From The President

I fell in love with our new Lodge membership directory as soon as I saw the powerful symbolic front cover. Within the cover lays the story of great sea voyages, real men crossing oceans under sail and stars and within it are promises of new land and a new beginning. All the color photos are wonderful. We have so much history and family behind us and within us. What a great honor it is to be a part of what our Lodge is and stands for. On behalf of all our membership, I want to thank Christine, Doug, Ken and Dee for doing an excellent job in creating our directory. With deep respect we thank you for your grand and noble accomplishments. You see, this book will live in our hearts for the next decade, and we can share it over and over again with our cherished loved ones of all ages. It’s a precious piece of our story.

At our March membership meeting we will welcome Skandia Kapell musical group to have dinner with us and play beloved old Scandinavian songs. There will be 6 to 8 musicians playing waltzes, schottis, hambos and other old time tunes we love hearing. Please come for a great seafood chowder dinner and concert on that Wednesday evening. Remember to call the office or sign-up on the clipboard in the Lodge lower hallway, to make reservations. We always need to know the dinner count for our favorite chefs, Trish and Angela, from Me and You Catering Company. They transform raw fish unto a heavenly delicious meal that always wins our hearts. Thank you Ladies; we are all so grateful for your always good nature and yummy foods. You know our kitchen like we do. Remember. We are invited to the Swedish Club on March 27th. Dinner and entertainment are provided, including karaoke. Read the article in this edition about the event for details; see you there.

Our big event, only weeks away, is our annual Heritage Day. I have a list of people to call who like to volunteer. When I call, please accept; I promise you will not regret it. In fact, I could promise that connecting with so many Lodge people will bring pleasure to your heart. March 21, Saturday is the date, from 10 a.m. to 3.30 p.m. All volunteers will be royally treated to a social get together afterwards. We will be eating all the food left over and if you want to participate but have not been asked, call me; okay? Thanks.

In preparation for our 2016 Sons of Norway international convention in the Pacific Northwest and 2018 district convention sponsored by LEL, we need to sing more at our monthly dinner meetings. We are getting out of practice with singing and reading in Norwegian at our meetings. Thank you folks who nudged me and asked to have more music and singing at all meetings. Ellen Beck, our Lodge assistant secretary, will help guide us in proper pronunciation. To start, we will project the “table prayer” up on the

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.

Kaffestua — Open Mon., Tues. Wed., Wed. 10a-2:30p, 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)
2nd Saturday Chart Group — Meets in Kaffestua Room periodically. No scheduled meetings at this time.
Banneleikarringen Practice — Nordic Heritage Museum, Swedish Cultural Cor, LEL, children ages 4-15. Call Noel Wannebo (206) 459-1581 for more specifics.
Bowling — Tuesday evenings, 7p, Spin Alley Bowling Center, 1430 NW Richmond Beach Rd, Shoreline, WA
Exercise Class — Wednesdays, 10a, $3 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
LEBA 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 Membership/Bus. Meetings — 2nd Wed. of Month 7:30p. Happy Hour 5:30p; Dinner; cost (as announced) 6.00p.
Library — open Tuesdays 10a-2p.
Lodge Office — open Mon., Tues., Wed., Fri. 10a-3p, except major holidays. Volunteers needed (PH 783-1274).
Norna Potluck and Business Meeting — 2nd Tuesdays at noon.
Newsletter — deadline: Thursday after the membership meeting, unless otherwise notified.
Spaghetti Dinner, Bingo and Karaoke — Next event July 20 — see article.
Youth Group — The Youth Group currently has no director and no meetings are currently scheduled.
Vikingen Mail Committee — The Mail Committee usually meets the next to the last week of the month, or as announced. If you have time to volunteer 1 or 2 hours/month, please call Dee (206) 285-3062

Continued on Page 2 ...
white screen that we can all read, and we will build up an inventory of songs we all know. We will respectfully ask members of the ladies and men’s Norwegian choruses to participate in singing with us up in the front. When we ask for singers to volunteer anyone will be welcome to step up.

All of our LEL bookkeeping financial records for 2014 have been inspected and approved by our auditors, Judy Cooper and Jean Gregory. Thank you, ladies, for a job well done. I am happy to report that no discrepancies were found. Our record keeping has been done by trusted and competent board members. A huge amount of business takes place in keeping our esteemed Lodge open, safe and healthy. Let’s hear applause again for LELBA and our Executive Board members who work together for the greater good of the order.

Thank you, Judy Grey, and all LELBA folks for a wonderful dinner for Kaffestua volunteers. Excellent food and friendship, so many people gathered who have known each other and worked together for decades. My best memory of the evening was seeing Valborg and Diane at the podium, arm-in-arm thanking us volunteers. We have very much enjoyed working with these two grand ladies over the years. Thank you, ladies, we all love working with you. So take care.

Sincerely Yours
Lee Ehrheart

Rosters Have Arrived
A very colorful roster of members has been printed with names, addresses, phone numbers and photos of your fellow members as well as some interesting historical information and general information about the Lodge. It has been twelve years since a book including photos was printed. You may pick-up your roster on distribution days at the office or at the next membership meeting unless they have been mailed out by then. Each household receives one roster. In the past, the photo company provided funds to ensure rosters were only given out to those who had taken the time to have photos taken and included in the book. Other members did not receive a book. This time the project was undertaken to include the sales of advertising which provided funds for every member household receiving a roster. Because of this, please use the services of the advertisers if you can. They supported the Lodge and deserve our support, says the roster team.

Lee Ehrheart

Sunshine Committee
Your Lodge Sunshine Committee represents the membership of the Lodge to other members who need and deserve our well wishes. If you know of anyone needing a card from us, please let us know. Call the office or call one of us directly:

Arlene Templin at 206.784.1290
Judy Gray at 206.783.1274 (Lodge office)

If we don’t hear from you, we won’t know to whom to send our cards.

From the Office
We are continuing to follow the schedule of Kaffestua; we are OPEN on Mondays, Tuesdays, Wednesdays, and Fridays from 10 a.m. to 3 p.m.

Vikingen Archived on the LEL and The Scandinavian Hour Websites
We welcome all submittal articles of interest to members for the Vikingen but do set priorities on the types of information published (call the Editor for more details). Your articles should have a title and whenever possible your name and phone. Please note that editor must reserve the right to edit as space and content allow. The Vikingen is uploaded around the first of each month to the LEL website and often includes additional pages that are only published as digital copy to the website due to ever increasing costs of printing and mailing the newsletter. In addition, when viewing on your computer you can increase the size of the fonts. Some of the newsletter is in color, as are the photos.

Check the Clipboard
At the last meeting, the marshals passed around a clip board for sign-ups. President Lee had pointed out that with no Social Committee Chairperson or Member not wishing to have their phone number, email and/or name published in the Vikingen to contact the Editor, as well as any person(s) writing articles for the Vikingen, and request in writing that that information not be published.

