

Vikingen
Leif Erikson Lodge No. 2-001
Sons of Norway
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Seattle, WA 98107-3134

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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.

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. See Page 2 for contact info.

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VIKINGEN



Volume 72 Issue 6

June, 2017

Riddle Me: Answer: Fry-Day.

Please submit your articles for publication in the *Vikingen* no later than the day after the Membership Dinner/Meeting for the next month's publication. Thanks for your assistance in getting articles to us so the *Vikingen* can be mailed as soon as possible.

Requested names and phone numbers have been removed. You may view the current *Vikingen* on the LEL website at: www.LeifEriksonLodge.com
The LEL Mail Committee saves the Lodge about \$100 per issue for hand mail preparation.

Volume 72 Issue 6

June, 2017

Welcome to New Members

- Christopher Ringstad Carmichael
- Joseph C. Lind
- Barrett R. Purcell
- Ron E. Simonsen
- Ruth E. Sundheim

REINSTATED MEMBERS:

- Linda White-Canfield
- Melissa J. Kristoffersen

TRANSFERRING MEMBER:

- Keith Ritland
- Norman L. Arno

NAME CHANGES/CORRECTIONS

Sharon L. Ruud is now Sharon L. Fenton

Riddle Me:

Which day of the week do chickens hate most?
(see answer above)



Svalbard Global Seed Vault

In mid-May, reports of water intrusion into the Svalbard Global Seed Vault shocked the world, with sensational headlines implying doom for the doomsday vault, a repository of over 930,000 seed samples from nearly every country in the world.

Water leaked into the entrance of the underground facility this spring as a record-hot winter allowed the permafrost surrounding it to melt. Combined with heavy rain, it was a recipe for flooding. Fortunately, the meltwater never reached the vault itself, freezing in the entryway well before any seeds could be harmed. The Norwegian Ministry of Agriculture and Food and Statsbygg have already begun implementing measures to prevent the season-dependent intrusion of water into the seed vault's access tunnel. Trenches are being dug in the mountainside to channel water away from the vault. A waterproof wall will be constructed inside the vault for additional protection, and all heat sources will be removed from the inside. Until then, flooding has been controlled with pumps working around the clock.

That these precautions need to be taken is a troubling sign of climate change. The vault's location in Svalbard, well within the Arctic Circle, was chosen for its stable low temperatures. The intention was to create a vault that would remain frozen without the need for human maintenance. "It was not in our plans to think that the permafrost would not be there and that it would experience extreme weather like that," Hege Njaa Aschim, from the Norwegian government, told The Guardian.

Continued from Page 4 ...

Then just a few weeks later on Sunday, October 15, Leikarringen will also be hosting a fundraiser for LEBA. We are leaning toward a Viking theme and are currently looking into menus, etc. A final decision on our theme will be made in June after we finish with researching a menu and assorted other ideas.

These are currently the only two remaining fundraisers scheduled this year except for our ongoing GoFundMe efforts online and through the mail.

SAVE the dates
Saturday, September 23
Sunday, October 15

The Svalbard vault was opened in 2008 with the aim to provide a "fail-safe seed storage facility, built to stand the test of time and the challenge of natural or man-made disasters," the Global Crop Diversity Trust, an independent organization, says on its website. According to the Norwegian Ministry of Agriculture and Food, "The Svalbard Global Seed Vault is the world's backup for crop collections. The seeds are completely safe and no damage has been done to the facility. Globally, the Seed Vault is, and will continue to be, the safest backup of crop diversity."

This article originally appeared in the June 2, 2017, issue of *The Norwegian American*.



NCC President Chris Templin with our past Queen Robyn Emery, winner of Carl Saltveit Scholarship to Oslo International summer school. NCC gave Robyn \$1000 to help cover her travel expenses not covered by the scholarship this year! She could still use some additional assistance on her Gofundme page! Let's help this talented lady! Tusen takk.



President's Report

Summer is almost here! I am wishing you a wonderful summer season.

Our June 14th Members dinner will be a potluck. "Hawaiian Night" with Hawaiian music by the same wonderful musicians that you heard before! So wear your Hawaiian shirt, dress or anything that celebrates summer! If you don't like to cook, you can just pay at the door and enjoy. It will be the last meeting until September, so please come and join us.

