson Lodge. Run/Walk starts at 9:00 AM
5k Fun Run / Walk \$10 adult / \$5 child. The route is from LEL to Leif Erikson statue and back.

The Award Ceremony will be approximately 10:15 AM inside LEL, in the main hall.
A Norwegian flag will be handed to you at the finish line & Enjoy a free heart waffle
with jam after the run / walk. The top three runners will be awarded ribbons

Part of the proceeds will be donated to the Ballard NW Senior Center.

Registration form is available on www.leif Eriksonlodge.org/events-and-activities.