Continued from Page 1...
To sign-up for dinner please let the office team know how many in your group will be attending or sign-up on the sign-up sheet in the lobby of the Lodge. Also, we need two volunteers per dinner meeting to help with set-up and clearing of the tables. If you would be so kind to volunteer please let the office know that you would like to assist your Lodge for the dinner meeting night and for which month.

Anna Marie Jensen

Heritage day Genealogy

As part of Heritage Day, the Genealogy Group will be down in the Library to help with your genealogy questions. Come down and visit with us and get your genealogy questions answered.

Exercise -- Simple Task May Save Your Life!

The Department of Health figures show that only 17% of men and 13% of women over the age of 65 are sufficiently active. It seems the older we get the less active we are. But why? University of Dundee research states that the most powerful deterrent among the over-65’s is a lack of interest and disbelieving that exercise can enhance and/or lengthen life.

But research says that’s wrong. Bob Laven-ture, consultant to the British Heart Foundation, says, “It’s not too late. You can train the older body, and markedly so.” Studies show improvement in balance, strength, gait, muscular power, blood pressure, endurance and bone density as a result of regular physical activity in older age.

A Lodge series of exercise and fitness classes have been running at the Lodge every Wednesday at 10:00 a.m. Payment is on a per-use basis and is now $5 per session. The instructor is a personal trainer and instructor from Olympic Health Club in Ballard. This year she has provided a new challenge with resistance exercises. For this, participants need to purchase rubber stretch bands with resistance exercises. For this, participants need to purchase rubber stretch bands.

Royalty Visit in May

King Harald V is supposed to be in Seattle on May 22 (or thereabouts). It was noted that all Sons of Norway members were going to be getting an invitation to an even -- seating limited and if you don’t make reservations, you most likely won’t be attending. It was also mentioned he is out here for PLU’s 125th anniversary. His visit corresponds with commencement there. Christine

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 _____________________________
ADDRESS___________________________
CITY________STATE____ZIP________
I WOULD LIKE _______ CARWASH COUPONS MAILED TO ME. I HAVE ENCLOSED $5 FOR EACH COUPON FOR A TOTAL OF $_________. (You may wish to donate $1.00 total for postage, envelope and handling.)
Norwegian for Travelers Classes

Kan du snakke Norsk? Do you want to learn some very basic beginning Norwegian words and phrases? Are you planning a trip to Norway this year? Free classes are being offered every Monday evening in April, beginning April 6th. This is an opportunity for you to hear and speak some Norwegian that may be useful for you on your next vacation in Norway. This popular class was offered last year at Leif Erikson and is starting again this year. There will be four Monday evening classes in April, beginning April 6th at 6:30 p.m. in Kaffestua. The classes will last about an hour. Bring your favorite traveling partner and have some fun learning about Norway and the language from some real Norwegians. Class size is small to allow for every opportunity for interaction and participation. Please call the Leif Erikson office to sign up at 206-783-1274.

Perks for our Lodge

Two important perks for Leif Erikson Lodge members are the chance to get away to the mountains for winter skiing (when there is snow) and spring and summer hiking. Our Trollhaugen Lodge located on Stampede Pass is available for day use or even overnight and the cost is relatively small compared to the enjoyable surroundings. Call the caretaker to sign up.

The other perk to mention is Norway Park at Lake McMurray. This 91 acre area has cabin sites, hiking nature trails, meeting and party pavilion for member rentals, boat dock, and launch, swimming area and float. Members are invited to use the park facilities and only need to show their membership card and photo identification to the caretaker at the lower gate to be admitted. Members who live in Skagit and Snohomish counties near Lake McMurray and use the Park more regularly than members from the Seattle area have found that purchasing a daily use or even overnight and the cost is relatively small compared to the enjoyable surroundings. Call the caretaker to sign up.

Leif to Leif Fun Run/Walk

Registration for the 9 a.m. race starts at 8 a.m. on March 21, 2015. Race starts and ends at Leif Erikson Hall by the Leif Erikson bust going to Shilshole to the Leif Erikson Statue and returning. More info: www.LeifEriksonLodge.com

Norwegian flag and a waffle for participating is given to all participants! Proceeds will be shared with the Ballard Senior Center.

Volunteers Still Needed

We are still at the beginning of a new year for the Lodge and its events/functions. We need a host of volunteers to ensure Lodge business and activities continue smoothly. If you are interested in volunteering for any of the following positions/jobs, please contact the LEL Office or Lee Ehrheart, President:

*Auditor (2 year)
(some accounting background preferred)

Ballard Jazz Walk Coordinator
Cartridges for Kids Coordinator
*Cultural Director
Heritage Day/Taste of Norway Coordinator
(Kathleen Lange is coordinating the Fun Run)
Leif Erikson Day Coordinator
*Norway Park Representative
*Social Director
*SON Foundation Director
*Youth Director
*LEL Board Position

The Lodge is also looking for kitchen assistance the night of membership meetings to set tables, clear and wash dishes, etc. A minimum of two volunteers are needed per evening.

Also, many volunteers are needed for the 2018 National Convention to be held in Seattle and hosted by LEL. Contact Christine Anderson for a list and duties, if you have some time to volunteer.

For more information and/or if you are interested in any of the above, please contact the LEL Office or Lee Ehrheart, President.

Scholarship Donations as of 2/16/2015

Mange bekkjer smaa gjør ei stor aa! Many small creeks make a big. It makes sense to give cents (and dollars)!

Since 2001 when we began giving out three small scholarships through 2014 with five scholarships, we have awarded $23,743 from our own funds. With an additional $5,700 from other sources contributed by the Doug Warne Vocational Scholarship and Leif Erikson Lodge funds for queen, princesses, and our first Leadership Scholarship, the total comes to $29,443. We currently have $82,753.77 towards our $140,000 goal of endowed funds. Out of these funds, we hope to award almost $3,000 in scholarships this year.

Donating to the fund in honor of a loved one is a wonderful way to remember friends and relatives. Recently we said goodbye to several long time members. We received donations commemorating their contributions to our Lodge and the many friendships they developed over time.

Shop on Amazon? The AmazonSmile Foundation will donate 0.5% of the purchase price from your eligible AmazonSmile purchases. On your first visit to AmazonSmile (smile.amazon.com), you need to select Leif Erikson Lodge 2-001, Sons of Norway, Educational Foundation, a charitable organization, to receive donations from eligible purchases before you begin shopping. Our EIN is 27-4674000.

Our purpose is to develop, establish, and award scholarships and grants which promote the objectives and purposes of Sons of Norway and Leif Erikson Lodge 2-001, including the heritage, culture, language, and history of Norway.

Takk level 1-$99
Virginia Stout
Ernest and Arlene Templin
Robert and Diane Shrewsbury

Leif Erikson Lodge 2-001 in memory of:
Alvin Jacobson
Betty McDaniel
Clara Waage
Ellis Bischoff
Gary W. Engard
Gerd Eriksson
Hansine Ringstad
Julie A. Pounds
Kristine Mathisen
Lawrence Kraft
Lillian V. Swenson
Morest Skaret
Norman Carsten Sabee
Robert Crawford
Ruth Wangen
Dolores Pickrell
Anne Mari Quist

In Memory of Margit Varnes
Knut and Svea Karlsen

In Memory of Else Odegard
Knut and Svea Karlsen
Leikarringen of Leif Erikson Lodge 2-001

Continued on page 6 ...
News from the Norna Ladies

We had a fabulous time on Tuesday, February 10 – our annual Valentine Party. Eighteen ladies were in attendance for our potluck lunch – which turned out to be like “Dessert Heaven.” We exchanged cute Valentine cards and ended by singing Happy Birthday to our January and February Birthday Girls.