Our last meeting on May 10th celebrated our past presidents and members who received awards. Bjarne announced the **Man and Women of the Year: Einar Johansen and Judy Gray**. Both of these individuals have worked for many years for LEBA and the Lodge and contributed so much to make our organization great. We thank them both for all their contributions.

The Give Big campaign for the Educational Foundation was also May 10th. Thanks to the work of Christine Anderson and Gail Engler, the Foundation was able to raise \$1500, in addition to the April dinner proceeds of over \$1300. Good work ladies, your dedication is appreciated.

Our work on the Lodge has already begun. Thanks to the \$2000 contributed by the 17th of May Committee with Kim Nesselquist as chairperson, in addition to prior contributions from the Olav Lunde memorial, the Lodge now has a new sound system with eight speakers and new equipment. What a great improvement that has made!

Thanks again to many of you that have donated to the Go Fund Me Campaign to bring our total donations to almost \$35,000. This will enable LEBA to start some of the repairs to the outside of the building. Then, they need to paint and do some internal building improvements, so keep the contributions coming, so that we can complete our projects and make our Lodge even better! Contributions may be made online at: Gofundme.com or mailed/delivered to the Lodge Office: 2245 NW 57th St., Seattle WA 98107. We still have much to do, so please help if you can. We need your support.

Tusen takk and see you at the Lodge!
Andrea Torland, LEL President

Velkommen til —

Leif Erikson Lodge 2-001
Sons of Norway
Schedule of Events



June, 2017

	Wed.	7p	No LEL Board Meeting
10	Sat.	10a 5:30p	2nd Sat. <i>Kaffestua</i> 2nd Sat. Happy Hour—Karaoke
14	Wed.	5:30P 6p 6:30p 7:30p	Social Hour. Member Dinner: Potluck—wear Hawaiian or summer garb. Program: No program/Hawaiian music Business Meeting
	Thurs..		Last <i>Vikingen</i> until September issue — <i>Articles due 8/15/17</i>
21	Wed.		Norna Ladies—lunch at Poulsbo <i>Kaffestua</i> (carpool)
			Summer Activities
6/3			Nordic Heritage Museum Auction
6/14			Hawaiian Night Potluck dinner and meeting
6/24			St. Hans Fest at Norway Park
6/26-30			Heritage Camp at Nordic Heritage Museum
7/9			Border Fest in Blaine, WA
7/15			<i>Trollhaugen</i> 45th Anniversary Celebration
8/16			Dancers and Musicians from Bergen Norway
8/19			District 2 Golf Tournament in Leavenworth
9/22-24			<i>Trollhaugen</i> Cultural Retreat
9/23			LEBA Salmon-cod Dinner Fundraiser at Lodge

June 26 through July 7, 2017 LEL/SON building will be closed for annual cleaning/repairs. *Kaffestua* closed week of July 4th.

Note: The *Vikingen* may be printed as much as a month ahead of events. The information included in the *Vikingen* is the most current we have at the time of publication. However, things change. Check dates, times, locations prior to attending events to ensure information is still current. The digital copy of the *Vikingen* (Web) may have more information.

Kaffestua — Open Mon., Wed., and Friday 10a - 2:30p except major holidays, or as announced.
2nd Saturday Kaffestua — 10a—2:30p. 2nd Saturday of the month.
2nd Saturday Happy Hour -- 5p-8p — Light supper + 2 beverages \$5 (bring finger food; get free raffle ticket)
Barneleikarringen Practice — Nordic Heritage Museum, Swedish Cultural Ctr, LEL, children ages 4-15. Call Barneleikarringen Leadership Group (425) 954-5257 or email: barneleikarringen@gmail.com.
Exercise Class — Wednesdays, 10a, \$5/ea. time. Walk-ins welcome.
Leikarringen Practice—1st Tuesday of each month is party night and casual dance, 7:30p-9:30p
LEBA Board Meetings—4th Wed. January through June; September through December at 7:30p
LER Board Meetings — 2nd Tuesday each month, 7p. Meeting places alternate between LEL and Norway Pk
LEL Board Meetings— 1st Wednesday of the Month at 7:00p.
LEL Member/Bus. Meetings—2nd Wed. /Month 7:30p. Happy Hr 5:30p; 6p **Dinner**/cost \$15 (or as announced)
Library—open Wednesdays 10a—2p. (new day change effective May 18, 2016)
Lodge Office—open Mon., Wed., Fri. 10a—3p, except major holidays. Volunteers needed (PH 783-1274).
Newsletter—deadline: Thursday after the membership meeting, unless otherwise noted. In *Vikingen*
Vikingen Mail Committee — if you have time to volunteer 1 or 2 hours/month, please call: Dee (206) 285-3062. The Mail Committee usually meets the 2nd to the last week of month. No issues for July/August.
NORNA Ladies Lunch and Business Meeting — 2nd Tuesday of the Month at Noon, or as announced.
Youth Group — The Youth Group has two new co-directors. Look for current meeting the month, or as announced.



