



2023 May

Coming Events

May

19-21 Viking Fest

June

10 - Shield Maiden Self Protection Training

14 - Kaffe Stua

17- Midtsommer Festival and Nordic Market

25 - 1st Annual Cornhole Tournament 2-7pm

27-29 - Poulsbo Lodge Youth Heritage Camp

July

8 - border Fest (Dist 2 event at Peace Arch Park

15 - Trollhaugen Steak fry

August

18-20 Norsk Folk Dans Stemne - see flier below

September

15-17 -Adult Heritage Retreat at Trollhaugen(see below) See below for event details We are looking for Friday Night Dinner volunteer crews! Contact Jaymie: JaymieCizek@gmail.com

See our website at poulsbosonsofnorway.com or our facebook page for the latest information

Weekly and Monthly Events at the Lodge

Monday 4:30-7:00pm - Youth folk dancing
Mondays 6:30 - 7:45 - Informal Scandinavian music and dancing (first and third)
Tuesdays 9-11am - Coffee Klatch
Thursdays 9-11am - Coffee Klatch
Thursdays at 6:00pm - Norse Room -Wood Carvers
Thursdays at 6:00pm - Trolls' Den - Trivia
Thursdays at 7:30pm - Marine Room - Men's Chorus
Fridays at 7:00am - Marine Room - Rotary Breakfast
Fridays at 10:00am - Viking Room - Needle Workers

First Tuesday - Lodge Board meeting
Second Tuesday - Lodge meeting - 7:00pm Marine Room
Second Wednesday - Members Business Networking 6:30-7:30pm
Second Wednesday - Building Association
Third Tuesday - Vikings
Fourth Tuesday - Ladies Book Club 1:00
Fourth Tuesday - Ingeborg Society - 6-8pm in the Viking Room

[Order On Line](#)