We talked about our participation in the annual Heritage Day celebration on Saturday, March 21. We will have a few items for sale but will concentrate on demonstrating how we make some of our handmade crafts.

Our next scheduled “meeting” will be Tuesday, March 10. We are tentatively planning to go to a movie, hopefully the Second Best Marigold Hotel. This movie opens on Friday, March 6, but we do not know as yet which theaters will be showing it. So… if you are interested, check with the office for details.

Regular members will be receiving an email message or a telephone call to let them know where and when we will be gathering.

Judy Gray and Diane Adams

Co-presidents

LEBA Board Report

News about our Annex: The small building at the south end of the parking lot of American West Bank on 56th is known as “the Annex.” We own it and rent it to contribute to our income – which we use to pay the expenses of our building. Our current tenant, Alaska Longline, Inc., is going to be moving out of the building in the next few months. Therefore, we are looking for a new tenant to occupy the building. If you know of a potential business owner or professional who is looking for prime office space in Ballard, please let us know. Before Alaska Longline, our former tenants included Viking Bank, and two chiropractors. We would be happy to arrange a tour of the facilities.

GARBAGE NEWS: Remember, we have started a 3-CAN SYSTEM for everything “thrown out” of the building – very similar to what you do at home.

- RECYCLE: paper, cardboard, cups, cans, jars, and bottles (beer and wine also).
- COMPOST [this is the new category]: all food waste including bones, shells, peelings, etc., food-soiled paper, paper plates, coffee grounds and filters, egg cartons, paper towels, shredded paper, flowers, and yard waste. NO PLASTIC BAGS OR CONTAINERS.

GARBAGE: The few items that are not compostable or recyclable. Examples: plastic food wrap, potato chip bags, Styrofoam containers, plastic forks/knives/spoons.

WE WILL BE FINED if we do not comply with the new laws. Please take time to sort properly. We appreciate your efforts to help.

a tour of the facilities.

Our monthly LEBA Board meeting is on the fourth Wednesday of the month – March 25, at 7:30 pm. Let us know if you have questions or concerns about the Leif Erikson Hall.

Judy Gray, Office Manager, LEBA Board member

Kaffestua Kroken

Kaffestua is a great place to visit with friends and/or family; also to make new friends. There’s always a fresh pot of coffee brewing, great open-faced sandwiches, heart waffles and sweets to be had. The requested donation is $5, and it’s still the best lunch value in Ballard!

Volunteers are always much needed. If you have any time to spare, or know someone who may have some time to help out, please contact our Kaffestua President, Diane Aronsen, at 206.783.4491, or the Lodge at 206.783.1274.

We continue to be closed on Thursdays but are open on Mondays, Tuesdays, Wednesdays and Fridays from 10 a.m. to 2:30 p.m. If we get additional volunteers, perhaps we can open on Thursdays again.

Visitors: there was one visitor but no home town was mentioned.

Volunteers Lately at Kaffestua include:


Important: Please, volunteers, when you sign up to work at Kaffestua, put your full name on the calendar! We want to acknowledge all our wonderful volunteers, but it is often difficult to figure out who is who when there are only first names listed. Mange Takk to all Volunteers!

People who recently donated food items:
Harold Nygaard, Vidar Warness, Karen Sheldahl, Diane Aronsen, Reidun Totland, Kari Knudsen, Odd Moen, Janet and Hans Tofting, Inger Persson, Judy Browning, Mabel Rockness, Valborg Nordbo, Pat Bjorkelo, Solveig Rask, Ragnhild Eidem, Magnhild Thoresen. Thanks to all of you!

Musicians who recently entertained us:
Trygve Bjørndal, Harold Nygaard, Richard Svensson, Tor Christensen. Music makes a difference! Thank you.

Reidun Totland

March 21, 2015

Saturdays

Leif to Leif 5K Run/Walk 9:00 am
Ballard to Shishole Marina (Check-in 8:00 am)
Tastes of Norway 10:00 am to 3:30 pm
Traditional Norwegian food and entertainment:
Open face sandwiches (Smørbrød)
Lefse, Krumkake, Waffles (Vaffer)
Rommegrot & Pea Soup (Erte Suppe)
Norwegian music and folk songs
Norwegian folk costumes
Traditional Norwegian crafts
Scandinavian gifts
Genealogy & Children’s activities
Admission is free and open to the public.
Leif Erikson Lodge, Sons of Norway - Ballard
2245 NW 57th Street - Seattle, WA 98107
For more information:
www.leiferiksonlodge.com
www.facebook.com/LeifEriksonLodge

Leif Erikson

Special guests are:
Sister Diamond Reuter
Sister Olga Tranum
Sister Ingrid Hegg
Sister Karin Hendrickson
Sister Barbara Hedrickson
Sister Mary Johansen
Sister Anna Engebretson
Sister Margaret Nygaard
Sister Mary Norby
Sister Alette Engen
Sister Agnette Wadland
Sister Elin Marie Odegard
Sister Inge Jacobsen
Sister Anna Marie Reindal
Sister Margaret McArthur
Sister Reine Torkildson
Sister Mary Lynne McArthur
Sister Mary Lou Caldwell
In Memory of Ingrid C. Rasmussen
Gail Engler
Leif Erikson Lodge 2-001

In Memory of Solveig Hatley
Knut and Svea Karlson
Susan Walker Christensen
Tina Aure

Leif Erikson level $100-$199
Maria del Carmen Minaker
Svein and Eva Nyhammer
Paul and Patricia Kaald

In memory of Terry L. Tveit
Irene Gansmoe

Ja takk level $200-$499

In memory of Ruth Durham
Ingiborg and Thomas Herring

Mange takk level $500-$999
Anonymous

In memory of John Wold
Noreen Johnson
Valborg and Odd Nordbo

We had an amazing feed on January 24. We raised $7291.81 – $1,100 more than last year! Tusen takk to all the people who made this possible by attending, participating in the silent and dessert auctions, buying tickets, and donating items for our silent auction. A special thank you to all the office ladies and to the Leif Erikson Building Association Mange takk! Please note for your taxes that $10 of the cost of each adult ticket is a donation to the Educational Foundation.