Presentation of check from the April fundraiser for the Educational Foundation by Chef Randi Aulie to Christine Anderson of almost \$1,000 with an additional \$380 received from pass-the-hat donations (photos in this issue by Martin Ng)

VIKINGEN
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News from Norway Park:

The Fishermans' Breakfast was a huge success with close to 100 meals served thanks to Berit Smith and her crew.

The June 3rd work party will be meeting at the *Bekkestua* at 9:00 for coffee, cookies and instruction. We need to clean up the lake area ready for the summer activities.

The last storm brought down a tree across a power line and a third of the park was without power. This has prompted discussion as to removing dead trees to deter this from happening again.

Hip Hip Hurray for St Hans Fest on June 24th. Come join in the fun and festivities, camping, fishing, swimming, dancing and in the true spirit of Norwegian Tradition.

Please check to see if you have paid your property taxes and assessments for this period as it is pass due.

Dan Baines, NP Social Chairman

Musical Happy Hour

Yes indeed the musical Happy Hour in March was so well received that we just have to have another one. This time though it will be a number of musical guests entertaining us with Karaoke. Yes the guests will be providing the music. Lodge members Gloria and Joe are bringing you this evening with their excellent equipment along with the host they have hired, Louie Menzago. As with the last Musical Happy Hour the time will be from 5:00 to 9:00 p.m. and you can invite as many guests as you wish because the event will be in the main Lodge hall. This will be the regular second Saturday June 10 and the cost is \$10 for light supper and two drinks. Of course, there will be a great raffle with prizes worth over \$200. You can receive special raffle tickets for bringing a snack of finger food to share. Members, friends, family, and guests are welcome so show off our Lodge!

1500s

Baths in the 1500s consisted of a big tub filled with hot water. The man of the house had the privilege of the nice clean water, then all the sons and other men, then the women, and finally the children - last of all the babies. By then, the water was so dirty you could actually lose someone in it; hence the saying, "don't throw the baby out with the bath water."



Siste Farvel

Esther Viola Fluvog died on April 11, 2017 at 94 years of age. Esther joined the Lodge in September of 2011. She was preceded in death by her husband Philip Fluvog, M.D. and is greatly missed by her children Joanne, Brent, Eric, Craig and Jill; the grandchildren who adored her, John Philip Fluvog, Stephen Johnson, and Beth Johnson; and dear friends with whom she shared everyday life and many an adventure. She was an amazing woman. The Memorial will go to the Leif Erikson Educational Foundation.

Gary Lloyd Hundwin died April 1, 2017 at 74 years of age, after a long and hard battle with cancer. He joined the Lodge in 2015. He is survived by his daughters, Monika Ward (J.D.), Leslie Phillips, both of Edmonds, and Kristina Jackson of Alaska. He is also survived by eight grandchildren, his sister Susan Brauch, niece Sarah and two great nieces who thought of him as grandpa, two nephews Kevin and Jeffrey Fleek and several cousins. He is preceded in death by his parents, his son Gary Hundwin, Jr. and his step daughter Tanya Hedington. Gary was a long-time fisherman: crabbing in Alaska and tuna in Hawaii. The Memorial will go to the American Cancer Society.

Jeanne Whiting passed away on December 31, 2016 at age 93. She was a lodge member since the early 1970's along with her husband, Dr. Adolph Whiting (1918-2013). They started in the Lodge by taking Norwegian lessons taught by Arne Tveten.