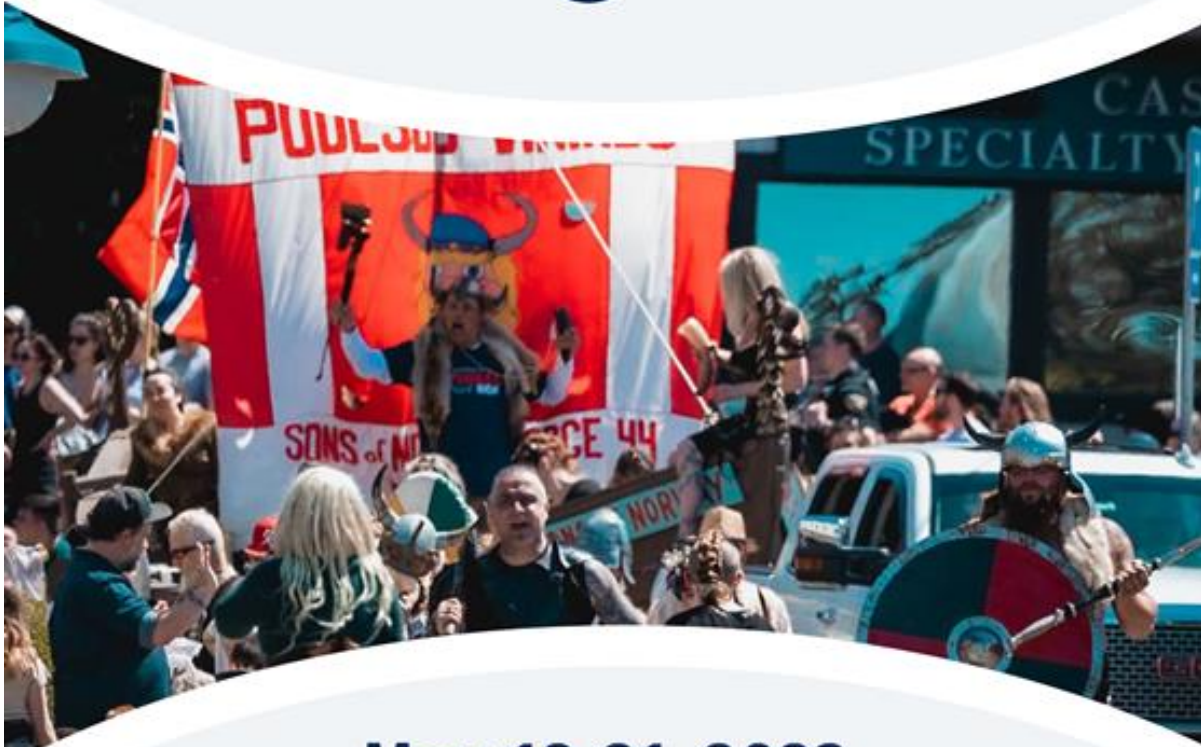
SONS OF NORWAY

**Members Business
Networking
Night**

**Second Wednesday of the Month
6:30 - 7:30 in the Viking Room**

**\$5 per person
Snacks Included**

Viking Fest!



May 19-21, 2023

Poulsbo, Washington

**COME JOIN THE FESTIVITIES WITH
THE POULSBO SONS OF NORWAY**



**BEER GARDEN, VIKINGS, PARADE,
LAUGHTER AND MAYBE JUST A
LITTLE PILLAGING!**



Shield Maiden Self Protection Course

Sons of Norway Members Only Event
Ladies 15 years old and up



Saturday June 10, 2023. 9:00am – 2:00pm

What you will learn:

- How to recognize and respond to dangerous situations.
- How to respond to threats to protect yourself and your loved ones.
- What to do when standing or on the ground.
- What you may need to do after an attack.
- Concealed carry and medical considerations

3 Professional Instructors Teaching You
Their Self Protection Specialties

What you need to know:

- **Limited Space**- register now!
- Family discount – Bring a daughter, sister, mother
- Early registration Discount – Register before June 1
- Class at **Jits for Life** Silverdale
- Leif, a Sons of Norway member will be teaching Brazilian Jiu Jitsu self protection



Point phone
camera on QR-
Code for details

OR go to:

[Myjitsforlife.com/Shield-maiden/](https://myjitsforlife.com/Shield-maiden/)



Nordic Market

10:00am - 4:00pm

May Pole Raising and Folk Dancing

12:00pm - 2:00pm

Viking Bon Fire!

TBD; Dusk



Poulsbo Sons of Norway
18991 Front Street, Poulsbo, WA



1ST ANNUAL CORNHOLE

JUNE
25TH

2-7 PM



TOURNAMENT

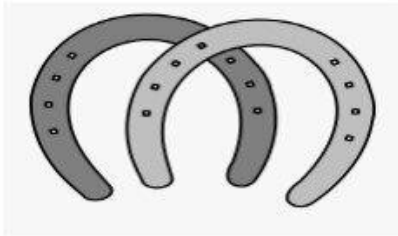
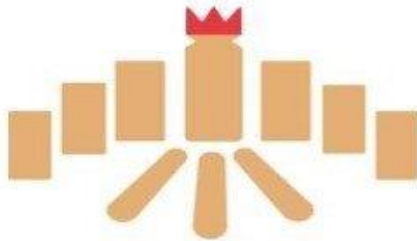
SIGN UP
HERE



- TEAMS OF 2
 - IN THE MARINE ROOM
 - FOOD & DRINKS FOR SALE
-

DISTRICT 2 HORSESHOE/KUBB TOURNAMENT

HOST LODGE NEEDED



Game on!

Yes, you read that right! Join us for a low stakes tournament that will take place the morning of the Annual Trollhaugen Steak Fry.

Registration Starts at 9:30 AM

Tournament Starts at 10:00 AM

Donation of \$5 is requested for snacks.

If you have any questions about this event, please contact Laurie Berg: laurieberg.lb@gmail.com

To get your tickets to the Steak Fry, please contact:

Bill Hicks: (425) 672-0194

Hicks1015@msn.com

If you would like to stay for a night or the whole weekend, please contact the Trollhaugen Managers (509) 656-9997

Trollhau@outlook.com

July 15, 2023 Trollhaugen Lodge

Heading East on I-90 take Exit # 62 onto Stampede Pass Road.
Turn right at stop and continue for approx. 1 mile. Driveway is on the left.

Address: 314 Stampede Pass Road

Easton, WA 98925

Lodge News

Anything to add here?

[Check our Website](#)

Check our Facebook page for the latest information

Introducing you to:

You received this email because you subscribed to our list. You can [unsubscribe](#) at any time.

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