Alana Brandstrom

AmericanWest Bank for parking
Angela Claever
Anne-Lise Deering
Anonymous
April DeLoughy
Arne Anderson
Arnfridur. Sigurdardottir
Astrid Dragoy
Ballard Market
Barb Sturdevant
Barbara Dougherty
Barrett Monsaa
Beret Olleset
Berit Smith
Bermice Chouery
Bill Gilbert
Bjarne Varnes
Bjorn Larsen
Bob Bamford
Britt Barer
Carl Nermo
Carmen Gray
Carol Graves
Carol Olleset
Carol Smith
Cathy Brite
Charles Zigler
Chris Sand
John Nermo
John Pfaff
John Wold Estate
Jon Kummens
Judi Jager
Judy Roller
Julia Olleset
Julie Svendsen
Karen Abelsen
Kari Knudsen
Kaylene Robbins
Kirsten Qvigstad
Kiva
Kris Olleset
Kristine Leander
Kristine Lind
Lars Olleset
Lee Ehrheat
Linda Zigler
Liv Froli
Liv Olleset
Lori Elken
Lorie Lind
Lynn Keel
Magni Hinsee
Margaret Anderson
Marilyn Byfield
Marit ‘Lind’
Marit Mork
Marit Nordbo
Mark Lind
Mark Quam
Maureen Olleset
Merle Norman
Michon Filion
Mike Arma
Miles from Chicago
Nancy Larsen
Nick Ericson
Noel Wannebo
Odd Nordbo
Oddny Johnston
Olav and Louise Lunde
Oso Ask
Pacific Fishermen
Pat Williams
Paul Olleset
Per Ostebo
QFC - Ballard
QFC - Interbay
QFC - S. Mercer Island
QFC - Holman Road
QFC - N. Mercer Island
Ralph Ferspedel
Randi Aulie
Randi Jacobs
Rick Gregor
Robert Johnstone
Ron Baillie
Ruth Rider
Sabrina Olleset
Safeway - Ballard
Sandra Gray
Scotty McDonell
Sharon Gowell
Sharon Longaker
Shawn Kenyon
Sig Odegaard
Sissel Feroy
Sue Gregor
Suzan Petersen
Sven Olleset
Sylvia Vikingstad

Synnove Dragoy
Tayzy Shobe
Theresa Clausen
Tim Hunter
Trudy Bartosek
Valborg Nordbo
Verna Eriks
Victoria Hunter
Virginia Filion
Virginia Stout
Zoe Bartosh

On February 11, a fabulous fish soup with shrimp, fried fish, potatoes, fried onions, and karamel pudding was prepared by our head chef Randi Aulie with the help of many others. Exactly $1,100 was raised for the Educational Foundation funds. We really appreciate all the help the office ladies provide in taking reservations and answering so many questions from all of you!

Dinner
Randi Aulie
Valborg Nordbo
Synnove Dragoy
Bermice Chouery
Andrea Torland
Lorie Lind
Bjarne Varnes
Magni Hinsee
Lee Ehrheat
Carol Smith
Bill Gilbert
Meynardo Marasigan
Mark Quam (Dishes)
Diana Erickson

Raffles
Doug Warne
Joan Carson

Scholarship funds are pooled together for better returns in an endowed fund and held in a separate account from all other lodge funds. No goods or services are provided by the Leif Erikson Lodge 2-001, Sons of Norway, Educational Foundation in return for contributions. Donations are to be tax-deductible. Check with your financial advisor. Make your checks out to: LEL 2-001, Sons of Norway, Educational Foundation, 2245 NW 57th Street, Seattle WA 98107. Our scholarship applications can be found at:

www.leiferiksonlodge.com

Educational Foundation President: Heidi Lude-
man, 360-927-1194 or heidi.ludeman@gmail.com

LEL Educational Foundation

Scholarships

This is the last month to submit your applications for one of the below LEL scholarships (D2 and SON National scholarship information may be found in the digital pages on the LEL website March digital copy of the Vikingsen or contacting one of the people listed below). LEL scholarships/awards must be postmarked no later than 3/31/15. LEL scholarships are:

Youth Leadership Scholarship

The Douglas Warne Vocational Scholarship

Youth Camp Instructor/Counselor Grant

Camp Reduction Fees

Lodge Queen and Lodge Princess Awards

Christine Anderson, cmadance@earthlink.net
Jessica Apodaca, 425-770-5200 or
olsenjp@msn.com
Heidi Ludeman, 360-927-1194 or
heidi.ludeman@gmail.com

Riddle Me:
Where were English kings usually crowned? See Answer on Page 8...

Heritage Day – What’s Happening in the Norma Room

10:30 Geocaching, waymarking, and geocaching adventures. Bring your smartphone and learn about one of the hottest sports in the world based out of Seattle! Find some of our hidden treasures at various locations, answer a question, or find a code word before the end of Tastes of Norway and get a prize!

12:30 Hulder stories of Norway and other Norwegian folklore with Kirsten Qvigstad. Norway has many otherworldly creatures that have been a part of their culture and fears.

1:30 One hook at a time: a history of the Deep Sea Fishermen’s Union of the Pacific with Thomas Samuelsen, historian, who talks about this new release. Tom researched the 500 members of the union and created a detailed listing. Come on down and find your family member’s names and the names of those lost at sea. When he brought the book to the office hot off the press, two members found their family listed! Also showing: The Longline Pioneers and Tordenskjold: boat of the century. Both of these DVDs feature long time members of our lodge. Great stories of halibut fishing! Thanks!

Christine Anderson

Real Facts: Leonardo da Vinci could write with one hand and draw with the other at the same time.
Heritage Day Entertainment for Saturday, March 21st:
See our beautiful bunader or Norwegian folk costumes and jewelry, which represent the unique areas of Norway at the Bunad Parade at 12 p.m., with commentary by Jody Grage of the Bunad Nettverk. Anyone wearing a traditional Norwegian folk costume (man, woman or child) is invited to participate in the Bunad Parade. Please text or leave a message for Claire at 425-503-7786, with your name, if you’ll be in the parade, and also the region your bunad is from if you know it. If you don’t know the region, that’s okay – you can find out the region from Jody. Participants will meet on the 2nd floor landing by the stairs, between 11:30 a.m. and 11:45 a.m.

Claire Sagen

Mail Committee Volunteers
If you have a couple of hours a month and would like to volunteer to assist in hand-processing the monthly Vikingen (except July/August) please call Dee at (206) 285-3062 and leave your name and phone number. We meet in Kaffestua (usually during the last week of the month) and enjoy good conversation, visiting with other members, laughter, a glass of wine and snacks. Your assistance and company will be greatly appreciated.

Real Facts About Norway: You can only by wine and liquor from special liquor outlets called Vinmonopolet.

FOR SALE

3 Bedroom, 1 bath -- cute cabin
new paint, roof - lot 161 - $49,500. Sarah Graham 206-708-5799
(Mar, Apr, May)

Norwegian Male Chorus
Chorus meets Monday evenings at the Nordic Heritage Museum, 3014 NW 67th St. at 7:00 p.m. You’re welcome to join us. Available for public performances.
For info, call: Bob Johnston (206) 362-1094. or email: bobings@gohuskies.com.