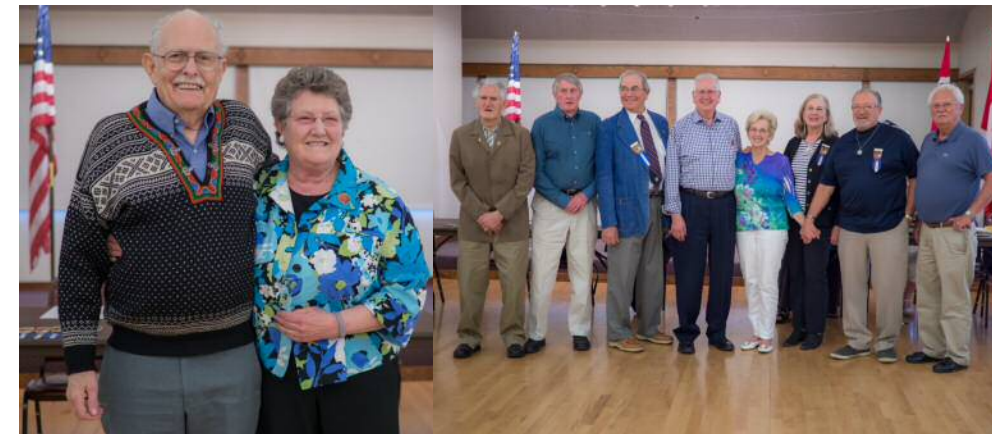
Jeanne was elected the 1st woman President of Leif Erikson Lodge in 1980 (a 77 year old lodge at the time). She served two separate terms. She was instrumental in acquiring the current Leif Erikson Hall and moving out of the old Norway Center (Mountaineer's building) in Seattle. Jeanne also served as lodge historian. She, and her daughter Anne, compiled a comprehensive history of the lodge, which is currently archived at the UW Department of Scandinavian Studies. Jeanne and Adolph traveled to the Lofoten Islands in 1976 to meet Adolph's family. They also met and dined with the King of Norway on Oct. 20, 1975, while he visited Seattle.

She moved here in the mid-1950's with her husband and children. Jeanne is survived

Continued on page 4 ...

Continued from Page 6 ...

Slauson, Peter Nestigen and Judy Cooper all agreed to renew their 3 year terms. In addition, Einar Johansen is stepping down a year early from his term and Bjorn Gjolmesli has agreed to finish out Einar's term. Bjorn previously served on the LEBA board and, in fact, was a founding member of LEBA. Thank you to both Einar and Bjorn for your hard work on this important Board. In addition, Julie Svendsen, has informed LEBA that she cannot continue as Treasurer and as soon as a replacement is found she will be stepping down. *Gail Engler, Chris Varnes*



Man and Woman of the Year — Einar Johanson and Judy Gray. Past Presidents honored at the May Membership Meeting

Seattle Has Record Breaking Rainfall — Yes, it has been a rather soggy winter and spring. We all love the Pacific Northwest but from time to time we need some sunshine and warmth. Wednesday, June 14th will be the last membership meeting until the fall and the "Da Oddah Guyz", (Hawaiian pidgin for The Other Guys) will be playing sunny and warm music from Hawaii. that will guarantee a smile on your face and perhaps even a suntan! Kory Tideman, Jack Aldridge and Tico Ka'eo are well known local musicians and were very popular when they played at a membership meeting last year. So get out your Hawaiian shirt or dress, put a flower in your hair, drink a Mai Tai (might even have a paper umbrella in the drink) and celebrate Sun!

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Norwegian Male Chorus
Chorus meets Monday evenings at the Nordic Heritage Museum, 3014 NW 67th St. at 7:30 p.m. You're welcome to join us. Available for public performances. For info, call: Bob Johnston (206) 362-1094. or email: bobsings@gohuskies.com.

Norwegian Ladies Chorus Of Seattle
www.nlcofseattle.org
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Rehearsals: Tues. 7:30 - 9 pm
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Continued from Page 5 ...

Updates to GoFundMe will continue to be released throughout the summer via Facebook and our enews so you can stay in touch with our fundraising efforts!

SAVE THE DATES: September 23 fundraiser for the hall hosted by the Ski for Light crew and LEL with a delectable fish dinner and all the trimmings, \$25. Sunday, October 15, hosted by Leikarringen and LEL is the last fundraiser for the building in 2017.

Our donations have reached \$34,608 as of May 12, 2017

Med hjertelig takk til alle!

Donors to the GoFundMe Leif Erikson Hall repairs and upgrades:

Anne-Lise Berger and
Osmund Kvithammer \$1,000.00
Andrea Torland \$100.00
Anonymous \$200.00

"In memory of Alice Sagstad. Alice was a member of the building association and assistant office manager at Leif Erikson Hall"

Asbjorn Sorensen
& Family \$900.00

"For all the time he spent to build and keep this hall in shape over the years."