For Sale Norway Park -- Furnished Panabode Cabin/Stock - Lot 148, Contact Jim Moore 425-883-2176 (until sold)
For Sale Norway Park Lot- electric installed. Septic installed. Dry, flat lot. Price drop to $5,000. Bjorn (360) 840-1552. (Mar)

Whole Life Living in the Heart of Historic and Hip Ballard. Great views, Sunday Market, Amazing Food, Full-time Trainer, Yoga, Herring Fest, Wine Socials and lots of Scandinavians.
Call (206) 934-1287 — Studios, 1&2 Bedroom Apts., month-to-month rental. Independent and/or

Trusted service for over 30 years in Seattle, Tacoma and Dutch Harbor, Alaska
Seattle: 5415 24th Ave NW
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253-627-8968
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Rent the Leif Erikson Hall:
Auditorium, certified kitchen, coffee shop, or multipurpose room for business or social events: 2245 NW 57th Street, Seattle 98107
Call 206-783-1274

Norwegian Ladies Chorus Of Seattle
www.nlcofseattle.org
Join The Fun! Rehearsals: Tues. 7 - 9 pm At Leif Erikson Lodge Norna Room
Renewing and preserving our Norwegian Heritage in song around the Puget Sound area since 1936. New Singers Welcome.

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(800) 303-4031

For Sale Norway Park -- Furnished Panabode Cabin/Stock - Lot 148, Contact Jim Moore 425-883-2176 (until sold)

Whole Life Living in the Heart of Historic and Hip Ballard. Great views, Sunday Market, Amazing Food, Full-time Trainer, Yoga, Herring Fest, Wine Socials and lots of Scandinavians.
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Please notify the Financial Secretary (Janet Frucht) 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.

Address Service Requested

Please submit your articles for publication in the Vikingen by the 20th of each month for the next month’s publication. Thanks for your assistance in getting the newsletter set and mailed as soon as possible.

Now, that 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.

Riddle Me: Answer: on the head.

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

Phone: (206) 783-1274
Fax: (206) 783-1726
Webpage: www.LeifEriksonLodge.com
Email: leiferiksonlodge@qwestoffice.net

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.

Volume 70 Issue 3

March, 2015

Heritage Day 2015

Tastes of Norway/Norwegian Cultural and Heritage Day starting at 10 a.m. on Saturday, March 21, 2015. The events are hosted by Leif Erikson Lodge 2-001. Musical entertainment, special speakers/performers, demonstrations of many traditional Norwegian handcrafts, music, song, dance, and food take place during the day. Artists demonstrate cooking and crafts, such as rosemaling. Rose painting or rosemaling is a traditional craft dating from the 1700s and many items will be featured with this elaborate painting style of Norway. Gorgeous handmade goods by our Norna Ladies including their famous embroidered tea towels! Local genealogy researchers will be available to assist you with your questions about your Norwegian ancestors. Judge local pickled herring for yourself and find out who makes the best according to your tastes! Competing for the 2015 Pickled Herring Tasting Award are outstanding local producers. Vendors include our local The Fresh Fish Co., Judy’s Painted Treasures, Knitting Mills, Viking Raids with vintage Norwegian jewelry and sweaters, and Nordic Folklore highlighting the art work of Sharon Aamodt who celebrates her Scandinavian roots in an intuitive style on prints, tiles, note cards and magnets.

Crafts for kids hosted by local Norwegian teacher, Kristina Strombo, featured throughout the day. Kristina always has a great variety of wonderful season-related crafts with a Norwegian theme.

Enjoy traditional Norwegian foods and watch how these foods are made, including the delicious desserts of rosseter, krumkake, vaffler and lefse in our Bakeri! Have a tasty lunch of smørbrød open faced sandwiches, rommegrot, pea soup, and/or rosmegrot / cream porridge, and more in our Auditorium. Learn about the Sons of Norway in our community, including our sports and cultural skills medal programs and scholarship programs.

At Noon, see our beautiful bunader or Norwegian folk costumes and jewelry, which represent the unique areas of Norway at the Bunad Parade, with commentary by Jody Grage, of the Bunad Netwerk. Anyone wearing a traditional Norwegian folk costume (man, woman or child) is invited to participate in the Bunad Parade. Please leave a message at 425-503-7786 with your name and the region your bunad is from. If you don’t know the region, you can find out the region from Jody. Participants will meet on the 2nd floor landing between 11:30 and 11:45 a.m.

Meet with local representatives from many Norwegian organizations including our own Sons of Norway Lodge, the Norwegian American Weekly, Norwegian Ladies Chorus, Leif Erikson International Foundation, Seattle Norwegian 17th of May Committee, Seattle Bergen Sister City Association, Leikarringen, Barneleikarringen and so many others! Think about joining any or all of these groups! Know someone attending school or interested in going to a Norwegian cultural camp? Pick up applications for scholarships to summer camps, leadership, queen for Leif Erikson Lodge, and our new Douglas Warne Vocational Scholarship which are all due on March 31!

Entertainment and featured speakers for the day:
10 AM with Sissel og Venner, a dance band of accordion, flute, flute and ukulele
10:30 AM Geocaching, way marking and geocaching adventures instruction up in the Norna Room. Bring your smartphone for a Norwegian themed geocaching adventure afterwards. Way marking is part of geocaching, one of the fastest growing sports in the world and its headquarters are here in Seattle! Find some of our hidden treasures at various locations, answer a question, or find a code word before the end of Tastes of Norway and get a prize!
11 AM Norwegian Ladies Chorus sings favorite songs in Norwegian and English
12 PM Bunad Parade
12:30 PM Hulder stories of Norway and other Norwegian folklore with Kirsten Qvigstad. Norway has many other worldly creatures that have been a part of their culture and fears. A mysterious huldra appears in Kristin Lavransdatter: “She stooped over the water and saw her own dark image rise from the bottom and grow clearer as it came to meet her—and then in the mirror of the pool she saw another figure standing among the birches opposite and bending toward her. In haste she got upon her knees and gazed across. At first she thought it was the rock and the bushes clinging round its foot. But all at once she was aware of a face amid the leaves—there stood a lady, pale, with waving flaxen hair—and great, light-grey eyes and wide pink nostrils... She was clad in something light, leaf-green, and branches and twigs hid her... Then the woman raised her hand and showed her a wreath of golden flowers and beckoned to her with it.” — From Kristin Lavransdatter by Nobel Laureate Sigrid Undset. Kirsten tells a great story so bring your family...
1 PM Folk dancing with the children of Barneleikarringen
1:30 PM One hook at a time: a history of the Deep Sea Fishermen’s Union of the Pacific with Thomas Samuelsen, historian, who talks about this new release. Tom researched the 500 members of the union and created a detailed listing. Come on down and find your family member’s name and the names of those lost at sea. When he brought the book to the office hot off the press, two members found their family listed! Also showing: The Longline Pioneers and Tordenskjold: boat of the century. Both of these DVDs feature footage of our longline fishing crew, fishing out of Sitka, Alaska.
2 PM TinnFelen Hardanger Fiddle Ensemble playing gammaldans (old-time dance) music on their beautiful ebony and ivory inlaid fiddles;
3 PM Richard Svensson and his accordion

We even have some raffles for gift certificates, food, and crafts! Admission is free and open to the public. Velkommen og vaer saa god! / Welcome to our home and table! Free parking is available in various locations. Check with our helpful parking attendants when you arrive! Christine Anderson

New Members
Ciera Shyann Briggs
Unge Venner
Eric T. Jorgensen
Kari Elizabeth Nielsen
Joseph Orin Trettevik
Reinstated:
Catherine Miller

March Vikingen Digital Copy

Check the March Vikingen digital copy on the LEL website for additional pages not printed.

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Seattle, WA
Permit #672

Search for the Queens
The highlight of today was getting a photo of the first queen for Leif Erikson Lodge chosen to repre-
sent the lodge at the Border Festival between D2 and D7. As with genealogy, there are always
interesting ways information comes to a person. About a month ago, my uncle, Don
Thoreson, proudly showed me a photo of his confirmation class from 1943. (My uncle
passed away last week.) He had just had a
copy made of the photo at Immanuel Luth-
erian Church. I noticed among the names
were Lorraine Totland — the name of our
first queen who I have being trying to locate
for several years. I went to the church to
perhaps scan the confirmation photo. It had
disappeared! I looked through the record
books of the church to possibly locate a
marriage at the church for Lorraine. In look-
ing through the records, I found the names
of my parents who were married by Paster
Stub in 1945, Al and Thelma Hoveland,
past members who were married in 1948,
and just a few names below them were
listed Lorraine Totland, whose mother had
the name of Ragna Olsen. Lorraine married
Robert Christianson on August 8, 1948. I
decided to look in our 2008 directory to see
if there were any Christiansons who were
members. I see the name of our former
princess, Ragna Lorraine Christianson. I
gave her a call, and yes Lorraine was her
grandmother. She had died some time ago.
Ragna had the high school photo of her
grandmother. She and her dad brought the
photo over and I scanned it. It was a won-
derful day to see both Ragna again and to
get her grandmother’s photo. Now to find
the other missing queens of the lodge:

1952 Have a photo, but don’t know who it is
1954 Sylvia Sather
1957 Helen Arnussen
1958 Esther Sanne
1959 Unni Leth Olsen (Niece of Elfrieda
Rian)
1960 Kristin Freeman
1963 Trudy Sanford (Perhaps related to
Ruth and Reidar Lunde and/or Olav Lunde)
1970 Karin Richmond (Myrtle Richmond’s
daughter)
Thanks for any help you can provide!

Christine Anderson, Historian

Kvinner Kanevent Event
March 8th at Swedish Cultural Center

Kvinner kan means "women can," and it’s
used in Scandinavia to signify equality be-
 tween women and men. Now that Norway
once again has a female prime minister, it’s
not just empty talk for Norwegians!

International Women’s Day is Sunday,
March 8, and a group of Nordic women
(Swedish American, Norwegian American,
Icelandic American, and so on) are coming
together for a dinner to mark the day and
honor a local hero.

Alene Moris, an Icelandic American, has
been deeply involved, nationally and inter-
nationally, in uplifting the role of women
in industry, politics, etc. We will honor Alene
for her work over more than 45 years on
behalf of women and their career and lead-
ership issues in both the nonprofit and busi-
ness sectors. She'll give a talk on "Nordic
Women Are on Top," discussing how vari-
ous women in Nordic history have helped
their countries become the most women-
friendly in the world. The date is Sunday
evening, March 8. Seattle Council Member
Jean Godden has asked for the privilege to
be here to introduce Alene.

As a personal note, I think it’s good for us
as individuals and as groups and clubs to
honor the oldsters in our community who
have done great things in their lifetimes.
We women who are active in our clubs
should remember that we stand on the
shoulders of giants who have made the
way for us.

I hope this information is helpful, but by all
means, call me if not. 206-778-1081
(There should be more info in the March
Vikingen. Many thanks!

Kristine Leander
Executive Director, Swedish Club

Thank-You From A Scholarship Recipient
Dear members of Leif Erikson Lodge,
I regret that I am not able to be here in sup-
pport of the Educational Foundation [crab
feed]. Their role in supporting all of us
scholarship recipients is truly commend-
able. I am thinking of the lodge all the way
from Whitman College in Walla Walla, where
the second semester has just started.

So far, this semester has been great-
starting new classes, signing up for trips with
the outdoor program, and getting back to
meeting with the clubs I am involved on
campus! This week, I have been reminded of
how lucky I am to be going to a college I
love, all thanks to the help of so many peo-
ple. To know that I have the support of the
Lodge, both with the generous Queen's
scholarship you have given me to the lively
community you provide and a connection to
my heritage means so much to me.

I hope you all have a lovely evening, and
look forward to seeing you all soon.

Sending my gratitude,
Signe

Alex Terzieff, LEL Member
Local Ballard boy, Alex Terzieff, who at one
time cut meat at the Butcher Shoppe across
from Ballard First Lutheran, and member of
Leif Erikson Lodge is a stunt double in the
current movie 50 Shades of Gray! Was just
interviewed on the local news! His family photo
is in our new directory. Alex runs a stunt com-
pany and used to live in Ballard, but did move.
He travels quite a bit on location. It was great
to have him up here to have his photo taken
with his family and get a little conversation in
as to what he was up to now that he has defi-
nitely moved beyond Ballard. Christine

For Sale - Norway Park – Log
Stua - Lot 76 Norway Park. 2 bed-
room 1 bath. Nice upgrades; win-
dows, floors, bathroom, Wood in-
sert. Nice flat yard w/detached
garage. $85,000 Call Linda Olsen

Real Facts:
Desktops have about 21,000 germs present
per inch, while phones are covered by more
than 25,000 per inch (toilet seats have about
49 bacteria per inch).

Trollhaugen Has A New Email Address
Please mark your records with the new Troll-
haugen Email Address:
trollhau@outlook.com

D2 Important Dates for 2015
Camp Dates
Trollhaugen – Stampede Pass, WA
June 28 - July 11, 2015
Nidaros – Gearhart, Or
July 12 - July 25
Normanna – Arlington, WA
July 26 – Aug 8, 2015
Heritage and Cultural Retreat at Trollhaugen
Weekend
September 25-27, 2015

Trollhaugen
Board Meeting
Work Party
Feb 6th 2015
Feb 7th Ski Race
May 1st
May 2nd
July 17th
July 18th Steak Fry
Oct 9th
Oct 10th

District 2 Sports
Bunad Nettverk
TBA Sponsored by TBA
March 22, 2015
Steak Fry

Heritage Day Entertainment
See our beautiful bunader or Norwegian folk
costumes and jewelry, which represent the
unique areas of Norway at the Bunad Parade
at 12 PM, with commentary by Jody Grage,
of the Bunad Nettverk. Anyone wearing a
traditional Norwegian folk costume (man,
woman or child) is invited to participate in the
Bunad Parade. Please text or leave a mes-
sage for Claire at 425-503-7786, with your
name, if you'll be in the parade, and also the
region your bunad is from if you know it. If
you don't know the region, that's okay -- you
can find out the region from Jody. Particip-
ants will meet on the 2nd floor landing by
the stairs, between 11:30 AM and 11:45 AM.