Borghild Aarvik \$100.00

In memory of Edvin Wilhelmsen

Birgit Lyshol \$100.00

Ellen Beck \$150.00

"Everyone, please support this go-fundme. It takes all of us. If you have given before and are able, give again, as I am!"

Gretchen and
Harold Mork \$100.00

Gunnar Ildhuso \$1,000.00

Gladys Sherlock \$250.00

Henry Bjornsson \$100.00

JoAnne Rudo \$200.00

Keith Ackerlund \$200.00

Knut and Svea Karlsen \$100.00

Kristian Berg \$1,000.00

Karin Gustafson \$1,000.00

Donation to LEBA

Laila Lunde \$100.00

Lloyd Nilsen \$500.00

Michael and
Sarah Ness \$200.00

Norwegian Commercial Club \$1,000.00

"We enjoy meeting at the Leif Erikson Hall. Hope this helps!"

Patricia and Paul Kaald \$1,000.00

Per Ostebo \$150.00

"Lots of plumbing done in the Leif Erikson Hall by this volunteer!"

Robert Svendsen \$500.00

Ruth Dahl \$50.00

"Will gladly volunteer to help with almost anything I can."

Steven Mork \$500.00

Torun Parker \$25.00

Tom & Eleftheria Beck \$100.00

Christine Anderson

Cultural Director Report

For the membership meeting on June 14th there will not be a cultural program but Joanne Rudo has arranged for the Hawaiian ukulele musicians to return and play for us during the social hour. The meeting will have a Hawaiian theme and dinner will be a potluck so bring your favorite dish to share with members.

We had a great evening of events on May 10th celebrating our Lodge's 114th anniversary, Past President's night, membership awards, new members and Man and Woman of the year. Congratulations to Einar Johansen and Judy Gray for being selected for the two latter awards—very well deserved for two hard working people dedicated to maintaining our Lodge. We enjoyed music by Robyn Emery, 2013 Lodge Queen and Carl Saltveit Scholarship winner. She is off to Norway to attend the International Summer School at the University of International Summer School at the University of Oslo.

Our 2017 Lodge Princess — Louisa Rudo — was crowned and introduced to members. Louisa and our Queen — Annika Nye -- will be attending the Syttende Mai luncheon and marching in the parade. Jakob Straume was also introduced as the Doug Warne Scholarship winner and Tess VanSanford received the Camp Nidaros camper scholarship. Congratulations to all these very deserving scholarship winners! The LEL Educational Foundation is responsible for awarding all these scholarships. Between the fundraising dinner in April put on by Randi Aulie and crew and the GiveBIG campaign on May 10th we were able to fund all the scholarships

FOR SALE



For Sale: Complete woman's fest bunad—Gubrandsdalen style. \$2500. Call Elinor Tapio 360 466 1138 (June)

without delving into other funds so that was a significant achievement. Thank you to all the generous GiveBIG donors we raised a little over \$2,000.00 for the Educational Foundation.

May 10th was another great evening highlighting the Lodge's many active, hardworking and talented members who all contribute to make this a great Lodge! Thank you.

Gail Engler, Cultural Director

Mark Your Calendars for: D2 Callaway Golf Tournament,

At: Leavenworth Golf C., 9101 Icicle Rd, Leavenworth, WA (509) 548-7267

Saturday, August 19

Tee time starting at 9:00 a.m.

Cost \$95 includes greens fees, golf cart, snack, lunch, banquet, prizes, awards.

Make reservations by July 18th. 7 rooms reserved at Howard Johnson Express Inn (509) 548-4326. If not enough golfers sign up by 8/1, tournament will be cancelled.

For More Info: Susan Kirkeby (509) 535-5471 or Bill Hicks (206) 919-1425

From the Nominations Committee:

We are still in need of one additional person for the Nominations committee.

The following positions on the LEL Board are still open: Vice President, Secretary and three year Auditor. If you are interested in a position please contact Gail Engler or Chris Varnes as soon as possible. These important positions need to be filled, especially Vice President, since we are now taking our summer break and there are no meetings in July and August. Please seriously consider stepping up and getting involved!