Claire Sagen
The Sons of Norway Foundation offers college scholarships to those who are studying Norwegian or Nordic Topics both in the US and in Norway. Go to www.sonsofnorway.com/foundation to review the scholarship and grants available. Both the guidelines and applications are on-line. The best time to start acquiring the items you will need to fill out the forms is now! Please note that all SON Scholarships at the National Level must be submitted by computer.

No Sons of Norway membership required for these two scholarships:

1. **King Olav V Norwegian-American Scholarship** – for study of Norwegian topics in the US or in Norway. Six to eight scholarships for between $1,000 - $1,500 are available annually. Deadline for application is March 1st.

2. **Helen Tronvold Folk High School Scholarship** – for study at one of Norway’s Folk High Schools for an entire year. Three $2,000 scholarships are awarded annually. Deadline for application is March 1st.

Sons of Norway membership by you, your parent or grandparent required:

3. **Carl Saltveit Scholarship** – for students from Washington, Idaho, Oregon and Alaska who attend Oslo International Summer School. Full tuition, room & board (approx. $3,900) for one student annually. Deadline for application is March 1st. Contact Seth Tufteland at sofnseth@yahoo.com for application.

4. **Oslo Summer School** – for students accepted to study at the University of Oslo, International Summer School. Two $1,500 Scholarships are awarded annually. Deadline for application is March 1st.

5. **Warne – Eng Scholarship** – for students who study in Norway at accredited, post high school settings, including but not limited to, colleges, folk high school, Oslo Summer School, Bergen Sommerkors, arts and crafts institutions, musical study, etc. Deadline for applications is April 1st.

6. **Lund Fund Scholarship** – for any study abroad experiences at accredited institutions. Two $1,500 scholarships are awarded annually. Deadline for application is May 1st.

7. **Helen Tronvold Folk High School Scholarship** – for year-long study at one of Norway’s 70 Folk High schools. Three $2,000 scholarships are awarded annually. Deadline for application is March 1st.

8. **Nancy Lorraine Jensen Memorial Scholarship** – for college sophomore women 18-35 who are majoring in Physics or Chemistry or Mechanical, Electrical or Chemical Engineering. Applicant, parent or grandparent must be a Sons of Norway member for three years prior to application. Award is 50% of tuition for up to three years. Deadline for application is April 1st.

9. **Astrid Cates/Myrtle Beinhauer Scholarships** – offered in tandem – for post high school education at any accredited educational institution including trade school, tech school, Junior college or college. Six $1,000 scholarships and two $3,000 scholarships are awarded annually. Deadline for application is March 1st.

Applications for any of these can be found on-line.

Contact foundation@sofn.com with any questions.
LEL Educational Foundation

Scholarships

Our educational foundation scholarships/awards include:

Youth Leadership Scholarship
for attending an institution of higher learning or trade school for 18-25 year olds.

The Douglas Warne Vocational Scholarship is for a person 18 - 25 attending or planning on attending an accredited technical, trade, or vocational program in Washington State.

Youth Camp Instructor/Counselor Grant is a scholarship/grant to a person or persons who can provide a positive camp experience for young people participating in the D2 Youth Camp Program. It is granted to college students or Leif Erikson Lodge members who work two-six weeks at the District 2 Youth Camps.

Camp Reduction Fees include a 25% reduction in fees for young campers between the ages of 9-15 attending Camp Normanna/Camp Nidaros and Camp Trollhaugen provided by Leif Erikson Lodge 2-001.

Lodge Queen and Lodge Princess Awards - the Queen may qualify for the Miss Seafair Scholarship Pageant for Women Program, too, earning them even more scholarship opportunities!

Scholarship applications are now available in the Leif Erikson Lodge office! Completed applications must be returned no later (postmarked) by March 31, 2015.

Christine Anderson, cma-dance@earthlink.net
Jessica Apodaca, 425-770-5200 or olsenjp@msn.com
Heidi Ludeman, 360-927-1194 or heidi.ludeman@gmail.com
Lorie Lind, 206-789-6533, marko-

D2 Scholarships Available

In addition to the LEL Educational Foundation scholarships, both D2 and SON National have scholarships available, each with their own requirements and deadlines. The D2 scholarships include:

The Carl M. Saltveit Scholarship awards assistance to an applicant to attend the International Summer School (ISS) at the University of Oslo next summer. The completed application must be returned to David Champion and postmarked no later than March 5, 2015. So time is approaching fast (and I mean, real fast)!!

The Sofie/Olson Scholarship is available for children who attend our District 2 Youth camps. One scholarship is awarded to an attendee at each of our camps: Nidaros, Normanna, and Trollhaugen. To be eligible, the camper must be children, grandchildren, great grandchildren, niece, or nephew of a current District 2 member of Sons of Norway. The camper must have applied and been accepted to the camp of their choice. A scholarship application with guidelines will be mailed to each camper. The deadline for scholarship application is April 15, 2015.

The Draxten Memorial Scholarship is awarded to an attendee at each of our camps: Nidaros, Normanna, and Trollhaugen. To be eligible, the camper must be children, grandchildren, great grandchildren, niece, or nephew of a current District 2 member of Sons of Norway. The camper must have applied and been accepted to the camp of their choice. A scholarship application with guidelines will be mailed to each camper. The deadline for scholarship application is April 15, 2015.

The Lodge Queen and Lodge Princess Scholarships/awards include:

The February 14 Youth camp registration forms must not be postmarked prior to this date.

March 5 Deadline for receiving applications for the Carl Saltveit Scholarship for study at International Summer School. Upon receipt Youth Camp Registrars mail campers confirmations and scholarship applications.

April 15 Deadline for receiving applications for the Sofie/Olson Scholarship.

April 30 Deadline for LEL to notify David Champion of the recipients’ names and the amounts given so the campers are eligible to receive Draxten Memorial Scholarship.

May 15 Deadline for LEL to notify David Champion of the recipients’ names and the amounts given so the campers are eligible to receive Draxten Memorial Scholarship.

June 10 Deadline for Youth Camp Registrars to receive full balance of fees. This is a lot of information and a lot to remember so please feel free to contact David Champion if you have any questions. You may e-mail him at norseherodotus@hotmail.com or call: 971-284-4175.

Fraternally yours,

David Champion
District 2 Youth Dir. Scholarship Committee Chair

Important Dates to Remember:

February 14 Youth camp registration forms must not be postmarked prior to this date.

March 5 Deadline for receiving applications for the Carl Saltveit Scholarship for study at International Summer School. Upon receipt Youth Camp Registrars mail campers confirmations and scholarship applications.

April 15 Deadline for receiving applications for the Sofie/Olson Scholarship.

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Fraternally yours,

David Champion
District 2 Youth Dir. Scholarship Committee Chair
# NORWAY PARK EVENTS

## MARCH 2015

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## APRIL 2015

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## CONTACT NANCY SOLHEIM, (360) 420-1218, FOR SCHEDULING BEKKESTUA. CONTACT JULIE FREEMAN, (360) 445-3336 OR (360) 941-6621-CELL, FOR SCHEDULING OR RENTING THE PAVILION. UPDATED 02/03/15

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# NORWAY PARK EVENTS

## MAY 2015

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## JUNE 2015

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## CONTACT NANCY SOLHEIM, (360) 420-1218, FOR SCHEDULING BEKKESTUA. CONTACT JULIE FREEMAN, (360) 445-3336 OR (360) 941-6621-CELL, FOR SCHEDULING OR RENTING THE PAVILION. UPDATED 02/03/15

# Table Conversion

- **NORWAY PARK EVENTS**
  - **MARCH 2015**
  - **APRIL 2015**
  - **MAY 2015**
  - **JUNE 2015**

## Contact Information

- Nancy Solheim, (360) 420-1218
- Julie Freeman, (360) 445-3336 or (360) 941-6621-CELL

**Updated 02/03/15**
### NORWAY PARK EVENTS

#### JULY 2015

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July 4th Men’s 4th BBQ, Noon Independence Day

Coffee, Crafts & Books, 11-2pm

LERA Bd. Mtg. 7 pm

Work Party #5, 9 am

#### AUGUST 2015

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July 4th Eaton, Noon Wedding

Lodge LERA Bd. Mtg. 7 pm

Coffee, Crafts & Books, 11-2pm

Tur Pass Tut/ Lodge Picnic, Noon

#### CONTACT NANCY SOLHEIM, (360) 420-1218, FOR SCHEDULING BEKKESTUA. CONTACT JULIE FREEMAN, (360) 445-3336 OR (360) 941-6621-CELL, FOR SCHEDULING OR RENTING THE PAVILION. UPDATED 02/03/15

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#### SEPTEMBER 2015

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Labor Day Picnic/Chili Cook-off

LERA Bd. Mtg. 7 pm

Coffee, Crafts & Books, 11-2pm

Work Party #6, 9 am

#### OCTOBER 2015

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Pumpkin Carving Party, 7 pm

Halloween

#### CONTACT NANCY SOLHEIM, (360) 420-1218, FOR SCHEDULING BEKKESTUA. CONTACT JULIE FREEMAN, (360) 445-3336 OR (360) 941-6621-CELL, FOR SCHEDULING OR RENTING THE PAVILION. UPDATED 02/03/15
Police Stations in Norway

Many police stations in Norway are only manned during office hours, because of inadequate funding from the Government. Many of the police stations are closed during the weekends. People in need of police assistance are urged by an automatic phone message to contact the station during office hour.

Aerosol Spray Can

The forerunner of the aerosol can was invented by Erik Rotheim of Norway. On November 23, 1927, Rotheim patented a can with a valve and propellant systems -- it could hold and dispense liquids.

Previous matches gave long-time users an ailment called "phossy jaw;" this was a painful and deadly disease caused by the older matches' yellow phosphorus that ate into the users' jaws.

Inventions: Lundstrom, J.E.

Safety matches were invented by Johan Edvard Lundstrom of Sweden in 1855. Lundstrom's new match was the first simple and safe way to make a fire. His new safety match could only be lit by striking the match against the specially-prepared surface that came attached to the box.

Lundstrom put red phosphorus on the rough striking paper (on the outside of the match box); the other fire-starting chemicals were on the match's head.

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Registration Form

Sons of Norway
Leif Erikson Lodge 2-001

Leif to Leif Fun Run/Walk
2245 NW 57th Street
Seattle, WA 98107
leiferiksonlodge@qwestoffice.net
(206) 783-1274

Leif Erikson Lodge 2-001
Hosted by
Ballard NW Senior Center

Part of the proceeds will be donated to the
waters of Shilshole Bay

From the heart of Ballard to
Saturday, March 21, 2015
9:00am

Norwegian Heritage Day and
Taste of Norway

Leif Erikson Lodge

Sons of Norway

5K Fun Run/Walk
9:00am
5k Fun Run / Walk
$10 adult / $5 child

- Check-in begins at 8:00 am
- Runners and walkers must follow all rules/laws for pedestrians
- A Norwegian flag will be handed to you at check-in
- Enjoy a free heart waffle with jam after the run / walk
- Top three runners will be awarded ribbons

Course Directions

Start at Leif Erikson Lodge, 2245 NW 57th St.
Proceed west along NW 57th St to 24th Ave. NW
Continue along NW 57th until it becomes 37th Pl. NW
Turn right onto Burke-Gilman Trail
Cross Seaview Ave. NW at crosswalk
Continue north on Seaview Ave. until you reach:
- Port of Seattle / Shilshole Bay
- Leif Erikson Statue
- 7001 Seaview Ave. NW

Take the same route back to the Lodge!

Leif to Leif Fun Run/Walk
Saturday March 21, 2015 9:00am

LEIF TO LEIF FUN RUN/WALK RELEASE, INDEMNITY AND HOLD HARMLESS AGREEMENT

I hereby state that I wish to participate in the Leif Erikson Lodge 2-001, Sons of Norway, Leif to Leif Fun Run/Walk. I recognize this activity may involve certain dangers, including, but not limited to, the hazards of walking, running, and traveling in hilly and rough terrain, accidents or illness, the forces of nature, and the actions of participants and other persons. I further understand and agree that without some program providing protection of its assets and its leaders, Leif Erikson Lodge 2-001, Sons of Norway, would not be able to offer this event. In consideration of and as part payment for the right to participate in Leif Erikson Lodge 2-001, Sons of Norway, Leif to Leif Fun Run Walk, I hereby forever waive and release the Leif Erikson Lodge 2-001, Sons of Norway, the Port of Seattle and the City of Seattle, their respective officers, board of directors, employees, agents, representatives, successors, or assigns of any kind from any and all liability, claims, and causes of action arising out of or in any way connected with my participation in Leif Erikson Lodge 2-001, Sons of Norway, Leif to Leif Fun Run Walk. I personally assume all risks in connection with Leif Erikson Lodge 2-001, Sons of Norway, Leif to Leif Fun Run Walk and further agree to indemnify and hold harmless the Leif Erikson Lodge 2-001, Sons of Norway, the Port of Seattle and the City of Seattle, their respective officers, board of directors, employees, agents, representatives, successors, or assigns of any kind from any and all liability, claims, and causes of action arising from my or my child’s/children’s participation in Leif Erikson Lodge 2-001, Sons of Norway, Leif to Leif Fun Run Walk. The terms of this agreement shall serve as a release, indemnity, and hold harmless agreement for myself, my heirs, personal representative, and all members of my family, including any minors accompanying me.

A parent or legal guardian must sign for all persons under eighteen (18) years of age.

I also understand and agree that any sponsor may subsequently use, for publicity or promotional purposes, my name or pictures of me participating in Leif Erikson Lodge 2-001, Sons of Norway, Leif to Leif Fun Run Walk without liability or obligation to me.

I HAVE FULLY INFORMED MYSELF OF THE CONTENTS OF THIS RELEASE, INDEMNITY AND HOLD HARMLESS AGREEMENT BY READING IT BEFORE I HAVE SIGNED IT.

Signature ___________________________ Date ________________