Elections for four LEBA Board members were approved by the membership. They are as follows: Howard



An Anecdote From an Interview With Richard Svensson (from July, 2015)

By Diana Einarsen

Richard Svensson, a member of the Leif Erikson Lodge since the early 1970s, was drafted into the Royal Swedish Navy in 1944. He was 21-years-old and WWII was still raging throughout Europe.

"I started boot camp in early summer. We were called *kanoon mat*: slang for 'cannon feed,' " he joked.

He was stationed at the iconic, centuries-old Navy Base in central Stockholm – which has since been relocated south of the capital – and became puzzled when he observed approximately 100 men wearing a strange insignia on the left arms of their uniforms. He checked the official military handbook but couldn't find anything to match it.

"What does that insignia mean?" Richard asked a Swedish Naval officer one day.

"They're Norwegian soldiers being trained by us," the officer confided in him.

Richard shared: "We all looked the same then, and the Swedish Navy did its best to keep Nazi Germany from learning that it was assisting occupied Norway."

[Richard Svensson was a dear friend of LEL and a faithful patron of the *Kaffestua* where he sometimes played his accordion. He passed away on March 13, 2017.]

Norna Ladies

Twelve of us met on Tuesday, May 9, to enjoy lunch together (thanks to Diane Adams) and have a short business meeting. We voted to make

two contributions from our Heritage Day sales. From the \$349 earned, we gave \$100 to Leif Erikson Lodge and \$200 to LEBA.

Our final meeting before the summer break will be a "road trip" to the Poulsbo Lodge to attend their Kaffestua and do some shopping. We will be going on Wednesday, June 21. Our usual meeting day is the second Tuesday, but their Kaffestua is scheduled once a week – on Wednesdays. An email will be sent to the regular attendees that will include the time and plans for the trip. We will meet in Edmonds to carpool – taking the ferry to Kingston and on to Poulsbo. If you want to join us, send an email or call the office and leave a message. We need a final count by Friday, June 16, so we can make a reservation with the Lodge. *Diane Adams & Judy Gray*

New Kroner Designs Sport a Modern Look

(reproduced from LEL's Viking E-Post)

The Central Bank of Norway (*Norges Bank*) has unveiled a series of new kroner bills that will be phased in begin-

ning in summer 2017. The designs are a departure from the current Norwegian banknotes in several aspects. This will be the first Norwegian money that does not feature a human face. All of the motifs pay tribute to the sea, which has played a pivotal role in shaping Norwegian culture.

Brown Bear Car Wash Coupons.

Please use this coupon to order car wash tickets and mail it to LEL office. Please indicate "CARWASH" on the envelope so it goes to the correct committee:

CARWASH COUPON REQUEST FORM

NAME _____

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Trollhaugen 45th Anniversary Celebration

Mark your calendars and celebrate 45 years at Trollhaugen on July 15, 2017.

Parade Winners—17th of May

Congrats to **Barneleikarringen** for their 1st place Youth trophy!

2017 Ballard Parade Trophy Winners

Thank you (*Tusen Takk*) to all of our parade participants and guests lining the streets of Ballard by joining us in our annual Norwegian 17th of May Celebration <3

High Schools:

1st Place: Mariner
2nd Place: Ballard
3rd Place: Interlake

Middle School Bands:

1st Place: Explorer
2nd Place: Whitman
3rd Place: Cavelero

Drill Teams:

1st Place: Highlanders
2nd Place: North Queens
Tied for 3rd Place: Ballard Eagles and Lil'Senoritas

Scandinavian:

1st Place: Karmøy Club
2nd Place: Norwegian Male Chorus
3rd Place: Sons of Norway Norden Lodge of Tacoma

Float:

1st Place: Sons of Norway Edmonds Lodge

Motorized:

1st Place: Ballard Historical Society

Novelty:

1st Place: Ballard Seafood Fest

Youth:

1st Place: Barneleikarringen of Greater Seattle

Christine Anderson

Fundraising News

I just got done talking with Erling Berg who generally organizes the Ski for Light fundraiser in September. This year it is going to involve Ski for Light, but the fundraising monies will go to LEBA (the building) in thanks for all their support of this event over many years. The date scheduled is Saturday, September 23.

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St. Hans (Midsummer)

at

Norway Park

SATURDAY, JUNE 24, 2017

11:00 am THRU 11:30 PM

- 10:00 am-7:00 PM - Alletiders Kafe
- 1:00 PM - Prize/Cake Walk
- 2:00 PM - Kids' Field Games
- 3:00-4:30 PM - Bingo
- 3:00-5:00 PM - Amphicar Rides
- 8:30 PM - Dancing!
- 9:00 PM - Bean Count Winners
- 9:30 PM - Big Raffle
- 10:00 PM or so - ~BONFIRE!!

Leif Erikson Lodge Members & Their

Guests are Invited!

Admission: \$5 (Kids under 16 FREE)

Schedule Subject to Change

Continued from page 2 ...

by five children and an extended family. She will be greatly missed by her family and the Lodge.

Our sympathy to the family of former member **James D. Durham**, who passed away recently. He was a member of the Lodge from 1972 through August of 2002.

Ellen Beck

Bazaar Items

REMINDER: If you're cleaning out your closets this summer, please save your gently used items for the Ditt og Datt booth at Leif Erikson Lodge's bazaar in October.

Norwegian items, knick knacks, jewelry, glass and unique items are always prized. You can drop them off at the LEL office, labeled Ditt og Datt. Takk!

Heritage Camp Date Change

Seattle Public Schools changed their end date and there's a day of overlap with camp, so Alison Church is offering to prorate camp for Seattle Public School kids who can only attend Tuesday, June 27-Friday, June 30. If you have a chance to get the info out I'd appreciate it!

Alison Church

Children's Education Coordinator

Phil Swenson LEL Member

Hello Everyone:

Some of you may already know, but to those of you who haven't heard, early on the morning of Saturday, May 13th, Phil had a stroke. When I realized that something was wrong with him I called 911. The medics/ambulance came within just a few minutes, and confirmed my suspicion that he had had a stroke. He was transported to a hospital in Bremerton and was admitted to the emergency room there. He was immediately given an MRI that showed where the damage to his brain occurred. The emergency room doctor talked to me about the danger involved in treating him with the tPA shot, and the fact that the shot might cause another "bleed". After considering the options, the decision was made to go ahead with the tPA shot. After the shot he was moved to the ICU where he was monitored for the next 24 hours, where he was also given tests to monitor his progress at first every 15 minutes, then every 30 minutes, and then every hour for the first 12 hours. On Sunday afternoon he was moved to a regular bed in the stroke section of the hospital, where will have Occupational, Speech, and Physical Therapy on a regular basis until it is determined where he will go for the next stage of his treatment.

We have been spending most of the day, every day at the hospital with Phil, watching the progress he is making as well as watching the therapists at work. Yesterday (Monday) he was too sleepy and could hardly keep his eyes open for the morning therapists to work with him, but in the afternoon, the Physical Therapist was able to help him sit on the edge of the bed, and then stand for a few minutes next to the bed. Today (Tuesday), the Speech Therapist tried to feed him starting with ice cubes, and then pudding, but he couldn't swallow the pudding, so the therapist wasn't too optimistic about his treatment. This afternoon, a Physical Therapist was able to help Phil get from the bed to a chair, where he sat for about 1-1/2 hours.

Later an Occupational Therapist came by and worked with him for about an hour while he was sitting in a chair beside the bed, and he was pleased with the response he got from Phil. He also gave us some tips on how to work with Phil when he is not around.

Phil will probably be at the hospital for at least another few days, and will then go to another facility for further rehab. We are hoping that he will be able to recover all, or at least most of the use of his left side. Brent and Linda have been wonderful support for both myself and Phil. I don't know what I would have done without them.

Please keep Phil in your prayers. Love, Julie, Linda and Brent

Building Repairs and Upgrades — Go Fund Me Donations

Work continues on improving Leif Erikson Hall. You will notice a new sound system with funds provided by Olav Lunde memorials and the Norwegian Seventeenth of May Committee. We have now received enough donations to go out for a rebid on the west side scupper project and possibly the cracks on the exterior of the north and south sides of the building. Keep an eye out for the undertaking of these projects throughout the summer!

Kari Knudsen and friends have been busy outside with planting pansies and other flowers to beautify the front of the building. She has been getting dirt under her fingernails from weeding, too. Hopefully by the time you get this newsletter Bjarne will have had time to power wash the front sidewalks and around the building to give us that "clean behind the ears" look in time for summer! Of course, there are always ongoing issues that come up with any home and facility—lights that go out, drains that need to be cleaned, elevator work, etc. We are happy to report Gary, our caretaker, is steadily improving from the small stroke he had earlier in the month. We wish him a speedy recovery.

June brings the "all out deep clean up" of the lodge facility. We have a number of small jobs, that if we are able to complete, will make the big picture of the whole building look wonderful. We haven't set the date yet for the kitchen and pantry cleaning as we are awaiting the scheduling of any sanding to be done in the auditorium. There are walls to scrub, doors to shine, sills to clean, and much more. It's our spring cleaning from June 26-July 8. Contact Gail Engler or just call the office (206-783-1274) to put your name on the cleaning crew list! Many hands make light work! *Kaffestua* will be open on Monday, June 26; Wednesday, June 28; and Friday, June 30, for all to enjoy a wonderful lunch at our home away from home. *Kaffestua* and the office will be closed the July 4 week.

By the way check out the new flags donated by Gail Engler!

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Kaffestua Kroken

Hooray, Spring is HERE, *Kaffestua* is open and going strong, and we're happy to serve you Monday, Wednesday and Friday from 10:00 a.m. to 2:30 p.m. For a donation of only \$5.00, it still remains the best place to get a wonderful lunch, along with friendly conversation in Ballard! There's always a fresh pot of coffee brewing, great traditional open-face sandwiches, heart waffles and sweets to be had. Our *Kaffestua* President, Diane Aronsen, is looking forward to hearing from you about volunteering with us. 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 Bothell and Edmonds, WA stopped in for some friendly conversation and lunch.

Volunteers Lately at Kaffestua Include:

Valborg Nordbo, Magni Hinsee, Jean Gregory, Bjarne Varnes, Beth Kolle, Magne Erga, Lee Ehr-

heart, Nancy Hiroaka, Ellen Beck, Janet and Hans Tofting, Diane Aronsen, Connie Hofstad, Helga Moen, Laurie Lund, GunnMarit McArthur, Linda Pye, Kari Knudsen, Lisa Greenough, Perdis Jacobsen, and Chris Varnes – bartender at 2nd Saturday *Kaffestua*. *Tusen takk to all volunteers!*

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

Vidar Warness, Diane Aronsen, Magni Hinsee, Lee Ehrheart, Beth Kolle, Gail Engler, Ellen Beck, Irene Kleveland, Mollie Thompson, Kari Knudsen, Louise Medraug, Reidun Totland, Valborg Nordbo, Karen Sheldahl, Lisa Greenough, Vickie Nelson, Gearheart Folkestad, Judy Browning, Joyce Crandall, and Laurie Lund Gonzales. *Many thanks to all of you for your generosity!*

Musicians Who Recently Entertained Us:

Trygve Bjorndal, Harold Nygaard. *Music makes a difference. Thank you so much!*

Bernie Bowers

Sons of Norway Leif Erikson Lodge Youth Events 2017

June 3, 10am-1pm: Saturday	Bouldering at Stone Gardens, Ballard
July	Summer Break
August 12th, 12-3pm: Saturday	Beach Day at the Lake (at Norway Park/ annual picnic)
September 9th, 11am-1pm: Saturday	Hike and lunch at Discovery Park
October 11th, 6-8pm: Wednesday	Pizza and Pumpkin Carving during members meeting- Wednesday
October 21/22: Saturday/Sunday	Leif Erikson Bazaar
November 8th, 6-7:30pm: Wednesday	Movie/Popcorn during members meeting
December 10th, 3-5pm:	Children's Christmas Party at Leif Erikson Lodge

June Youth Activity

Join us at Stone Gardens in Ballard for a fun time of Bouldering.

10 am-12pm

Saturday, June 3, 2017

Bouldering Pass \$21 all day with in/out privileges

RSVP at:

lelyouthseattle@gmail.com

Kari VanSanford

Interesting Real Facts

Because metal was scarce, the Oscars given out during World War II were made of wood.



Save the Date, the Vikings are Coming!

October 15th Leikarringen is hosting a Viking Dinner as a fundraiser for LEBA. We are in the planning stages and looking to present an authentic Viking

Feast with entertainment to honor Leif Erickson and all our Viking roots. There will definitely Not be an ice cream dessert, refrigeration had not been invented yet. More information will be in the September Vikingen. Costumes are optional but encouraged. Skoal Thank you for your help.

Sheila Bartanen

President Leikarringen